

M E N U

THE SEABOARDS APARTMENTS

ANSE LA MOUCHE · SEYCHELLES

"Better wait for your food, than the food waiting for you."

Appetizers & Starters

SOUP OF THE DAY chef selection of the day	SCR 145
MIXED GARDEN SALAD (v) capsicum, cucumber, cabbage, lettuce, olives	SCR 195
QUINOA SALAD (v) grilled vegetables, vinaigrette	SCR 245
CAJUN SPICED SEARED TUNA garden leaves, marinated seared tuna	SCR 245
PRAWNS COCKTAIL tomato, lettuce, marie rose sauce	SCR 245
PRAWNS TORPEDO fried breaded prawns, sweet chilli sauce	SCR 285
SMOKEFISH SALAD garden salad, vinaigrette	SCR 285
GREEK SALAD (v) feta, cucumber, tomato, olives, onion	SCR 295
MARINATED CALAMARI garden salad & garlic sauce	SCR 295
MIXED SEAFOOD SALAD prawns, calamari, mussels, octopus, clams	SCR 365

Pasta & Burger

TOMATO PENNE (v) penne in tomato sauce	SCR 235
CLASSIC SPAGHETTI BOLOGNESE	SCR 295
CREAMY PESTO GNOCCHI (v) gnocchi, cream, pesto	SCR 325
MEAT TORTELLINI in pomodoro sauce	SCR 385
CHEESY RAVIOLI (v) white cream sauce	SCR 385
SPAGHETTI VONGOLE garlic, clams, white wine	SCR 395
SPAGHETTI BLACK MUSSEL onion, cream, white wine, parmigiano	SCR 425
THE SEABOARDS BURGER beef patty, egg, bacon, tomato, onion, cheese · fries & salad	SCR 425
LAMB PARMIGIANO RISOTTO lamb, risotto, parmigiano · 35 min wait	SCR 695

From the Land

VEGETABLE CURRY (v)	SCR 295
BUFFALO WINGS fries & salad	SCR 325
CHICKEN CURRY	SCR 345
HONEY GLAZED PORK fries & salad	SCR 425
RIB EYE BEEF STEAK potato fries, pepper sauce	SCR 525
SEABOARDS MIX PLATTER ribeye beef, pork ribs, chicken wings, prawns, calamari, mussels All curries served with rice & local chutney.	SCR 2199

From the Ocean

FISH CURRY	SCR 325
CATCH OF THE DAY marinated in creole sauce, buttered vegetables	SCR 375
PRAWNS CURRY	SCR 395
FISH TRIO tuna, job, jack fish · grilled vegetables	SCR 485
OCTOPUS CURRY seasonal	SCR 495
MIXED SEAFOOD CURRY prawns, calamari, mussels, crab stick, eggplant	SCR 495
CRAB CURRY IN COCONUT MILK seasonal	SCR 525
COETIVY PRAWNS 16/20 grilled in lemon butter & garlic, cream sauce · fries & salad	SCR 525
OCEAN BASKET prawns, calamari, fish, mussels · served with fries All curries served with rice & local chutney.	SCR 565

Wraps & Tacos

VEGETABLE WRAP (v) capsicum, cucumber, lettuce, onion, carrot	SCR 265
CHICKEN WRAP capsicum, cabbage, lettuce, onion	SCR 285
TUNA WRAP capsicum, cabbage, lettuce, onion	SCR 310
TACOS sizzling spiced pork, tomato salsa, guacamole	SCR 375
PRAWN WRAP capsicum, cabbage, lettuce, onion	SCR 395

LIGHT BITES & SWEET

THE SEABOARDS APARTMENTS

THE CREOLE EXPERIENCE

Starter

moringa soup or lentil soup

Mains

grilled fish, chicken and fish curry, eggplant
fritters, lentils, black pudding, cassava,
papaya chutney – served family-style

Dessert

caramelised banana or coconut nouga

Drinks

Seybrew & a taste of toddy (kalou)*

**Kalou is coconut sap, tapped from the cut flower and left to
ferment in the vessel – within two hours it becomes an
aromatic, sweet, mildly intoxicating wine. Subject to
availability.*

**SCR 1850 · for two
persons**

Pre-order 24 hours required

Kids

PLAIN PASTA	SCR 125
TOMATO PENNE	SCR 165
CHICKEN FINGERS	SCR 195
HAM & CHEESE SANDWICH	SCR 195
SPAGHETTI BOLOGNESE	SCR 225
CHEESE BURGER	SCR 225

Sides & Bites

FRIES	SCR 85
SPRING ROLLS (v)	SCR 95
FISH FINGERS	SCR 185
CHICKEN FINGERS	SCR 195
MIX APPETIZERS	SCR 250
<i>vegetable spring rolls, chicken samosa, prawn torpedo, garlic bread</i>	

Dessert

CRÈME BRÛLÉE	SCR 185
<i>creamy vanilla custard, crunchy topping</i>	
TROPICAL FRUIT SALAD	SCR 185
<i>sweet and tangy</i>	
CARAMELISED BANANA	SCR 185
<i>brown sugar, vanilla, cinnamon, Takamaka rum</i>	
COCONUT EXPERIENCE	SCR 200
<i>panacota, nouga, coconut ice cream, shaved coconut</i>	
CHOCOLATE FONDANT	SCR 200
<i>served with vanilla ice cream</i>	

Although we have implemented careful procedures, traces of allergenic ingredients may be present in any product used in the kitchen, and we cannot guarantee a dish is completely free from allergens. Please speak to reception about any allergy or intolerance and we will provide a detailed allergen menu.

BREAKFAST

THE SEABOARDS APARTMENTS

Breakfast Selections

	AMERICAN	ENGLISH	CONTINENTAL	GERMAN
Eggs your way — scrambled, poached, omelette (plain / ham & cheese), fried	●	●	—	●
Toast	—	●	●	●
Bread rolls	—	—	—	●
Baked pastries — croissant, danish, pain au chocolat	—	—	●	—
American pancake — plain or honey	●	—	—	—
Hash browns (2 per order)	●	●	—	—
Bacon or chicken sausage (2 per order)	●	●	—	—
Baked beans, grilled mushroom, grilled tomato	—	●	—	—
Muesli with dried fruit & yogurt / overnight oats* / oatmeal	—	—	—	●
Fruit platter — banana, melon, pineapple, orange (seasonal)	—	—	●	—
Juices — mix, apple, orange	—	—	●	—
Jams & spreads — strawberry jam, marmalade or Nutella, honey, butter	—	—	●	●
Coffee & tea — coffee, black tea, green tea (1 per order)	●	●	●	●

German breakfast sides: choose one. *Overnight oats to be reserved 24 hrs in advance.

Eggs

FRIED • SCRAMBLED • BOILED • POACHED SCR 65
served with toast, butter

Sides

HASHBROWN SCR 60
2 per order

AMERICAN PANCAKE SCR 65
3 per order

OVERNIGHT OATS SCR 75
reserve 24 hrs before

CORN FLAKES SCR 85

FRUIT PLATTER FOR ONE SCR 95

MUESLI WITH FRUITS & YOGURT SCR 200

Pastry Basket

PASTRY BASKET SCR 285 / 2 PAX
pain au chocolat or danish, toast, croissant

Morning Beverages

TEA SCR 50

ESPRESSO • CAPPUCCINO • LATTE SCR 60

AMERICANO • GREEN TEA SCR 60

HOT CHOCOLATE SCR 60

Smoothies — SCR 185

FRUIT SMOOTHIE
mango, banana, strawberry, pineapple, yogurt

GREEN BREAKFAST
mango, chia seeds, almond milk, spinach

OATMEAL SMOOTHIE
banana, chia seed, oatmeal, yogurt, almond milk

TROPICAL SMOOTHIE
passion fruit, banana, frozen mango

ZUCCHINI SMOOTHIE
zucchini, banana, orange juice

DRINKS & WINE

THE SEABOARDS APARTMENTS

Cocktails – SCR 185

DEVIL IN A RED DRESS	SCR 185
Takamaka coco rum, Takamaka white rum, sugar, black carrot	
PALOMA	SCR 185
Takamaka white rum, lime, grapefruit, sugar	
JUNGLE BIRD	SCR 185
Takamaka spiced rum, Campari, pineapple, sugar syrup, lime	
PINA COLADA	SCR 185
Takamaka coco rum, pineapple juice, coconut cream	
MOJITO	SCR 185
Takamaka white rum, lime, sugar, soda water	
MANGO MAI TAI	SCR 185
Takamaka dark spiced, sugar syrup, mango, orange, lime	
STRAWBERRY DAIQUIRI	SCR 185
Takamaka coco rum, lime, sugar syrup, strawberry	
CAIPIRINHA	SCR 185
cachaca, sugar syrup, fresh lime	
TOM COLLINS	SCR 185
Tanqueray gin, lime juice, sugar syrup	
GIN GIN MULE	SCR 185
Tanqueray gin, lemon, sugar syrup, mint, ginger ale	
GREEN GARDEN	SCR 185
cucumber juice, gin, elderflower liqueur, sugar syrup	
PASSION FRUIT MARGARITA	SCR 185
tequila, Cointreau, sugar syrup, lime juice	

Mocktails – SCR 175

VIRGIN MOJITO	SCR 175
lime, mint, sugar, soda water	
VIRGIN PINA COLADA	SCR 175
pineapple juice, coconut cream	
TROPICAL SUNRISE	SCR 175
passion fruit, mango, orange	
CUCUMBER COOLER	SCR 175
cucumber juice, elderflower, soda	
GINGER MULE	SCR 175
lime, mint, sugar syrup, ginger ale	
STRAWBERRY CRUSH	SCR 175
strawberry, lime, sugar syrup	

Soft Drinks & Water

STILL WATER	SCR 45
SPARKLING WATER	SCR 55
VANILLA LEMON ICE TEA	SCR 60
COCA COLA · COLA ZERO · SPRITE · FANTA	SCR 65
500 ml	
TONIC WATER · BITTER LEMON	SCR 65
MIX FRESH JUICE	SCR 85

Bottled Beer

SEYBREW · EKU · GUINNESS	SCR 95
HEINEKEN	SCR 110

Spirits – SCR 95 per measure

TAKAMAKA RUM

Rum Blanc · Rum Koko · Dark Spiced Rum · Rum Pineapple

VODKA & RUM

Absolut · Bacardi

GIN

Tanqueray Seyvilla · Gordon's Gin · Bombay Sapphire

WHISKY

Jameson · Johnnie Walker Red · Grant's

House Wine – SCR 325 bottle

PERLE DU SUD MERLOT-GRENACHE, IGP OC

Red – raspberry and black cherry with a peppery edge. Veal, beef, pasta.

PERLE DU SUD CHARDONNAY VERMENTINO

White – semi-dry, citrus and peach. Fish, shellfish, crustaceans.

L'AUTANTIQUE SYRAH ROSÉ, IGP D'OC

Rosé – juicy, dry and fruity. Aperitif, salads, fish dishes.

Wines by the Bottle – SCR 475

LES FONCANELLES CABERNET SAUVIGNON (FR)

Red – ruby, lively fruit, silky tannins. Steak, burger, lamb, cheese.

FANTINI MONTEPULCIANO D'ABRUZZO (IT)

Red – full-bodied, red fruit and marasca cherry with vanilla nuances.

LES FONCANELLES SAUVIGNON (FR)

White – crisp and dry, peach and pear. Seafood or aperitif.

FANTINI PINOT GRIGIO (IT)

White – medium bodied, peach and grapefruit, long spicy finish.

LES FONCANELLES CINSULT (FR)

Rosé – dry and expressive, raspberry and cherry. Salads, grills.

FANTINI CERASUOLO ROSÉ (IT)

Rosé – abundant strawberry and red fruit. Aperitif, salads, soups.

Sparkling

SWARTLAND WINERY CUVÉE BRUT (SA) SCR 650

Tropical flavours with notes of almond, fresh and crisp. Cheese, appetizers, shellfish.

Wine by the glass · SCR 95

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SUSHI TIME

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MAKI ROLL – 8 PCS

PHILADELPHIA CHEESE AVOCADO MAKI SCR 330

avocado, philadelphia cheese, cucumber, spicy mayonnaise top with sesame seeds

CHICKEN PESTO MAKI SCR 345

pan-seared chicken, pesto sauce, cucumber topped with sweet chilli mayo

SPICY TUNA MAKI SCR 285

nori rolled with sushi rice, cucumber, marinated tuna topped with spicy mayo

SPICY CRAB ROLL SCR 290

nori rolled with sushi rice, crab stick, cucumber topped with spicy mayo

CALIFORNIA ROLL SCR 355

nori rolled sushi rice, crab stick, tempura prawns, cucumber topped with caviar tobiko & Japanese mayo

VEGETABLE ROLL (V) SCR 225

sushi rice rolled with cucumber, avocado, beetroot & carrot with cream cheese topped with spicy mayo

TEMPURA ROLL SCR 355

deep fried sushi roll with prawn tempura, philadelphia cheese and cucumber topped spicy mayo sauce

TERIYAKI BEEF MAKI ROLL SCR 345

beef steak, cucumber, top with sesame seed and teriyaki sauce

SALMON MAKI ROLL SCR 380

salmon, cucumber, cream cheese, top with sliced salmon

RAINBOW MAKI ROLL SCR 395

crab stick, salmon, tempura prawns, avocado, cucumber, topped with salmon, tuna and spicy mayo

SIDE DISHES

EBI NIGIRI SCR 235

with a dab of wasabi, soy sauce & pickled ginger

NIGIRI SCR 250

choice of fish (tuna, snapper or job fish · 6 pcs)

SALMON NIGIRI SCR 335

6 pcs

AVOCADO NIGIRI (V) SCR 235

6 pcs

SASHIMI SCR 290

choice of fish (tuna, snapper or job fish · 6 pcs)

WAKAME SALAD (V) SCR 235

seaweed tossed in a light, savoury dressing

MISO SOUP CHEF STYLE (V) SCR 285

Japanese soup with tofu, seaweed and vegetables

TUNA, JOB OR SNAPPER CARPACCIO SCR 355

thin sliced with carpaccio sauce

SUSHI PLATTER

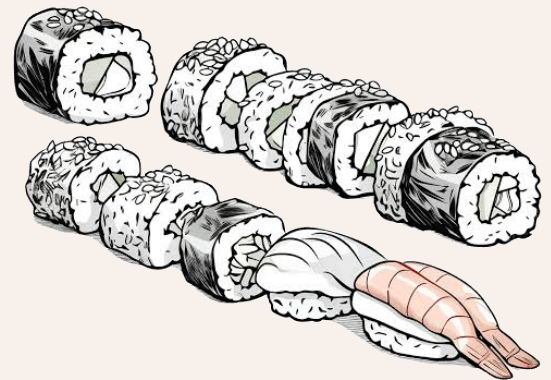
26 handcrafted pieces · SCR 1200

WHAT'S INCLUDED

Tempura Roll · 4 pcs
Spicy Tuna or Crab · 4 pcs
Salmon Maki Roll · 4 pcs
Philadelphia Cheese Avocado Roll · 4 pcs
Premium Nigiri Selection · 10 pcs

PLUS ONE COMPLIMENTARY SIDE

miso soup · wakame salad · sashimi (tuna or job)



Our chefs craft exquisite sushi and sashimi, drawn from the pristine Seychelles waters. Snapper, tuna and jobfish are meticulously prepared and transformed into flawless nigiri, artful maki and pristine sashimi – each piece a testament to artisanal precision.