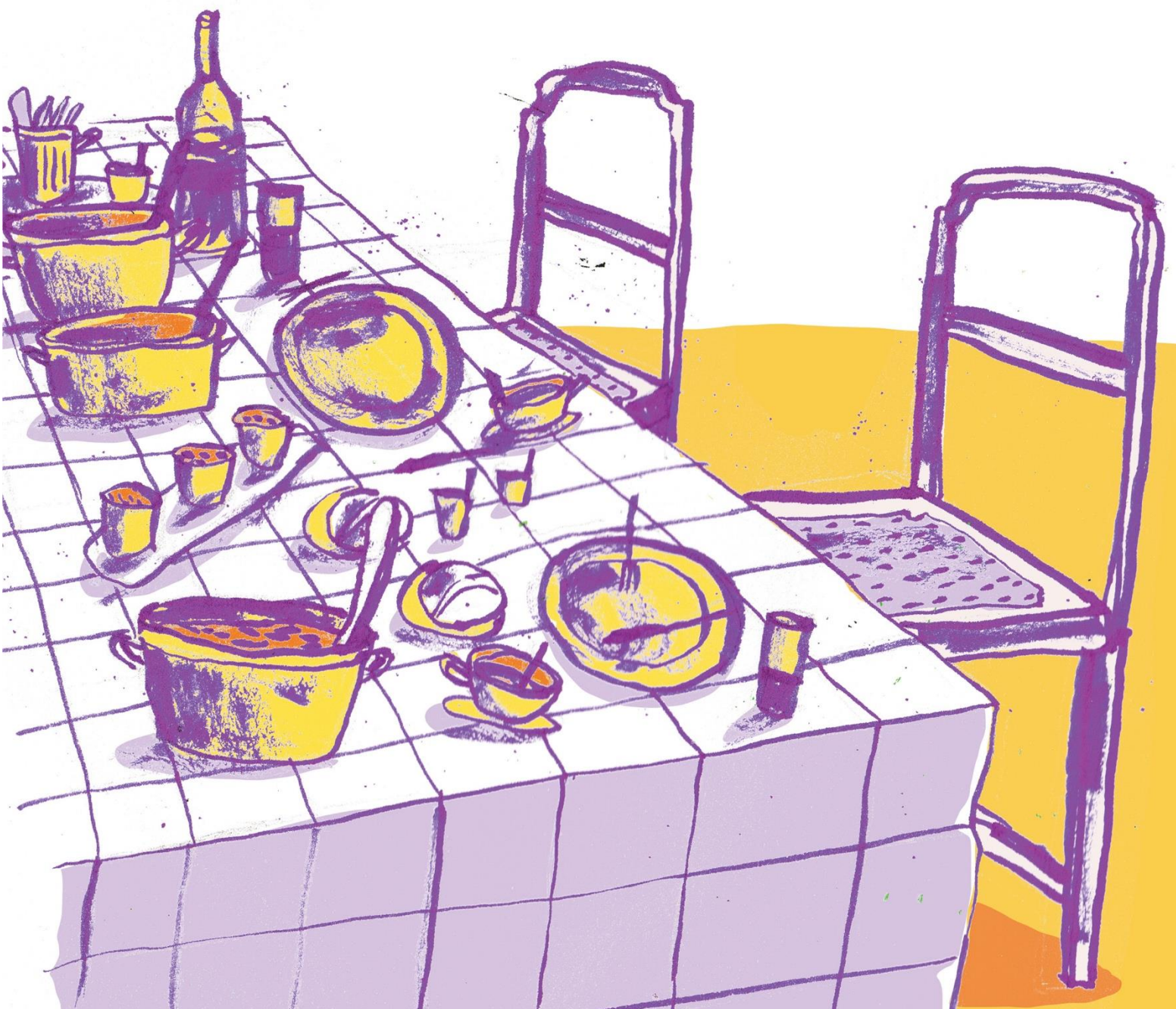


# KOT NOU

A different way of interpreting Mauritian food



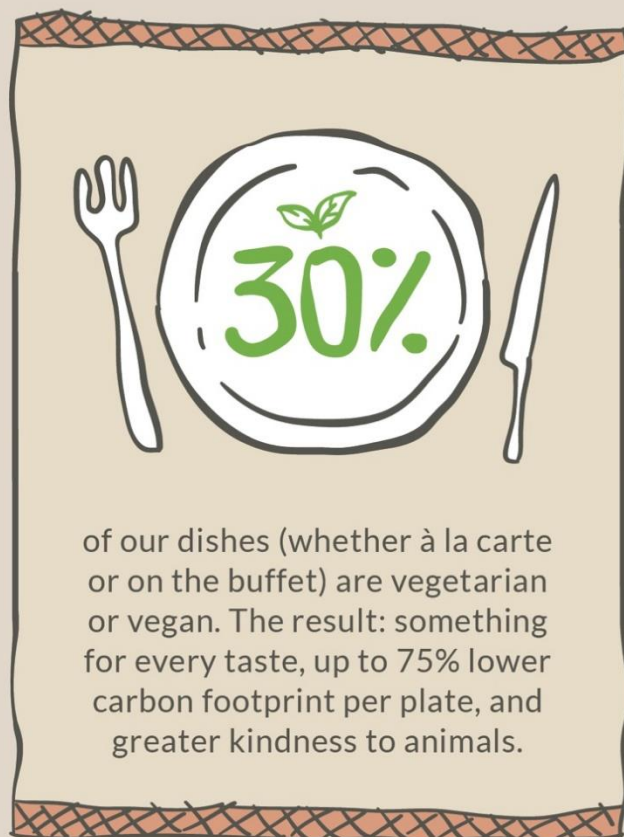
# Committed – Right to your plate

As a purpose-led, B Corp certified business, we cook responsibly, with heart and good sense.



# 52%

of the food and drink on our menus comes from local producers certified **Made in Moris.**



of our dishes (whether à la carte or on the buffet) are vegetarian or vegan. The result: something for every taste, up to 75% lower carbon footprint per plate, and greater kindness to animals.

Look for these symbols:  100% PLANT-BASED  VEGETARIAN

## Less waste

We forecast covers, track waste with smart bins, cook to order, and reuse surplus for staff meals. Want to help? Just listen to your appetite - you can always come back for more.

## No salmon here

Too many chemicals, too big an environmental impact. We choose fresh, local and more sustainable species instead.



This is what we call home cooking with  
a Mauritian accent.

At Kot Nou, island classics are reimagined  
with creativity and care.

From salmi to cari to rougaille, recipes from  
yesterday get a modern twist,  
served the way locals do: around a table, with  
stories, and people you like.

## APPETIZERS & STARTERS





## APPETIZERS

**Satini brinzel, Satini kotomili ek pipangay, Satini dal** 

Eggplant chutney, Coriander and sponge gourd chutney, Dhol chutney

[PLANT-BASED, VEG]

The appetizers are served with local chips: Taro, cassava, bread fruit and sweet potato.

## STARTERS

**Lasoup pomdeter ek kreson** 

Watercress and potato velouté

[PLANT-BASED, VEG]

**Rs 165**

Or

**Nou lamer trio**

Fish vindaloo

[FSH, MTD]

Octopus salad

[MLS]

Smoked Marlin roulade filled with bitter-gourd vindaloo

[FSH, MTD]

**Rs 385**

Or

**Maki krokan avek sounouk ar so margoz**

Nori-wrapped rice rolls, filled with snoek, bitter-gourd vindaye & pickled chayote, coated in a crispy spicy dhol crust

[FSH, MTD]

**Rs 385**

Or

**POZ salad** 

Lentil and pickled chayote, grilled eggplant, roasted sweet potato wedges, carrot, green pawpaw, tomato and onion chutney, watercress

Tamarind vinaigrette

[PLANT-BASED, VEG]

**Rs 330**

The starters are served with 'pain maison' [GLU] & butter [MLK].

## MAIN COURSE



# MAURITIAN SPECIALITIES TRIO

The specialities trio is served with steamed rice, pulses, local greens, vegetable fricassee, and a coconut chutney. 

ON SUPPLEMENT  
Kari kamaron  
Giant prawn curry

Rs 1650

Choose your 3 Mauritian specialities from the list below

Rs 530

## NOU TERWAR

Kari bef sek

Dry Beef curry with raisins, toasted almonds and fried onions  
[BEF, NUT]

Or

Kalia Poul

Chicken and potato curry in a spiced yoghurt sauce  
[MLK]

Or

Rougay pwason

Fish simmered in a creole tomato sauce  
[FSH]

## NOU LAKOUR

Rougay soza

Soja pieces stir-fried in a creole tomato sauce  
[SOY]

[PLANT-BASED, VEG]

Or

Kari gato pima

Chilli bite dumpling simmered in a curry sauce  
[PLANT-BASED, VEG]

Or

Vinday banann

Green banana stir-fried in a saffron and mustard seed sauce  
[MTD]

[PLANT-BASED, VEG]

## DESSERTS





### Lasiet frwi fre sezon

Seasonal fruit platter, local tropical sorbet

[PLANT-BASED, VEG]

Rs 250

Or

### Fer labous dou duo

Passion fruit flan

[SOY]

[PLANT-BASED, VEG]

Chocolate sweet potato fondant and coconut cream

[GLU]

[PLANT-BASED, VEG]

Rs 265

Or

### Feyte banann

Caramelized banana mille-feuille

[EGG, MLK, GLU]

Rs 250

Or

### Papay dan zardin

Green papaya pearls and mini vanilla entremets

[GLU, EGG, MLK]

Rs 250

## LEXIQUE



## TARO ROOT

In Mauritian cuisine, this tuber can be cooked in several ways: as soup, purée, fritters, grilled or boiled. The green foliage of the plant, the taro leaves ("Brèdes Songe" in French) are eaten boiled. We distinguish 2 types of taro root, the "purple" and the "taro curry" of whitish colour.

**"BRÈDES"** "Brèdes" are young leaves and stems that are cooked in broth or stewed. There are different varieties: Chayote, Turban squash, watercress, basmati, etc. "Brèdes mouroum" are the leaves known as Moringa, very good for your health!

**CHAYOTE** Its name 'Christophine' is a tribute to Christopher Columbus. It was he who brought it back from Mexico. With a similar taste to zucchini, we eat this cucurbit in salads, sauteed or in curries. The tender leaves of the plant ("cœurs de chouchou") are eaten boiled.



## TURBAN SQUASH

This popular vegetable, similar to pumpkin, is used in salads, soups, fritters, fricassee, grilled or as jam. The young shoots of the plant are excellent to boil.

## LADY FINGER

Known by the names of "gombo" or "okra" in the West Indies, its mucilaginous consistence becomes firmer during cooking. We prefer it in salads, sauteed with saffron or in curry.



## SNAKE GOURD

This threadlike vegetable from the Cucurbits family has a pale green skin, with a white and tender pulp, comparable to that of zucchini or chayote.



## LUFFA OR LOOFAH

This cucurbit, native to India, was probably introduced by Mahé de La Bourdonnais. It is found in Africa, India and China. This rough-skinned, ribbed vegetable has a spongy pulp similar to the lady finger. If you let it dry, it becomes a sponge to be used for the body.

## MAURITIAN TOMATO

This variety of small, sour-tasting tomato that grows in Mauritius, is a key ingredient in Mauritian cuisine, where its usage is preferred over real tomatoes. The Mauritian tomato ("pomme d'amour" in French) was discovered in Mexico by the Spaniards in the 16th century. Much like onion, Mauritian recipes without this tomato are rare. It is the most cultivated vegetable in Mauritius.

**KAFFIR LIME** This agrum was brought to Mauritius in the 18th century by Pierre Poivre, after a voyage to Indonesia. This small lime with rugged peel and sour-tasting juice with strong flavour can replace vinegar. The leaves of the plant are also used to season certain sauces and fish dishes.

## DIETARY PREFERENCES

Whether you're vegetarian, fully plant-based, or simply curious, we warmly invite all our guests to explore our delicious plant-powered dishes. And there are *plenty* of good reasons to try them: thoughtfully crafted and full of flavours, these options offer the same exceptional quality and taste—while reflecting our commitment to a kinder planet and our goal to serve at least 30% vegetarian and plant-based dishes. Look for our  and  labels on the dishes to join our sustainable journey, one tasty bite at a time.

SUITABLE FOR VEGETARIANS   
SUITABLE FOR PLANT-BASED 

[VEG]  
[PLANT-BASED]

## FOOD ALLERGENS DISCLAIMER

We list the primary allergens present in each dish using standard abbreviations. However, despite our best efforts, trace amounts of allergens may still be present upon the manufacturing of some ingredients that we use. Our kitchen uses a wide range of ingredients which may contain or come into contact with common allergens, including but not limited to: gluten, peanuts, tree nuts, dairy, eggs, soy, fish, shellfish, etc...

If you have a food allergy or dietary restriction, please inform the Restaurant Manager or Chef before placing your order.

|            |         |
|------------|---------|
| SOYA       | [ SOY ] |
| CELERY     | [ CEL ] |
| NUTS       | [ NUT ] |
| PEANUTS    | [ PNT ] |
| MUSTARD    | [ MTD ] |
| LUPINS     | [ LUP ] |
| SULPHATES  | [ SUL ] |
| SESAME     | [ SSE ] |
| GLUTEN     | [ GLU ] |
| MILK       | [ MLK ] |
| EGG        | [ EGG ] |
| CRUSTACEAN | [ CRU ] |
| FISH       | [ FSH ] |
| MOLLUSK    | [ MLS ] |
| ALCOHOL    | [ ALC ] |
| PORK       | [ PRK ] |
| BEEF       | [ BEF ] |