

A vertical watercolor illustration of various green leaves, possibly from a peace lily, set against a solid brown background. The leaves are rendered in shades of light green, teal, and dark green, with visible veins and soft, painterly edges. The composition is dense, with leaves overlapping and filling most of the frame. The text is centered in the upper half of the image.

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

BAI | 2490 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)

BAI | 800 SR

Soft shell crab, lemongrass, jasmine rice

BLACK PEPPER LOBSTER – Chinese (G) BAI | 2090 SR

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 TERMIDOR

2300 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)

BAI | 600 SR

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

CHEF SPECIAL

SALT-CRUSTED (For 2 persons)

2900 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

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
Beef Tomahawk MB 7-8 1.25 kgs	4900 SR
Beef Striploin Tajima MB 7-8 250 gms	2350 SR
Beef Rib-Eye Tajima Wagyu MB 7-8 250 gms	2350 SR
Beef Tenderloin Tajima MB 7-8 250 gms	2350 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

International

Mains

GRILLED MEAT PLATTER **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**

- Russia (A)

Beef, mushroom, shallots, cognac served with Roscetti

Vegetarian & Vegan Inspirations

Starters

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

450 SR

ARABIC MEZZE

Hummus, labneh, baba ghanoush, Arabic bread

BAI | 550 SR

VEGETABLE SOUP

Fresh minute made vegetable velouté

BAI | 350 SR

Vegetarian & Vegan Inspirations

Starters

VEGETABLE FRITTERS

BAI | 290 SR

Pan-fried butternut and zucchini, garlic, labneh, greens

FUL

BAI | 290 SR

Fava beans served with chopped tomatoes, garlic, mint leaves and Arabic bread

NASI GORENG TOFU

BAI | 490 SR

Fried rice served with fried tofu and vegetables

RISSOTTO

BAI | 650 SR

Mushroom funghi

COUSCOUS SALAD

BAI | 250 SR

Orange juice, orange segment, cherry tomatoes, cucumber, olives, mint, pistachio, parsley, chopped tomatoes and lemon juice

VEGETABLE QUINOA WOKE TOFU

BAI | 450 SR

White quinoa, carrots, onion, broccoli, cauliflower, spring onions, baby corn and tofu

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

KUNAFSA (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 muna 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.

Cheese & Wine Pairings

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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 Guillebot 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.

Cheese & Wine Pairings

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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

Delicate cheese and wine pairings guided by our Sommelier.

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