

**KARAY**

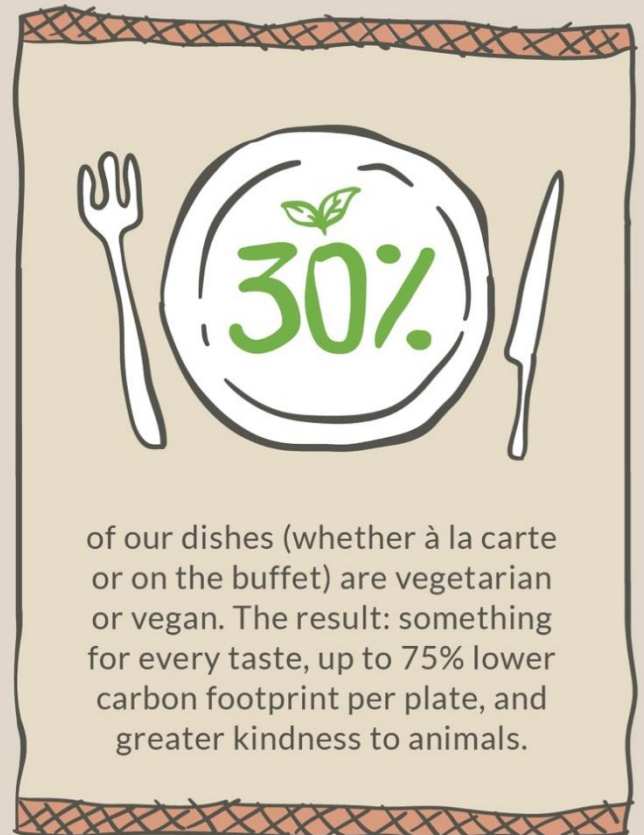
# Committed – Right to your plate

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.



The Karay is to Mauritian cuisine what Karay restaurant is to your holiday: an absolute must. Varied buffets, local and international cuisine – our main restaurant is a central hub where everyone finds something delicious, from morning until night. Its cuisine speaks only one language: generosity.

\* Karay refers to the traditional wok.

## APPETIZERS & COLD MEZZE

### Hummus

Classic chickpea purée with tahini and lemon

[SSE]

[PLANT-BASED, VEG]

### Baba Ghanoush

Smoked eggplant dip with olive oil and pomegranate

[MLK, NUT]

[VEG]

### Tzatziki

Greek yogurt with cucumber, garlic, and dill

[MLK]

[VEG]

### Marinated Olives & Feta

With herbs, garlic, Chilli

[MLK]

[VEG]

Pan-seared tuna enhanced with Cajun spices

[FSH]

## SALADS

### Greek Salad

Tomato, cucumber, red onion, olives, Feta, oregano

[MLK]

[VEG]

### Aegean Seafood Medley

Poached mixed seafood, red onion, pepper, parsley, lemon, olive oil

[MLS, CRU, FSH, MTD]

### Bacon & Potato Salad

Baby potatoes tossed with crispy bacon, mustard vinaigrette, and herbs

[PRK, MTD]

### Tabbouleh & Grilled Calamari

Parsley, mint, tomato, bulgur, lemon, tender grilled calamari

[MLS]

### Mozzarella Salad

Cherry tomatoes, fresh mozzarella, and basil, extra virgin olive oil

[MLK]

[VEG]

### Mediterranean Quinoa Salad

Chickpeas, grilled vegetables, parsley, lemon dressing

[PLANT-BASED, VEG]

### Marinated grilled vegetables

Zucchini, eggplant, bell peppers, and sundried tomatoes in olive oil and herbs

[PLANT-BASED, VEG]

### Red Tuna & White Bean Salad

Flaked tuna, cannellini beans, red onion, parsley, and lemon

vinaigrette

[FSH]

## CRUDITÉS & CONDIMENTS

Lettuce, Carrot, White & Red Cabbage, Cucumber, Tomato Capers, Gherkins [MTD], Black & Green Olives, Sweetcorn,

Chickpeas 

[PLANT-BASED, VEG]

### Sauces & Dressings:

Mayonnaise [MTD, EGG], Ketchup, Sweet Chilli, Chilli Paste


Balsamic, Saffron, Mustard,

Lemon Dressings

Basil Oil, Rosemary Oil, Thyme

Oil, Chilli Oil, Citrus Oil

## CHEESE & COLD CUTS

Brie, Camembert, Gorgonzola,  
Fontal, Emmental, Goat Cheese 

[MLK]

[VEG]

Mortadella, Chicken Ham,  
Chicken Terrine

Crackers [GLU], Dried Fruits,  
Honey

## LIVE COOKING

Grilled Chicken Shawarma Style  
[MLK]

Seafood sauteed with garlic  
butter sauce and herbs  
[CRU, MLS, MLK]

## MAIN COURSE

### Beef Moussaka

Layers of eggplant, ground beef,  
béchamel  
[MLK, GLU]

### Moroccan Chicken Tagine

With apricots, almonds, and  
saffron  
[NUT, MLK]

### Baked Fish Fillet

With tomato, olive, caper, and  
herb topping  
[FSH]

### Seafood Saganaki [Greek-Style]

Seafood baked in a rich tomato  
sauce with Feta and garlic  
[MLS, CRU, FSH, MLK]

## SIDES

### Saffron Rice Pilaf

With toasted almonds and raisins  
[NUT]  
[PLANT-BASED, VEG]

## Lemon & Herb Couscous

Fluffy with parsley and olive oil  
[GLU]

[PLANT-BASED, VEG]

## Roasted Mediterranean Vegetables

Zucchini, eggplant, peppers,  
cherry tomatoes  
[PLANT-BASED, VEG]

Oven roasted potatoes   
[PLANT-BASED, VEG]

## CARVING STATION

Roasted lamb with spices and  
thyme sauce

## LIVE STATION

### Falafel Station

Freshly fried falafel served with  
toppings and sauces  
[SSE]  
[PLANT-BASED, VEG]

## LIVE PASTA

Penne, Spaghetti, Fusilli 


[GLU]  
[PLANT-BASED, VEG]

Tomato sauce   
[PLANT-BASED, VEG]

Cheese sauce   
[MLK, GLU]  
[VEG]

## PIZZA

Spicy lamb pizza  
[GLU, MLK]

Margherita pizza   
[GLU, MLK]  
[VEG]

PLANT-BASED option available

## LITTLE EXPLORERS' TABLE

Pasta salad 

[GLU, MLK]

[VEG]

Crudités 

[PLANT-BASED, VEG]

Grilled Chicken

Sautéed vegetables 

[PLANT-BASED, VEG]

Fish nuggets

[FSH, GLU, EGG]

## DESSERT

Tres leche

[MLK, EGG, GLU]

Cheesecake


[MLK, EGG, GLU]

Hazelnut Brownie

[GLU, EGG, MLK, NUT]

Apple cake tart

[GLU, EGG, MLK]

Couscous honey pudding 

[MLK, GLU]

[VEG]

Pistachio Muha labia, orange

blossom 

[MLK, NUT]



[VEG]

Fruit salad 

[PLANT-BASED, VEG]

## 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 ]