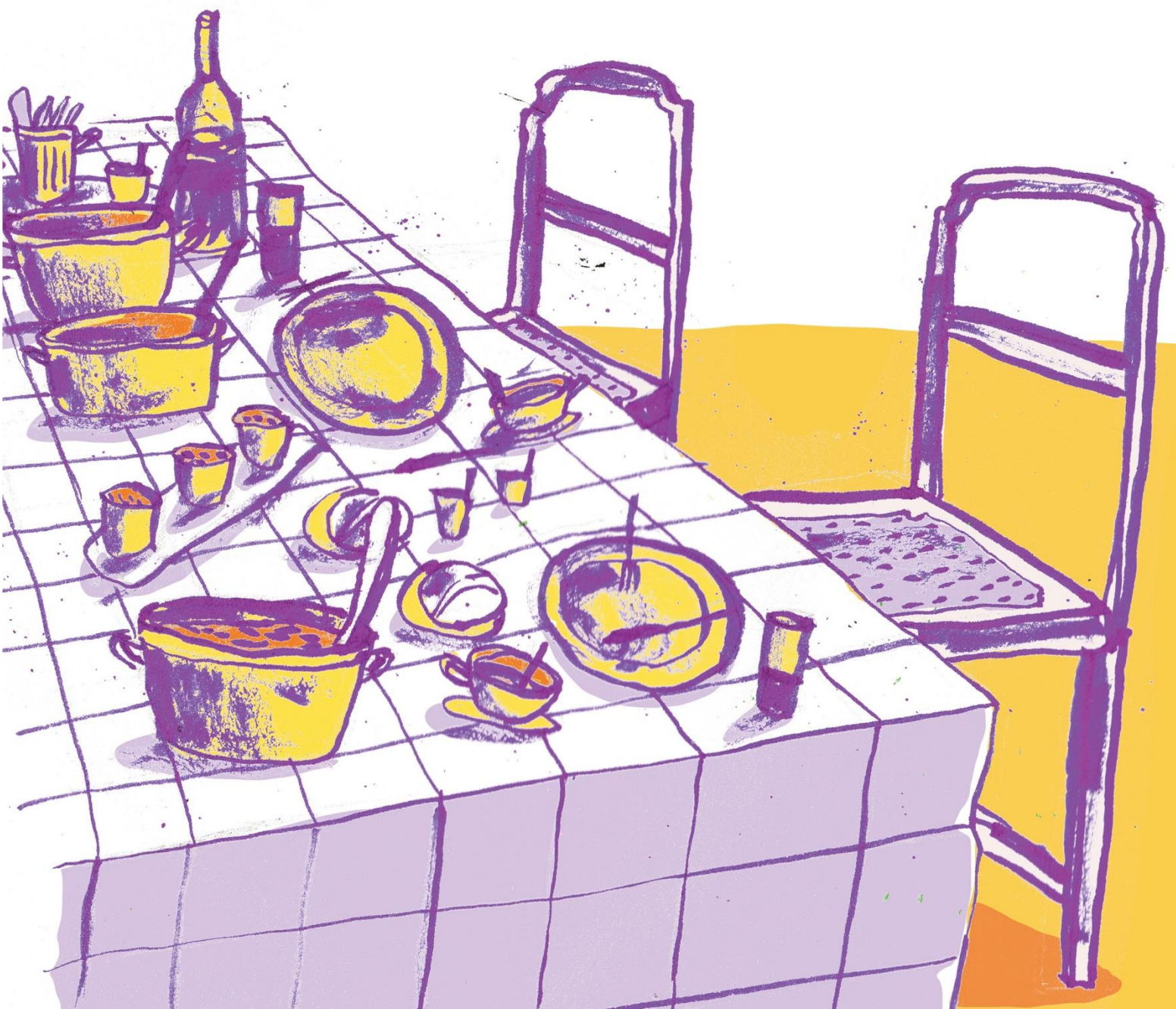


KOT NOU

A different way of interpreting Mauritian food



Kot Nou embraces the Mauritian tradition with emphasis on creativity and playfulness.

Here, prepare for a culinary voyage through the diversity of Mauritian flavours.

APPETIZERS & STARTERS



APPETIZERS

Satini brinzel, Satini kotomili ek pipangay, Satini dal

Eggplant chutney, Coriander and sponge gourd
chutney, Dhall chutney
[VEGAN]

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

STARTERS

Lasoup pomedeter ek kreson

Watercress and potato velouté
[VEGAN]
Rs 150

Or

Nou lamer trio

Fish vindaloo
[FSH, MTD]

Octopus salad
[MLS]

Smoked Marlin roulade filled
with bitter gourd vindaloo
[FSH, MTD]
Rs 350

Or

POZ salad

Lentil and pickled chayote, grilled eggplant, roasted
sweet potato wedges, carrot, green pawpaw, tomato
and onion chutney, watercress
Tamarind vinaigrette
[VEGAN]
Rs 300

The starters are served with 'pain maison' & butter.

MAIN COURSE



MAURITIAN SPECIALITIES TRIO

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

Choose your 3 Mauritian specialities from the list below

Rs 500

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]

Or

Salmi Kanar



Duck stew Mauritian-style

NOU LAKOUR

Rougay soza

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

Or

Kari gato pima

Chilli bite dumpling simmered in a curry sauce
[VEGAN]

Or

Vinday banann

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

DESSERTS



Lasiet frwi fre sezon

Seasonal fruit platter, local tropical sorbet

Rs 225

Fer labous dou duo

Passion fruit flan

[VEGAN, SOY]

Chocolate sweet potato fondant and coconut cream

[VEGAN, GLU]

Rs 240

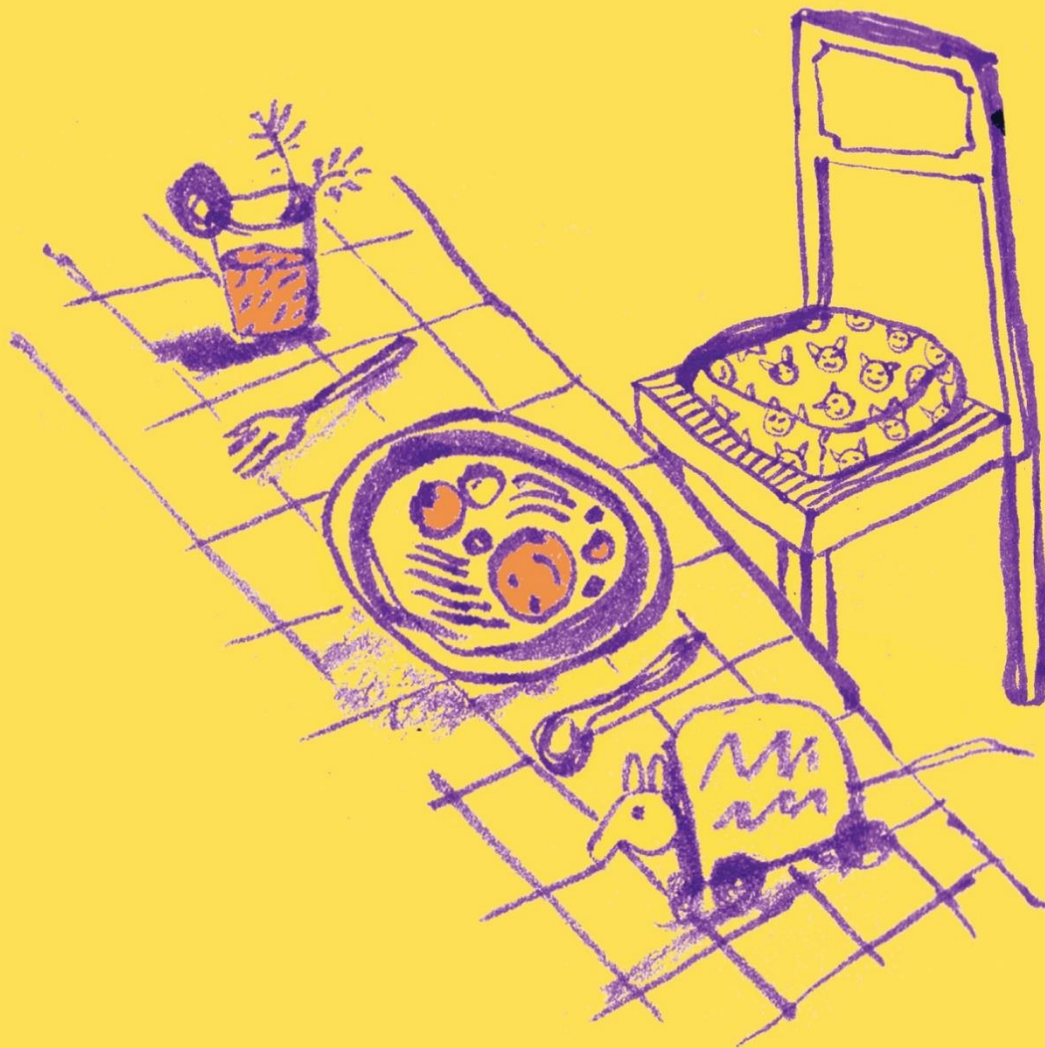
Feyte banann

Caramelized banana mille-feuille

[EGG, MLK, GLU]

Rs 225

KIDS MENU



STARTERS

Rs 220

Crudités salad

[VEG]

Or

Platter of braised ham - Choice of Pork [PRK] Or Chicken

Or

Garden vegetable soup

[GLU, MLK, VEG]

MAIN COURSE

Rs 240

Crumbed fish, Rice, Vegetables

[GLU, FSH]

Chicken nuggets, French fries, Green peas

[GLU]

Choice of Grilled chicken breast Or Chicken sausages, Potato

Mash and Glazed carrots

[MLK]

Minced Beef steak, Seasonal vegetables, Buttered pasta shells

[BEF, MLK]

Baked plain omelet and French fries

[VEG, EGG, MLK]

Spaghetti Or Macaroni

[GLU]

Selection of sauces

Butter [VEG, MLK], Tomato [VEG], Bolognese [BEF], Cheese [VEG, MLK]

DESSERTS

Rs 195

Soft chocolate cake, Vanilla custard

[GLU, MLK, EGG]

Or

Fresh fruit salad

Or

Homemade tart

Or

Selection of Ice creams or Sorbet

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 chou chou”) 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.

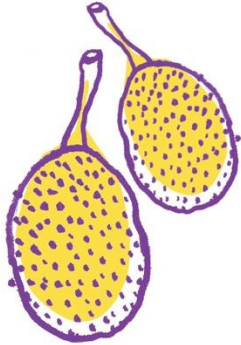
MAURITIAN TOMATO

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.

BREADFRUIT

The breadfruit was discovered by James Cook in Tahiti during his first round-the-world trip. It is eaten savoury or sweet. The pulp of this fruit is generally used as starch, it reminds of a mixture between manioc, sweet potato and potato. It is prepared as fritters, soup, chips, puree, boiled or grilled.



TAMARIND

The tamarind is a sweet and sour fruit that comes from India. The tamarind pods contain a pulp especially used as a condiment for soups, sauces, chutneys or for the preparation of tamarind syrup used as a very refreshing drink in Mauritius.

CURRY LEAVES (“KARIPOULAY” IN CREOLE)

The aroma of the leaves of this bush reminds of that of curry, hence its name. In Mauritius, this spice, considered essential in the preparation of all good curries, is also used in many other dishes, giving them a very particular spiced taste.



Prices are in Mauritian rupees and inclusive of government tax.

Please note that allergen abbreviations do not include trace amounts of allergens that dishes may contain.

Please notify the restaurant manager should you have any food allergies.

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]
VEGETARIAN	[VEG]
PORK	[PRK]
BEEF	[BEF]