

Le Relax Hotel

Food Menu



MAHE – PRASLIN – LA DIGUE

Le Relax Hotel

“Le Relax Restaurant” is our gift to you, on one of life’s most fundamental and delightful experiences Food, Drinks and an unmatched service– in the most authentic and relished form.”

Our Guest have varied tastes and preferences. Our menu has tried to include a rich selection of Creole, International and Indian Cuisine.

Food that is loved by people the world over. Yet, if you do have a particular dish that you would love to savor, be it Vegan, a Gluten free or even Jain food, please do go ahead and request it through our steward. There is nothing our chef cannot fry, steam or sauté, just for you.

Go on, indulge yourself.

Bon Appétit!

MENU

Soups

■ **Tomato Soup** **115**
(Crème, Basil, Croutons and Olive oil)

■ **Soya coriander vegetable Soup** **90**
(Ginger, Veggies, Chilli)

Sweet corn Soup **105**

■ Choice of Vegetarian

■ Choice of Chicken **115**

■ **Tropical Fish Soup** **150**
(Job fish, Bilimbi, Spinach, Tomato, Coconut Milk)

Rainbow Soup

■ Choice of vegetarian **105**

■ Choice of chicken **115**

■ Fish **140**

Salads

■ **Mixed Green Salad** **105**
(Seasonal Greens, Cucumber, Tomatoes)

■ **Pan Grilled Vegetable** **115**
(Eggplant, Courgette, Peppers, Tomatoes)

■ **Smoked Marlin** **150**
(Lettuce, Cucumber, Pineapple, Bilimbi)

■ **Octopus Salad** **215**
(Cooled and Sliced Octopus Served with Passion Fruit Vinaigrette)

■ **Chicken Salad** **175**
(Shredded Tandoori Chicken, Lettuce, Red Onion – Sweet and Spicy Chutney)

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November 2019

MENU

Burger & Sandwiches

Served with Fries and Salad
(Plain or Toasted)

<input checked="" type="checkbox"/> Cheese and Vegetable Sandwich (Plain or Toasted)	215
<input checked="" type="checkbox"/> Le Relax Club Sandwich	240
<input checked="" type="checkbox"/> Tuna Cheese and Tomato Sandwich	210
<input checked="" type="checkbox"/> Beef Burger	270
<input checked="" type="checkbox"/> Chicken Burger	270
<input checked="" type="checkbox"/> Veg Burger Slider Burger (Mini Burgers)	220
<input checked="" type="checkbox"/> Chicken	150
<input checked="" type="checkbox"/> Beef	150
<input checked="" type="checkbox"/> Veg	120

Starters / Snacks

<input checked="" type="checkbox"/> Tandoori Subzi (Tandoori Marinade, Baby corn, Mushroom, Cauliflower, Potatoes)	125
<input checked="" type="checkbox"/> Bruschetta (Fresh Tomatoes, Mozzarella, Herb, Olive Oil, Chili Flakes)	105
<input checked="" type="checkbox"/> Pan Grilled Takamaka Prawn (Local Rum Flambéed, Peppers and Onion)	295
<input checked="" type="checkbox"/> Vegetable Spring Roll (Wrapped Vegetables Deep-Fried, Sweet Garlic Sauce)	165
<input checked="" type="checkbox"/> Samosa (Fried Savory Turnover, Potatoes, Spices)	150
<input checked="" type="checkbox"/> Vegetable Cheese Roll (Deep Fried Vegetable with Cheese)	150

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■	Vegetable Cheese Roll (Deep Fried Vegetable with Cheese)	150
■	Cheese Milan (Vegetable and Cheese stuffed)	150
■	Potato Chilli (Deep Fried Potato - Medium/ Low spicy)	150
■	Honey Chilli Potato (Deep Fried Potato with Honey - Medium/ Low spicy)	150
■	Seafood Fritters (Beer-Batter Fried Catch of the Day)	235
■	Fish Fingers (Crumb Fried Fish Goujon's Served with Tartar Sauce.)	185
■	Chicken Wings (Fried Wings Tossed in Barbeque Sauce)	210
■	Beef Chilli Fry (Soya , Pepper, Chilli)	280
■	Chicken Wings in Jack Daniel (Fried Wings Tossed in Barbeque Sauce)	

From Our Clay Pot

■	Tandoori Pepper Fish (Job Fish, Yoghurt, Spices Tandoor Roasted)	185
■	Tandoori Chicken (Tandoori Spices, Yoghurt, "Deggi Chilli", Bone in Chicken)	
	Full	345
	Half	250
■	Chicken Tikka (Boneless Chicken, Yoghurt, Chakka Masala, Charcoal Roasted)	200
■	Murg Malai Tikka (Boneless Chicken Marinated with Cashew Paste, Yogart, Spice)	200
■	Sheek Kabab (Minced Chicken with Onion, Garlic and Spices)	200
■	Chicken Banjara Kabab (Chicken with Onion, Garlic and Coriander)	200
■	Hara Bara Cheese Kebab (Mix Vegetable with Cheese)	170
■	Dahi Kabab (Mix Vegetable with Cheese and Curd)	170

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Pasta and Pizza

Served with Chilli Flakes and Oregano

■ Spaghetti Bolognese (Tomato, Beef Ragout, Parmesan)	170
■ Creole Seafood Pasta *** <i>Chef Special</i>	210
■ Spaghetti Carbonara (Egg, Ham, Olives and Mushroom)	180
■ Penne Arrabiata (Garlic, Basil, Tomatoes, Red Chilli, Peppers in Olive Oil.)	165
■ Margarita Pizza (Tomato Sauce, Garlic, Basil, Cheddar Cheese.)	165
■ BBQ Chicken and Onion Pizza (Tomato Sauce Shredded Chicken, Sautéed Onion, Cheddar Cheese.)	180
■ Tandoori Chicken Pizza (Tandoori chicken with cheese)	200
■ Tropical Pizza (Ham, Pineapple with Sliced Mushrooms, Olive and Cheese)	260
■ Maharaj Pizza (Mix Vegetable with Cheese -Desi Style)	175

Creole and Indian curries

■ Paneer Makhani (Fresh Cottage Cheese Cooked in Creamy Tomato Gravy with Herbs and Butter)	205
■ Vegetable Jalfraizi (Made with Green Chilies, Capsicum and Onions)	165
■ Bhindi Do Pyaza (Refried Okra, Red Onion, Mango Powder)	175
■ Aloo Gobi (Dry Preparation with Potato and Cauliflower)	175
■ Navarathan Kurma (Vegetable and Fruit in White Gravy)	175
■ Malai Kofta (Paneer and Potato in Red Gravy)	175
■ Palak Paneer (Paneer Cooked in Spinach Gravy)	175
■ Ringan Nu Shaak (Local Aubergine, Tomatoes, Peanut Curry)	175

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■ South Indian Fish Curry	280
(Fish Cooked with Coconut Milk and Tamarind juice)	
■ Murg Kurma	250
(Chicken in White Gravy)	
■ Chicken Gustaba	275
(Chicken Keema Balls in Red Gravy)	
■ Kadai Chicken	250
(Chicken in Yellow Gravy with Capsicum, Onion Tomato)	
■ Chicken Tikka Masala	275
(Chicken Tikka Cooked in Red Gravy with Capsicum, Tomato & Onion)	
■ Butter Chicken	305
(Boneless Chicken, Tomato Gravy, Dried Fenugreek Leaves)	
■ Octopus Curry	320
(Octopus Cooked in Coconut Milk with Creole Spices)	
■ Creole Styled Fish Curry	280
(Chutney, Rice or Fries)	
■ Chicken Curry	250
(Bone in Chicken, Tomatoes, Coconut Milk and Local Masala)	
■ Lamb Rogan Josh	320
(Boneless Lamb Cubes, Kashmiri Chilli, Fennel, Ginger Curry)	
■ Vegetable Biryani	145
(“Dum” cooked Basmati rice, Vegetables, Yoghurt Relish)	
■ Chicken Biryani	205
(“Dum” cooked Basmati rice, Boneless Chicken, Yoghurt Relish)	
■ Lamb Biryani	250
(“Dum” cooked Basmati Rice, Boneless Lamb, Yoghurt Relish)	
■ Steamed Rice	85
■ Jeera Rice	105
■ Kashmiri Pulao	145
■ Onion Pulao	145

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International Entrees

- | | |
|--|------------|
| ■ Butter Garlic Prawns | 425 |
| (Garlic, Pepper, Lemon Juice and White Wine, Rice and Salad) | |
| ■ Grilled Red Snapper Passion Fruit Coulis | 320 |
| (Local Chutney, Flavored Rice) | |
| ■ Banana wrapped Baked Fish | 340 |
| (Please ask server for the Fish of the Day) | |
| ■ Fish and Chips | 295 |
| (Batter Fried Fish, Fries and Tartar Sauce) | |
| ● Slow Cooked Chicken with Jus | 275 |
| (Sautéed Vegetable, Choice of Herbed Pilaf / Pumpkin Mash / Fries) | |
| ■ Griddle Fried Pork Chop | 280 |
| (Star Anise, Apple Sauce, Patate Douce; Veggies or Salad) | |
| ■ Beef steak | 375 |
| (Choice of Barbeque Sauce or Red Wine Sauce, Patate Douce; Veggies or Salad) | |
| ● Mushroom Mutter Pulao | 135 |
| (Fresh Green Peas and Mushroom Cooked with Rice) | |

Indian Sides

- | | |
|--|------------|
| ● Dal Tadka | 145 |
| (Yellow Lentil Dipping Curry, Cumin and Fresh Coriander) | |
| ● Dal Makhani | 185 |
| (Black Lentil Curry, Cream, Ginger) | |
| ● Cucumber Raita | 110 |
| ● Pineapple Raita | 115 |

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Breads

● Tandoori Roti	45
● Tawa Paratha	65
● Chapatti	35
● Naan	65
● Thyme and Olive naan	80
● Lacha Paratha	65
● Missi Roti	65
● Kulcha	35

Desserts

● Fruit Salad with Ice cream	125
● Banana Caramel	110
● Ice Cream (Vanilla/Chocolate/Strawberry/Rum & Raisin)	120
● Coconut Nougat	110
● Orange Pancakes with Ice cream	125
● Gulab Jamun	90
● Kulfi	90

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Le Relax Hotel

Beverage Menu



MAHE – PRASLIN – LA DIGUE

MENU

Cocktails

Classic Caprioska (Fresh Lemon Chunks, Sugar and Vodka with Crushes Ice.)	125
Le Relax Special (Mixture of Local Coconut & Dark Rum, Brandy, with Tropical Juice)	135
Bourbon Lemonade (Tennessee Classic with Generous JD, Orange Liqueur & Lemonade.)	175
The Classic Margarita (Shaken Tequila Mix with Cointreau and Lemon juice)	160
Flavored Mojito's (Passion Fruit or Green apple, Muddled with Mint and Sparkling Water)	200
LIIT (A Very Long Island of Vodka, rum, Gin, Tequila, Cointreau and Coke.)	185
Tropical Sunrise (Mixture of Tequila and orange juice, with a rise of grenadine.)	150

Mocktails

Cucumber & Curry leaf Lemonade (A cucumber & lime cooler with a delicious whiff of curry leaf)	95
Le Relax Garden (Refreshing with pineapple, mint lime and lemonade)	95
Tropical Summer (Long & Fruity with mixed juices sipped through a zingy rim)	95
Pina Nina (A virgin Pina colada with a hint of grenadine)	95
Fruit Soda (Fresh tropical fruit juice bubbled with soda)	95

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Alcoholic Drinks

Aperitifs	90
(Vintage Port, Sherry Full cream, Med-Dry sherry)	
Vermouths	90
(Martini Rosso, Martini Bianco, Tosso Red, Tosso White)	
Whisky	
Johnnie Walker Red Label	110
Johnnie Walker Black Label	125
Chivas Regal	145
Bourbon	
Jack Daniels	125
Local Rum	
Takamaka Bay Coco, Dark & White	90
Levasseur	90
Imported Rum	
Havana Club Dark & White	105
Bacardi White & Oro	110
Vodka	
Takamaka Bay	90
Smirnoff Vodka	110
Absolute Vodka	110

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Gin

Bombay Sapphire, Gordon's **110**

Gilbey's **90**

Tequila

Gold and Silver **105**

Cognac & Brandy

Martell VSOP **140**

Napoleon Brandy **115**

Imported Liqueurs

Kahlua, Tia Maria, Cointreau, Grand Marnier & Drambuie **110**

Cream Liqueurs

Baileys, Coco D'Amour, Strawberry Lips and Amarula **110**

Beers

Local Beers

Seybrew **90**

Ekou **100**

Imported Beers

Heineken **125**

Carlsberg **120**

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Non-Alcoholic Drinks

Indian Yoghurt Drinks

Plain Lassi	110
Masala Lassi	115
Banana Lassi	120

Soft Drinks (Cans)

Tonic Water 300 ML	45
Ginger Ale 300 ML	55
Diet Cola 330 ML	60
Coca Cola	45
Fanta	45
Sprite	45
Bitter Lemon	75
Soda water	75

Canned Juice 250 ML	55
(Orange/Mango/Apple/Cocktail)	

Fresh Fruit Juice	135
(Orange/Passion fruit/Watermelon/Papaya/Mix Fruit)	

Mineral Water Large (1 lt)	65
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Hot Beverages Tea & Citronelle

Coffee	85
Cappuccino	120
Espresso	120
Café Latte	120
Hot Chocolate	120

Wines

Red Wines (750 ML Per Bottle)

Boschental The Pavillion Shiraz/Cabernet Sauvignon (South Africa)	450
Castel Vin de France Cabernet sauvignon (France)	378
Douglas Green Cinsaut Pinotage (South Africa)	378
Torres Sangre De Torro (Spain)	475
Vina Maipo Vitral Merlot Tinto (Chilean)	435

White Wines (750 ML Per Bottle)

Doglas Green Chardonnay (South Africa)	420
Famille Castel Reserve de France Chardonnay (France)	460
Neederburg Foundation Stein Chenin Blanc (South Africa)	400
Vina Maipo Sauvignon Blanc Chardonnay (Chilean)	600

Rose Wine (750 ML Per Bottle)

Boschental The Pavillion Shiraz Rose (South Africa)	435
Famille castel Rose De Anjou (France)	460
Torres De Casta Rosado (Spain)	510

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Wine by Glass (Per 150 ML Glass)

Culemborg Cap Red (South Africa)	110
Culemborg Cap White (South Africa)	100
Culemborg Cap Blanc De Noir (South Africa)	100

Sparkling Wines (750 ML Per Bottle)

Neederburg Premiere Cuvee Brut	475
Graham Beck Brut MCC	620

Champagne (750 ML Per Bottle)

Devaux Cuvee Rose	1415
G.H. Mumm	1645
Moet & Chandon	1995
Laurent Perrier	1995

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Le Relax Hotel

Breakfast Menu



MAHE – PRASLIN – LA DIGUE

MENU
Breakfast
(7:30 AM to 10:00 AM)

Le Relax Breakfast (Al A Carte/ Buffet)	300
Choice of Seasonal Juice and Fruit Platter	
Toast with Butter and preserves	
Muffins & Croissants	
Choice of Cereals with Hot or Cold Milk	
Two Farm Fresh Eggs Cooked any style	
Choice of Bacon or Chicken Sausage or Ham Baked Beans	
Hot Dish of Chef Choice	
Tea/Coffee with/without Milk	
Continental breakfast	200
Choice of Seasonal Juice and Fresh Fruit Platter	
Toast with Butter and Preserves	
Tea/Coffee/ Citronelle or Hot Chocolate	
Indian breakfast	200
Choice of Seasonal Juice/Lassi and Fresh Fruit Platter	
Puri Bhai/Stuffed or Plain Paratha	
Tea/Coffee/ Citronelle or Hot chocolate	
Favorite	100
Classic Pancakes or French Toast	
Served with Maple Syrup or Organic honey, Cinnamon Sugar melted Butter and Seasonal Fruit Brochette	
Eggs to order	120
Boiled, Poached, Fried, Scrambled, Omelets	
Served with Hash Browns, Tomatoes, Ham or Bacon or Sausage	
Oatmeal (Low Cal)	80
Cooked with Low Fat Milk with Brown Sugar and Raisins	
Three Egg White Frittata (low fat)	125
With Mushroom, Onions, Spinach, Tomatoes, Olives.	

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If you have a special dietary need please ask a member of our team.

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Muesli (High Fiber)	80
(Rolled Oats with Honey, Fresh Fruits, Nuts served with Milk or Yoghurt).	
Fruit platter	125
(Seasonal Fruits served along with Honey)	

Indian Favorite

Egg Bhurjee	105
(Traditional Indian Spiced Egg preparation with Pav (an Indian bread))	
Paratha	90
(Choice of Gobi, Aloo, Paneer served with Yoghurt and Pickles)	
Poori Bhaji	105
(Puffed Whole Wheat Indian Bread with Potato Curry and Pickle)	

Beverages

Fresh Fruit Juice	130
Milk Shakes	150
Vanilla, Strawberry, Chocolate or Mango	
Super Smoothie	140
(Super Charge yourself with this Mix Fresh Tropical Fruits and Yogurt Drink)	
Lassi Sweet or Salted	110
Masala Chaas	100
(Perfect Cooler to Compliment your Spicy Meal)	
Hot Chocolate	125
Tea/Coffee/Citronelle	65
Espresso/Cappuccino	120

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Le Relax Hotel

Menu of the Day

Half Board



MAHE – PRASLIN – LA DIGUE

Menu of the day

Menu 1

Cream of Vegetables

Smoked Marlin Salad

Fillet of Fish with Passion Fruit Coulis

OR

Roast Chicken with Barbeque Sauce

Served with Your Choice of Rice or Fries or Sweet Potato Mash

Orange Pancake

OR

Fruit Salad

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“Our food should be our medicine and our medicine should be our food”- Hippocrates.
November 2019

Menu of the day

Menu 2

Pumpkin Cream Soup

Tuna Salad

Fish and Chips

OR

Beef Steak with Mushroom Sauce

Served with your choice of Rice/ or Fries/ Sweet Potato Mash

Selection of Ice Cream

OR

Fresh Fruit Salad

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“Laughter is brightest where food is best” -Irish Proverb.

November 2019

Menu of the day

Menu 3

Tomato Soup

Seafood Basket with Tartare Sauce

Pan-Fried Fish with Creole Sauce

OR

Lamb Rogan Josh

Served with your Choice of Rice or Fries or Sweet Potato Mash

Gulab Jamun

OR

Ice Cream

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“According to the saying of an ancient philosopher, one should eat to live and not live to eat” -Moliere

November 2019

Menu of the day

Menu 4

Tropical Seafood Soup

Salad Greens

Creole Styled Fish curry

OR

Sliced Chicken Breast with Barbeque Sauce

Served with your Choice of Rice or Fries or Sweet Potato Mash

Fruit Salad

OR

Ice Cream

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'It is the food which you furnish to your mind that determines the world character of your life"-Emmet Fox

November 2019

Menu of the day

Menu 5

Vegetable Rainbow Soup

Barbequed Chicken Salad

Grilled Fish with Lemon Butter Sauce

OR

Pork Chop with Star Anise and Honey Jus

Served with your Choice of Rice or Fries or Sweet Potato Mash

Caramelized Fresh Fruit

OR

Ice Cream

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“Food is our common ground, a universal experience”-James Bond.

November 2019

Menu of the day

Menu 6

Minestrone

Pan Grilled Vegetable Salad

Pan-Grilled Fish with Creole Styled Sauce

OR

Chicken Curry

Served with Your Choice of Rice or Fries or Sweet Potato Mash

Fruit Salad

OR

Ice Cream

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“Food, like a loving touch or a glimpse of divine power, has that ability to comfort”

~Norman Kolpas

November 2019

Menu of the day

Menu 7

Sweet Corn Soup

Beer Batter Fried Fish Bitoks

Oven Baked Fish

OR

Beefsteak with Pepper Sauce

Served with Your Choice of Rice or Fries or Sweet Potato Mash

Ice Cream

OR

Fresh Fruit Platter

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“Tell me what you eat, and I will tell you what you are”

Anthelme Brillat- Savarin (1755-1826) the Physiology of Taste, 1825

November 2019

Menu of the day

Menu 8

Lentil Soup

Chicken Nuggets

Seafood Pasta

OR

Butter Chicken

Served with Your Choice of Rice or Fries or Sweet Potato Mash

Kulfi

OR

Ice Cream

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