



TROPICAL ATTITUDE

A LA CARTE LUNCH

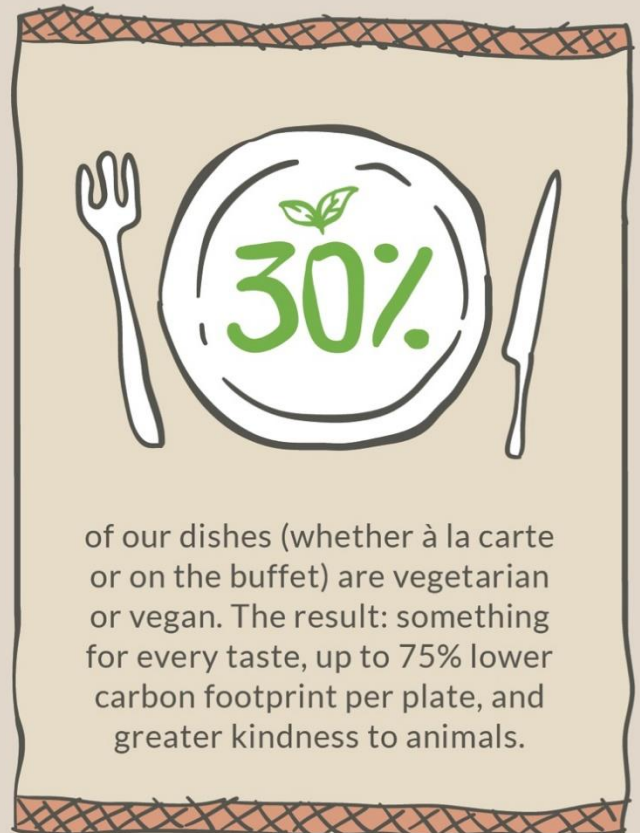
Committed – Right to your plate

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.



SALADS

Grilled Vegetable Salad

Lettuce, grilled vegetables, olives, marinated feta cheese

[MLK]

[VEG]

Rs280

Mauritian-style Niçoise Salad

Lettuce, tuna flakes, hard-boiled eggs, potato, onions, green beans, tomato, olives

[FSH, EGG, MTD]

Vegetarian option: No Tuna 

Rs 350

Chicken Teriyaki Salad

Teriyaki chicken, lettuce, cucumber, tomato, coriander and carrots, teriyaki sauce

[MTD, GLU, SOY]

Rs 360

Fish Salad Mauritian-style

Pineapple, tomato, onions, chilli, cucumber, raisins, coriander, lemon wedges and lettuce

[FSH, EGG, MLK]

Rs 360

Veggie Samosas

Served with a homemade chutney and mixed crudites salad

[MTD, GLU]

[PLANT-BASED, VEG]

Rs 320

SANDWICHES

Gluten-free option available upon request

All sandwiches are served with French fries.

Green Panini

Grilled vegetable, cheese & pesto

[GLU, MLK, NUT]

[VEG]

Rs 290

Club sandwich

Chicken, fried egg, bacon, lettuce, tomato, mayonnaise

[GLU, PRK, EGG, MLK]

Rs 450.00

Croque Monsieur

Toasted sandwich with Pork ham

[PRK] Or Chicken ham [MLK, GLU]

Rs 300

The Mauritian “falafel”

Pita bread, chilli bites, hummus, lettuce, tomato, onion, coriander

[GLU, SSE]

[PLANT-BASED, VEG]

Rs 450.00

The Local Sandwich

Local greens, taro and potato toasted sandwich, curry leaves pesto and tamarind chutney

[GLU]

[PLANT-BASED, VEG]

Rs 400

Beef Burger

[GLU, BEF, SSE, MLK]

Rs 480

Chicken Burger

[GLU, SSE, MLK]

Rs 450

Veg Burger

[GLU, MLK, MTD]

[VEG]

Rs 400

SIGNATURE DISHES

Grilled Fish Skewers

French fries Or savoury rice,
Mixed salad, Lemon butter sauce
[FSH, MLK]

Rs 460

Vegetarian Thali Of The Day

Rice, Lentils, Mixed chutneys
[PLANT-BASED, VEG]

Rs 435

Fish Specialities

Three ways.

Make your selection:

Vindaye

[FSH, MTD]

Or Curry

[FSH, MTD]

Or Stew

[FSH]

Served with sautéed seasonal
vegetables, pulses & rice

[PLANT-BASED, VEG]

Rs 490

Chicken Specialities

Three ways.

Make your selection:

Curry

[MTD]

Or Fricassée

Or Stew

Served with sautéed seasonal
vegetables, pulses & rice

[PLANT-BASED, VEG]

Rs 520

Tofu, chickpea & local greens

Rice, Lentils, Mixed Chutneys &
Pickles of the day

[SOY]

[PLANT-BASED, VEG]

Rs 435

Beef Stir Fry Chinese-style

Sauteed beef, carrot, onions,
garlic, ginger, soy sauce, oyster
sauce and prawn crackers

Served with Cantonese rice, Or
Pad thai noodles

[BEF, SOY, SSE, GLU, CRU]

Rs 450

Chicken Stir Fry Chinese-style

Chicken, carrot, onions, garlic,
ginger, soy sauce, oyster sauce
and prawn crackers

Served with Cantonese rice, Or
Pad thai noodles

[SOY, SSE, GLU, CRU]

Rs 430

Pumpkin Risotto

Pumpkin, coconut milk, garlic, ginger, risotto rice, vegan cheese and christophine leaves fritters
[PLANT-BASED, VEG]

Rs 425

Chicken Risotto

Chicken, tamarind, cream, white wine, onions, garlic and ginger
[MLK, ALC]

Rs 450

SPECIALITY OF THE DAY

Ask your waiter for the special dish of the day

Rs 400

PIZZA [GLU, MLK]

Gluten-free option available upon request

Margherita Pizza

Tomato, Basil
[VEG]

Plant-based cheese available 

Rs 400

Fresh Garden Pizza

Broccoli, Mushrooms, Tomato, Onions, Black & green olives
[VEG]

Plant-based cheese available 

Rs 460

Port Louis Pizza

Spicy Beef, Mushroom, Chilli
[BEF]

Rs 460

The Bay Pizza

Tuna, Pineapple, Chilli
[FSH]

Rs 460

Trou D'eau Douce Pizza

Tandoori chicken, Bell peppers

Rs 460

PASTA

Gluten-free option available upon request

SPAGHETTI, PENNE, LINGUINI

[GLU, EGG]

Rs 435

Napolitana Sauce

Onions, garlic, tomato & basil
[PLANT-BASED, VEG]

Arrabbiata Sauce

Local diced vegetables, olives, tomato and parmesan cheese
[MLK]

[VEG]

Plant-based option without Parmesan

Bolognese Sauce

Onions, garlic, tomato, carrot, celery, beef, herbs
[BEF, CEL]

PLANT-BASED option available 

Chicken Alfredo

Onions, garlic, chicken,
mushrooms, cream
[MLK]

Vegetarian option available 

Mauritian-style Seafood Sauce

Onions, garlic, tomato concassé,
thyme, coriander, chilli & curry
leaves
[FSH, MLS, CRU, GLU]

Rs 450

SUPPLEMENT

*All supplement dishes are served
with sautéed vegetables and parsley
rice.*

Grilled Lobster with Lemon butter sauce

[CRU, MLK]

Rs 1700

Or

Grilled Tiger Prawns with Garlic sauce

[CRU, MLK]

Rs 1035

DESSERT

Fresh Fruit Salad

Served with ice cream
[MLK]

PLANT-BASED option available 

Rs 260

Chocolate Flan

Topped up with whipped cream
[MLK, EGG]

Rs 260

Caramelized Banana

With vanilla ice cream
[MLK, EGG]

Rs 260

Ice cream of the day

[MLK]

[VEG]

Rs 260

Prices are in Mauritian rupees.
All prices are inclusive of 15%
government tax and exclusive of
10% discretionary service tips.

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]