

The background of the entire image is a solid, muted brown color. Overlaid on this background are several large, detailed watercolor illustrations of green leaves. The leaves are rendered in various shades of green, from light lime to deep forest green, with fine lines indicating the veins. Some leaves are fully open and spread out, while others are curled or partially obscured. The overall composition is vertical and artistic, with the text centered in the upper half.

Dinner
Tec-Tec Restaurant

Asian

Mains

TERIYAKI – Japanese

Cooked with a glazing splash of soy sauce, mirin and sugar, served with a teppanyaki of vegetables and Japanese rice

Chicken

BAI | 700 SR

Angus Beef (G)

BAI | 1490 SR

Wagyu Beef

2490 SR | HB 14000 SR

HAKKA NOODLES – Chinese (G)(VG)

BAI | 600 SR

Noodles are coated with various sauces, ginger, garlic, salt and pepper, and quickly tossed in pan

CRAB WOKE – Singaporean (G) Soft shell

BAI | 800 SR

crab, lemongrass, jasmine rice

BLACK PEPPER LOBSTER

2090 SR | HB 980 SR

– Chinese (G) Cantonese style dish, tossed in black pepper sauce

CHEF'S SPECIALS

KAENG GAI – Thai (S)

BAI | 750 SR

Thai chicken curry cooked in your choice of red, green or yellow paste

PAD THAI – Thai (G)(N)

Pad Thai is a stir-fried noodle dish commonly served as street food

in Thailand

Chicken

BAI | 750 SR

Prawns

BAI | 800 SR

Mediterranean

Mains

FROM THE GRILL

BAI | 1390 SR

Angus beef – 200 gm
Sides – grilled vegetables, fries and
sauces to your liking

LOBSTER THERMIDOR

2300 SR | HB 1100 SR

Served with green asparagus and
mushroom

MIXED GRILLED

SEAFOOD PLATTER (G)

BAI | 900 SR

Served with saffron rice, grilled baby
potatoes and selection of sauces

SMOKY AUSTRALIAN

LAMB CHOPS (A)

BAI | 950 SR

Served with truffle mash, grilled seasonal
vegetables and red wine sauce

TIGER PRAWNS (N)

Slow cooked prawns in olive oil, served
with pistachio and green olives

BAI | 600 SR

CHEF SPECIAL

SALT-CRUSTED (For 2 persons)

2900 SR | HB 1500 SR

Salt-crusted whole red snapper, served
with various sides and sauces.

Subject to 24 hour advance order and
fresh catch availability

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.*

(VG) Vegetarian | (A) Alcohol | (G) Gluten | (S) Spicy | (V) Vegan | (N) Nuts | (P) Pork
(HB) Half Board. All prices are in Seychelles Rupees and Inclusive of Taxes & Service Charge.
BAI – Guests accommodated on a Beyond All Inclusive basis.

Butcher's Steaks

We welcome you to order your 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 HB 2200 SR
Beef Tomahawk MB 7-8 1.25 kgs	4900 SR 3600 SR
Beef Striploin Tajima MB 7-8 250 gms	2350 SR HB 1150 SR
Beef Rib-Eye Tajima Wagyu MB 7-8 250 gms	2350 SR HB 1150 SR
Beef Tenderloin Tajima MB 7-8 250 gms	2350 SR HB 1150 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

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International

Starters

CALAMARI FRITTI – Italy (G)

Fried calamari served with aioli

BAI | 500 SR

MUSSELS – Ireland (A)

Olive oil, butter, shallots, garlic, parsley, fresh thyme, white wine and cream

BAI | 590 SR

OCTOPUS SOUP – Zanzibar (S)

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 | HB 790 SR

International

Mains

GRILLED MEAT PLATTER

BAI | 2200 SR

(for 2 persons) – South Africa

Boerewors, chicken, beef, lamb, corn on the cob and chimichurri sauce

CHICKEN SCHNITZEL

BAI | 690 SR

- Germany (G)

Chicken, baked, baby potatoes, sour cream, mushroom gravy

ARROZ MASQUE ROS

BAI | 720 SR

- Peru (G)

Prawns, octopus, mussel, calamari, sala, Pomodoro, coriander, smoked bell pepper, and fish velvety

WAGYU BEEF STROGANOFF

2690 SR | HB 1550 SR

- Russia (A)

Beef, mushroom, shallots, cognac served with Roscetti

Vegetarian & Vegan Inspirations

GREEN SALAD (G)

Romain, rocket, baby spinach, broccoli, green beans and cucumber

BAI | 450 SR

QUINOA (garden base)

Fresh butternut, beetroot, walnuts, pistachio, parsley, lemon vinaigrette, garden greens

BAI | 450 SR

TOMATO & ROASTED BUTTERNUT BRUSCHETTA

Fresh tomato, butternut, rocket, extra virgin olive oil

BAI | 450 SR

ARABIC MEZZE

Hummus, labneh, baba ghanoush, Arabic bread

BAI | 550 SR

VEGETABLE SOUP

Fresh minute made vegetable velouté

BAI | 350 SR

Desserts

LAVA CHOCOLATE (G)

64% Manjari chocolate, rhubarb compote and vanilla ice cream

**Please order me in advance*

BAI | 350 SR

PAVLOVA

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

UMALI (G)(N)

Crispy puff, sweet milk rose, nuts, raisins

BAI | 390 SR

BASBOUSA (N)

Almond basbousa, sugar syrup, nuts

BAI | 390 SR

BAKLAVA (G)(N)

Crispy phyllo, pistachio nuts, rose sugar syrup

BAI | 390 SR

KUNAFI (G)

Shredded pastry layers, creamy soft milk pudding

BAI | 390 SR

Cheese & Wine Pairings

Delicate cheese and wine pairings guided by our Sommelier.

Cheeses

EMMENTHAL 125 SR

Recommend to pair with

By the Glass: Utile Requena – Spain

‘Las Dos Cues’ Tinto 335 SR

Bottle: Morgon – France

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 485 SR

Bottle: Alsace – France

Marc Kreydenweiss Andlau Riesling 2250 SR

Sommelier Tips:

Crisp white wines and lighter red wines.

GOAT CHEESE 125 SR

Recommend to pair with

By the Glass: Martinborough – New Zealand

Craggy Range Te mina Sauvignon Blanc 2022 290 SR

Bottle: Crémant de Loire – France

Domaine Chantemerie Covee Corentin Brut 1450 SR

Sommelier Tips:

An aromatic white wine with good acidity.

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Cheeses

MANCHEGO 250 SR

Recommend to pair with

By the Glass: Rioja – Spain

Marques de Caceres Reserve 2011 345 SR

Bottle: Ribera del Duero – Spain

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 300 SR

Bottle: Toscana – Italy

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 Gillebot Plaisance 2021 285 SR

Bottle: 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

COMTE	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	
By the Glass: Porto – Portugal	
Ramos Pinto, Tawny Port 20 Ans	575 SR
Bottle: Piedmont – Italy	
Barbera d’Asti Superior, Ca’ Bianca 2019	1950 SR

Sommelier Tips:

A soft, savory red or white wine.

PECORINO	250 SR
Recommend to pair with	
By the Glass: Prosecco – Italy	
Prosecco Lamberti D.O.C Extra Dry NV	220 SR
Bottle: Marchesi Antinori – Italy	
Chianti Classico ‘Riserva’ Tenuta Tignanello 2017	2500 SR

Sommelier Tips:

A vibrant acidic wine with bright fruit flavors.

Cheese & Wine Pairings

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Cheeses

OSSAU-IRATY

250 SR

Recommend to pair with

By the Glass: Cotes de Provence – France

Chateau d’Esclans Whispering Angel Rose 2022

335 SR

Bottle: Cotes de Rhone – France

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

Choose your own selection from our variety of exquisite cheeses

Served with your choice of jams, honey, dried fruit and nuts