### Dinner

### Tec-Tec Restaurant

### Creole

Starters

CREOLE FARMED CHICKEN Local chicken skewers,	BAI   350 SR
smoked Creole sauce	
CREOLE SOUP	BAI   390 SR
Turmeric-flavored local seafood soup	
LOCAL GREEN MANGO SALAD (VG)	BAI   290 SR
Local ripe mango, tomato, lemon juice, scallions	
OCTOPUS SALAD	BAI   650 SR
Tomatoes, cucumber, pomelo	
MARINATED RED SNAPPER (G)(S)	BAI   435 SR
Freshly-caught red snapper carpaccio,	
marinated lime, chili	

Fish from this menu is sourced from local fishermen from nearby Anse La Mouche district. Seychelles' waters are healthy and provide sustainable fish sourcing all year round. We are committed to proposing local fish for our menus according to seasonality and local market availability.

### Creole

#### Mains

<b>FROM THE REEF - JOB FISH</b> Cooked in banana leaf, local herbs marinade, green mango and coconut chutney	BAI   690 SR
<b>LOBSTER LINGUINE</b> Dipped in local saffron sauce	1,710 SR
<b>CREOLE COCONUT CURRY</b> Fish, vegetables or farmed chicken served with steamed basmati rice and assorted local chutneys	BAI   690 SR
<b>OCTOPUS &amp; CALAMARI (G)</b> Grilled and tossed with garlic and parsley, served with root vegetables and ocean bisque reduction	BAI   690 SR
CHEF SPECIAL - Pwason Sesel	2,900 SR
<b>RED SNAPPER (For 2 persons)</b> Marinated whole roasted red snapper in local spices, served with various sides and Creole sauces.	

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# Indian

HARIYALI CHICKEN TIKKA From our authentic clay tandoori oven. Punjabi dish made of chicken, coated with fresh green herbs, mint and coriander	BAI   690 SR
TANDOORI LAMB From our authentic clay tandoori oven. Traditionally soaked lamb chops, with yoghurt and spices	BAI   750 SR
FISH MALAI TIKKA From our authentic clay tandoori oven. Grilled supreme boneless fresh catch, Cream cheese, cardamom, green chilies and coriander	BAI   650 SR
<b>DAHI VADA (VG)</b> Homemade lentil fritters soaked in creamy sweet yoghurt, tamarind sauce, mint chaat masala	BAI   550 SR

# Indian

#### Mains

<b>LAMB ROGAN JOSH</b> Classic food from Kashmiri cuisine, braised lamb with a flavored gravy of aromatic spices, herbs and yoghurt	BAI   890 SR
<b>BUTTER CHICKEN</b> Grilled chicken, simmered in sweet spiced tomato, ginger, garlic, chilies, topped with cream and butter	BAI   590 SR
<b>GOAN FISH CURRY</b> From the coastal state of Goa, tangy fresh fish fragrant curry, blended with fresh grated coconut and tamarind <i>All mains are served with cumin</i> <i>basmati rice.</i>	BAI   690 SR
NAAN BREAD (G) (From our tandoori oven) Options of double cheese, butter garlic and natural	BAI   150 SR

# Indian

#### Mains

#### **CHEF'S SPECIALS**

<b>DAL MAKHANI (VG)</b> Popular north Indian black lentils, traditionally cooked on a low flame with spices, butter and cream	BAI   575 SR
MALAI KOFTA CURRY (G)(VG)(N) Deep fried fresh vegetables and cottage cheese. Served with a creamy cashew nut and spiced onion curry	BAI   690 SR
KADAI PANEER (VG) Freshly ground homemade Kadai masala, bell peppers, cottage cheese and tomato gravy	BAI   850 SR
<b>BIRYANI</b> A traditional biryani consists of fluffy basmati rice layered over tender and succulent pieces of lamb, chicken, fish or vegetables, accompanied with the mesmerizing aromas of spices, herbs and caramelized onions.	On Request

### Asian

<b>TEMPURA – Japanese (G)</b> Prawn or vegetable in a batter, made from cold water, soft wheat flour, eggs and baking soda	BAI   490 SR
GOONG SEE THONG – Thai (G) Deep-fried prawns marinated in garlic, pepper and soya sauce, wrapped in a spring roll sheet, served with plum sauce	BAI   550 SR
SICHUAN LAZIJI – Chinese (G) From Sichuan cuisine, stir-fried dish, consisting of marinated deep-fried pieces of chicken, dried Sichuan chili peppers, spicy bean paste, Sichuan peppers, garlic and ginger. Garnished with toasted sesame seeds and spring onions	BAI   350 SR
<b>TOM YUM GOONG - Thai (S)</b> A clear, sour and spicy soup, with prawns. The name Tom Yum literally means 'boiling sour and spicy salad'	BAI   450 SR
MISO SOUP – Japanese (VG) Traditional soup made with 'dashi stock', into which softened miso paste is added, served with shitake	BAI   290 SR

### Asian

#### Mains

<b>TERIYAKI – Japanese</b> Cooked with a glazing splash of soy sauce, mirin and sugar, served with a teppanyaki of vegetables and Japanese rice Chicken Angus Beef <b>(G)</b> Wagyu Beef	BAI   700 SR BAI   1490 SR BAI   2490 SR
HAKKA NOODLES – Chinese (G)(VG) Noodles are coated with various sauces, ginger, garlic, salt and pepper, and quickly tossed in pan	BAI   600 SR
<b>CRAB WOKE - Singaporean (G)</b> Soft shell crab, lemongrass, jasmine rice	BAI   800 SR
<b>BLACK PEPPER LOBSTER – Chinese (G)</b> Cantonese style dish, tossed in black pepper sauce	BAI   2090 SR
CHEF'S SPECIALS	
<b>KAENG GAI - Thai (S)</b> Thai chicken curry cooked in your choice of red, green or yellow paste	BAI   750 SR
<b>PAD THAI – Thai (G)(N)</b> Pad Thai is a stir-fried noodle dish commonly served as street food in Thailand	
Chicken	BAI   750 SR

BAI | 800 SR

ANGUS BEEF CARPACCIO Rocket salad, pine nuts and parmesan	BAI   650 SR
<b>TUNA TARTARE</b> Sesame oil marinated fresh local catch Yellowfin tuna, lime juice, olive oil, spring onions, sesame seeds and roquette salad	BAI   400 SR
<b>CAPRESE SALAD</b> Fresh tomato, buffalo mozzarella and rocket pesto	BAI   590 SR
<b>BURRATA SALAD (N)</b> Tomato, fresh rocket leaves and pine nuts	BAI   620 SR

#### Mains

<b>FROM THE GRILL</b> Angus beef – 200 gm Sides – grilled vegetables, fries and sauces to your liking	BAI   1390 SR
<b>LOBSTER TERMIDOR</b> Served with green asparagus and mushroom	2300 SR
MIXED GRILLED SEAFOOD PLATTER (G) Served with saffron rice, grilled baby potatoes and selection of sauces	BAI   900 SR
SMOKY AUSTRALIAN LAMB CHOPS (A) Served with truffle mash, grilled seasonal vegetables and red wine sauce	BAI   950 SR
<b>TIGER PRAWNS (N)</b> Slow cooked prawns in olive oil, served with pistachio and green olives	BAI   600 SR
CHEF SPECIAL	
<b>SALT-CRUSTED (For 2 persons)</b> Salt-crusted whole red snapper, served	2900 SR

with various sides and sauces.

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fresh catch availability

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#### Pasta

<b>LINGUINE VONGOLE (A)(G)</b> White wine, "vongole" clams, olio and parsley	BAI   1090 SR
<b>SPINACH FETUCHINNI (N)(G)</b> Garlic, cherry tomatoes, rocket leaves and roasted pine nuts	BAI   590 SR
PUMPKIN RAVIOLI (G)	2500 SR
Alfredo, fresh truffle and fried onion	
PARPPADELLI (G)	BAI   590 SR
Cooked in saffron sauce, tiger prawns,	
baby spinach and truffle salsa	
RISONI	BAI   590 SR
Pastificio Benedetto Cavalieri pasta, lemon saffron and asparagus	

#### Pizza

MARGHERITA PIZZA (G) Mozzarella, Emmenthal, tomato base, rocket, burrata and fresh basil	BAI   390 SR
<b>THE WHITE (G)</b> Goat cheese, mozzarella, Emmenthal, cream and truffle oil	BAI   590 SR
<b>DIAVOLA PIZZA (G)</b> Beef pepperoni, olives, jalapenos and mozzarella	BAI   400 SR
<b>SIGNATURE PIZZA (G)</b> Smoked marlin, sweet peppers, onions, tomatoes and local arugula	BAI   550 SR
<b>MARINARA (G)</b> Mozzarella, Emmethal, tomato base, seafood and basil	BAI   600 SR

### **Butcher's Steaks**

We welcome you to order you choice of steak at least 8 hours in advance for lunch or dinner.

#### Steak Menu

Beef T-Bone Steak MB 7-8   500 gms	3800 SR
Beef Tomahawk MB 7-8   1.25 kgs	4900 SR
Beef Striploin Tajima MB 7-8   250 gms	2350 SR
Beef Rib-Eye Tajima Wagyu MB 7-8   250 gms	2350 SR
Beef Tenderloin Tajima MB 7-8   250 gms	2350 SR
All steaks are served with two choices of garnish and sauce	
SIDES SELECTION	
Mixed green salad	250 SR
French fries	150 SR
Sweet potato fries	150 SR
Garlic baby potatoes	150 SR
Grilled vegetables	150 SR
Truffle parmesan fries	150 SR
Truffle mash	250 SR
SAUCE SELECTION	
Peppercorn sauce	90 SR
Bernaise sauce	90 SR
Red wine sauce (A)	90 SR
Mushroom sauce	90 SR

### International

<b>CALAMARI FRITTI – Italy (G)</b> Fried calamari served with aioli	BAI   500 SR
<b>MUSSELS – Ireland (A)</b> Olive oil, butter, shallots, garlic, parsley, fresh thyme, white wine and cream	BAI   590 SR
<b>OCTOPUS SOUP - Zanzibar (S)</b> Octopus, garlic, chili, onions, tomato, thyme, coriander and ginger	BAI   390 SR
AGED ANGUES BEEF TIRADITO – Peru (S) Avocado, pickle, shallots, coriander, Tiradito sauce, chili, and spring onions	1390 SR

### International

#### Mains

<b>GRILLED MEAT PLATTER</b> (for 2 persons) – South Africa Boerewors, chicken, beef, lamb, corn on the cob and chimichurri sauce	2200 SR
<b>CHICKEN SCHNITZEL</b> - <b>Germany (G)</b> Chicken, baked, baby potatoes, sour cream, mushroom gravy	BAI   690 SR
<b>ARROZ MASQUE ROS</b> – <b>Peru (G)</b> Prawns, octopus, mussel, calamari, sala, Pomodoro, coriander, smoked bell pepper, and fish velvety	BAI   720 SR
WAGYU BEEF STROGANOFF - Russia (A) Beef, mushroom, shallots, cognac served with Roscetti	2690 SR

# Vegetarian <u>& V</u>egan Inspirations

<b>GREEN SALAD (G)</b> Romain, rocket, baby spinach, broccoli, green beans and cucumber	BAI   450 SR
<b>QUINOA (garden base)</b> Fresh butternut, beetroot, walnuts, pistachio, parsley, lemon vinaigrette, garden greens	BAI   450 SR
<b>TOMATO &amp; ROASTED BUTTERNUT BRUSCHETTA</b> Fresh tomato, butternut, rocket, extra virgin olive oil	450 SR
<b>ARABIC MEZZE</b> Hummus, labneh, baba ghanoush, Arabic bread	BAI   550 SR
<b>VEGETABLE SOUP</b> Fresh minute made vegetable velouté	BAI   350 SR

# Vegetarian <u>& V</u>egan Inspirations

<b>VEGETABLE FRITTERS</b> Pan-fried butternut and zucchini, garlic, labneh, greens	BAI   290 SR
<b>FUL</b> Fava beans served with chopped tomatoes, garlic, mint leaves and Arabic bread	BAI   290 SR
NASI GORENG TOFU Fried rice served with fried tofu and vegetables	BAI   490 SR
<b>RISSOTTO</b> Mushroom funghi	BAI   650 SR
<b>COUSCOUS SALAD</b> Orange juice, orange segment, cherry	BAI   250 SR
tomatoes, cucumber, olives, mint, pistachio, parsley, chopped tomatoes and lemon juice	

### Desserts

LAVA CHOCOLATE (G) 64% Manjari chocolate, rhubarb compote and vanilla ice cream *Please order me in advance	BAI   350 SR
<b>PAVLOVA</b> Meringue, soursop sorbet, fresh fruits	BAI   350 SR
OPALYS WHITE CHOCOLATE CHEESECAKE Berries and red sauce	BAI   350 SR
VALRHONA CARAIBE HAZELNUT PRALINE (G) Milk chocolate mousse, praline crunch, creamy chocolate, dacquoise	BAI   350 SR
<b>UMALI (G)(N)</b> Crispy puff, sweet milk rose, nuts, raisins	BAI   390 SR
<b>BASBOUSA (N)</b> Almond basbousa, sugar syrup, nuts	BAI   390 SR
<b>BAKLAVA (G)(N)</b> Crispy phyllo, pistachio nuts, rose sugar syrup	BAI   390 SR
<b>KUNAFA (G)</b> Shredded pastry layers, creamy soft milk pudding	BAI   390 SR

Delicate cheese and wine pairings guided by our Sommelier.

#### Cheeses

<b>EMMENTHAL</b> Recommend to pair with	125 SR
By the Glass: Utile Requena – Spain 'Las Dos Cues' Tinto Bottle: Morgon – France	335 SR
Marcel Lapierre 'Cuvee Tradition' 2022	2025 SR
Sommelier Tips: A richer, wooded Chardonnay, or a bright fruity red will pair well with a semi-hard cheese.	
BRIE	125 SR
Recommend to pair with By the Glass: Drapier Carte d'Or Brut NV Bottle: Alsace – France	485 SR
Marc Kreydenweiss Andlau Riesling	2250 SR
Sommelier Tips: Crisp white wines and lighter red wines.	
GOAT CHEESE Recommend to pair with By the Glass: Martinborough – New Zealand	125 SR
Craggy Range Te mina Sauvignon Blanc 2022	290 SR
<b>Bottle:</b> Crémant de Loire – France Domaine Chantemerie Covee Corentin Brut	1450 SR
Sommelier Tips:	
An aromatic white wine with acod acidity	

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#### Cheeses

MANCHEGO Recommend to pair with By the Glass: Rioja – Spain	250 SR
Marques de Caceres Reserve 2011 Bottle: Ribera del Duero – Spain	345 SR
Vega Sicilia 'Alion' 2015	1550 SR
Sommelier Tips: This sheep's milk cheese goes well with rich, ripe Rioja, sherry or a light and crisp white wine.	
CHEDDAR	125 SR
Recommend to pair with By the Glass: Penfolds – South Australia	
Koonunga Hill Shiraz Cabernet 2019 Bottle: Toscanna – Italy	300 SR
Fiori Mondo 'Lino' 2017	2430 SR
Sommelier Tips: A vibrant and full-bodied red wine.	
GOUDA	125 SR
Recommend to pair with By the Glass: Bordeaux – France	
Chateau Guillebot Plaisance 2021	285 SR
<b>Bottle:</b> Pessac Leognan – France La Chapelle de la Mission Haut-Brion 2014	6750 SR

Sommelier Tips: A tannic full-bodied wine.

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#### Cheeses

СОМТЕ	125 SR
Recommend to pair with	
By the Glass: Champagne – France	
Champagne Drappier Carte d'Or Brut NV	485 SR
Bottle: Cotes du Jura – France	
Domaine des Ronces 2011	1890 SR
Sommelier Tips	
A great match for white wines from Jura	
or a variety of dry white and red.	
GORGONZOLA	250 SR
Recommend to pair with	250 51
By the Glass: Porto – Portugal	
Ramos Pinto, Tawny Port 20 Ans	575 SR
Bottle: Piedmont – Italy	5/5
Barbera d'Asti Superior, Ca' Bianca 2019	1950 SR
Sommelier Tips:	
A soft, savory red or white wine.	
PECORINO	670 CD
	250 SR
Recommend to pair with <b>By the Glass:</b> Prosecco – Italy	
Prosecco Lamberti D.O.C Extra Dry NV	220 SR
Bottle: Marchesi Antinori – Italy	- 220 SK
Chianti Classico 'Riserva' Tenuta Tignanello 2017	2500 SR

Sommener Tips: A vibrant acidic wine with bright fruit flavors.

OSSAU-IRATY Recommend to pair with	250 SR
By the Glass: Cotes de Provence – France	
Chateau d'Esclans Whispering Angel Rose 2022 Bottle: Cotes de Rhone – France	335 SR
Château de Tours 2015	5950 SR
Sommelier Tips:	
A full-bodied red wine or a wine from Provence.	
CHEESE BOARD	
- SELECTION OF CHEESE (N)	1090 SR