

A vertical watercolor illustration of various green leaves, likely peace lilies, with detailed vein patterns and soft color gradients. The leaves are arranged in a vertical, overlapping fashion, filling the background of the page. The colors range from light, airy greens to deeper, more saturated forest greens.

Lunch

Tec-Tec Restaurant

SERVING FROM 12.00 NOON TO 5.00 PM

Salads

MAIA SIGNATURE SALAD

BAI | 590 SR

Mixed greens, beetroot, croutons, tomato, cucumber, poached egg, orange segments, Coppa, roasted pumpkin seeds and parmesan flakes.

CAESAR SALAD

Romaine lettuce, poached egg and crispy beef bresaola. Served with your choice of:

Chicken skewers

BAI | 490 SR

Grilled prawns

BAI | 590 SR

NIÇOISE SALAD

BAI | 390 SR

Tomato, potatoes, green beans, olives, anchovies, onions, lettuce and fresh yellowfin tuna

PENNE PESTO SALAD (N)

BAI | 390 SR

Homemade pesto, parmesan, pine nuts and rocket leaves

LARB NEUA (S)

BAI | 490 SR

Marinated beef tenderloin freshly cut, crumbled rice, Thai spicy salad, fresh mint, lime juice, seasoning and fresh herbs

MEXICAN BOWL (S)

BAI | 490 SR

Lettuce, corn, guacamole, spicy chicken, cucumber, cheddar cheese, tortilla and Pico de Gallo

Vegetarian

QUINOA SALAD (N)

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

BAI | 350 SR

NASI GORENG TOFU

Fried rice served with fried tofu and vegetables

BAI | 450 SR

RISONI

Pastificio Benedetto Cavalieri pasta (like a risotto), lemon saffron and asparagus

BAI | 690 SR

Seafood & Fish

TARTARE

Sesame oil marinated fresh local catch yellowfin tuna, lime juice, olive oil, spring onions, sesame seeds and roquette salad

BAI | 400 SR

NIGIRI

Yellowfin tuna – 4 pieces

BAI | 490 SR

CARPACCIO

Lime-marinated local fresh catch, olive oil, tomato chutney, spring onions, and chili

BAI | 490 SR

SUSHI & SASHIMI

Small portion: 4 pieces sushi & 4 pieces sashimi

BAI | 490 SR

Large portion: 8 pieces sushi & 8 pieces sashimi

BAI | 890 SR

TUNA POKE BOWL

Fresh yellowfin tuna, avocado, sushi rice, nori seaweed, cucumber, sesame and Japanese mayonnaise

BAI | 690 SR

LOCAL FRESH OCTOPUS SALAD

Sundried tomatoes, cucumber, pomelo and salad

BAI | 490 SR

SESEL TATAKI (G)

Whole grain toasted bread, Val d'Endorre roquette salad, local avocado (seasonal), fresh catch yellow fin tuna tataki seared, rolled in sesame

BAI | 390 SR

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
All prices are in Seychelles Rupees and Inclusive of Taxes & Service Charge.
BAI – Guests accommodated on a Beyond All Inclusive basis.

Sandwiches

Wraps & Burgers

CLUB SANDWICH (G)

Toasted brioche bread, sliced chicken, salad, fried egg, tomato, turkey ham, fries and plain mayonnaise

BAI | 695 SR

CIABATTA SANDWICH (G) (N)

Pesto, grilled chicken, rocket leaves, sundried tomato and buffalo mozzarella

BAI | 750 SR

MAIA SIGNATURE SANDWICH (P)

Smashed rib eye Angus beef, Emmenthal, pumpkin seeds, bread, salad, grilled bacon, tahini, pepper, mustard sauce and fries

BAI | 990 SR

MULTIGRAIN STEAK

SANDWICH (G)(N)

Angus beef, prosciutto, tomato, grilled onions, gherkins, spicy mayonnaise and cheddar cheese

BAI | 1190 SR

Sandwiches

Wraps & Burgers

CHICKEN TIKKA WRAP (G)

Flour tortilla, chicken tikka cooked in Tandoori clay oven, sliced onions, tomato, cucumber, mozzarella, garam masala, cumin seeds and coriander leaves. Served with sweet potato fries

BAI | 790 SR

SEAFOOD QUESADILLA (G)

Gambas black tiger prawns, calamari, red snapper fish, mussels, capsicum, mozzarella and tomato

BAI | 790 SR

BEEF BURGER (G)

Smashed rib eye Angus, sesame bun, melted Emmenthal, cheese, fried onions, sliced jalapeños, mustard dressing. Served with salad and fries

BAI | 950 SR

TURKISH LAMB BURGER (G)

Minced lamb leg, cucumber, tomato, onion, mayonnaise, fresh coriander and fresh mint

BAI | 990 SR

Pizza

MAIA' GARITA (G)

Mozzarella, tomato base, roquette and basil

BAI | 390 SR

PEPPERONI (G)

Beef pepperoni, mozzarella, tomato base

BAI | 590 SR

SEAFOOD (G)

Mixed seafood, mozzarella

BAI | 590 SR

TUNA & ONION (G)

Yellow fin tuna, oregano and sliced fresh onions

BAI | 450 SR

LOBSTER WITH FRESH TRUFFLE (G)

Lobster, fresh truffle, mozzarella

BAI | 3290 SR

Pasta

ORECCHIETTE DE CECCO (G)

Local octopus stew, cherry tomato, garlic, basil and parsley

BAI | 590 SR

SPAGHETTI ALIO OLIO

PEPEROCHINO (G)(S)

Spaghetti cooked in olive oil, garlic and chili flakes

BAI | 290 SR

LINGUINE VONGOLE (G)(A)

White wine, 'vongole' clams, alio olio and parsley

BAI | 1090 SR

Mains

- FRESH GRILLED FISH OF THE DAY** **BAI | 590 SR**
Red snapper, Job, Grouper or Yellowfin
Tuna freshly caught, served with
seasonal vegetables and sauces
- THAI PRAWN CURRY (S)** **BAI | 690 SR**
Succulent prawns, green curry, coconut
milk, lemongrass and galangal,
served with fragrant jasmine rice
- COCONUT CURRY** **BAI | 425 SR**
Fresh fish catch or octopus,
served with basmati rice
- LAMB CURRY** **BAI | 790 SR**
Slow cooked lamb with mild spices,
served with basmati rice
- GRILLED LOCAL OCTOPUS** **BAI | 490 SR**
Served with grilled vegetables
and Creole sauce

Mains

SEAFOOD SCHEZWAN NOODLES (G)

Stir fried wok noodles, prawn, calamari, mussels and fish, tossed with oriental Schezwan sauce

BAI | 690 SR

BLACK PEPPER SOFT-SHELLED CRAB WOK (S)

Served with jasmine rice

BAI | 890 SR

GRILLED LOBSTER

Grilled lobster served with truffle mash, seasonal grilled vegetables and sauces

2290 SR

WAGYU BEEF TENDERLOIN MB-8

Served with garlic potatoes, grilled asparagus, and sauces

2390 SR

GRILLED AUSTRALIAN LAMB CHOP TERIYAKI

Served with garlic potatoes, grilled asparagus, and sauces

BAI | 890 SR

Desserts

HOMEMADE SIGNATURE

ICED SWEETS (2 scoops)

BAI | 190 SR

- Grapefruit & vanilla
- Pineapple & basil
- 64% Manjari Madagascar chocolate and orange
- Stracciatella

BROWNIE (G)(N)

BAI | 390 SR

With homemade sea salt crumble and vanilla ice cream

FRUIT PLATTER

BAI | 390 SR

Feast of local tropical fruits and soursop sorbet

CREPES SUZETTE (G)(A)

BAI | 390 SR

Crepes cooked in orange liquor

SUNDAE

BAI | 430 SR

Chocolate, vanilla and strawberry ice cream, whipping cream, chocolate sauce, vermicelli chocolate chips