



The Seaboards Apartments Seychelles

M E N U



“BETTER WAIT FOR
YOUR FOOD, THAN THE
FOOD WAITING FOR
YOU.” – UNKNOWN

Appetizers & Starters

MIXED GARDEN SALAD (V) <i>capsicum' cucumber' cabbage' lettuce' olives</i>	SCR 195
CAJUN SPICED SEARED TUNA <i>garden leaves, marinated seared tuna</i>	SCR 225
GREEK SALAD (V) <i>feta cheese' cucumber' tomato' olives' onion</i>	SCR 295
MARINATED CALAMARI <i>with garden salad & garlic sauce</i>	SCR 295
PRAWNS TORPEDO <i>fried breaded prawns with sweet chilli sauce</i>	SCR 285
SOUP OF THE DAY <i>chef selection of the day</i>	SCR 125
PRAWNS COCKTAIL <i>tomato' lettuce' with marie rose sauce</i>	SCR 225
MIXED SEAFOOD SALAD <i>prawns, calamari, mussels, octopus, clams</i>	SCR 310
QUINOA SALAD (V) <i>with grilled vegetables, vinaigrette</i>	SCR 230
SMOKEFISH SALAD <i>with garden salad, vinaigrette</i>	SCR 285

Pasta & Burger

MEAT TORTELLINI <i>in pomodoro sauce</i>	SCR 345
CHEESY RAVIOLI (V) <i>cooked in white cream sauce</i>	SCR 345
SPAGHETTI BLACK MUSSEL <i>onion, cream, white wine & parmigiano</i>	SCR 385
SPAGHETTI VONGOLE <i>infused with garlic, clams, white wine</i>	SCR 395
TOMATO PENNE (V) <i>penne in tomato sauce</i>	SCR 235
CLASSIC SPAGHETTI BOLOGNESE <i>spaghetti in bolognese sauce</i>	SCR 295
LAMB PARMIGIANO RISOTTO <i>lamb, risotto, parmigiano (wait time 35 minute)</i>	SCR 595
CREAMY PESTO GNOCCHI (V) <i>gnocchi, cream, pesto</i>	SCR 325
THE SEABOARDS BURGER <i>beef patty, eggs, bacon, tomato, onions, cheese served with fries and salad</i>	SCR 385

From the Land

CHAROLAIS BOEUF <i>French breed of taurine beef cattle. It originates in, and is named for, the Charolais area surrounding Charolles, in the Saône-et-Loire department, in the Bourgogne-Franche-Comté region of eastern France</i> <i>"potato wedges served with pepper sauce."</i>	SCR 485
CHICKEN CURRY <i>served with rice and chutney.</i>	SCR 345
SEABOARDS MIX PLATTER <i>ribeye beef, pork ribs, chicken wings, prawns, calamari, mussels</i>	SCR 2199
BUFFALO WINGS <i>served with fries and salad.</i>	SCR 295
HONEY GLAZED PORK <i>served with fries and salad.</i>	SCR 385
VEGETABLE CURRY (V) <i>served with rice and chutney</i>	SCR 295

From the Ocean

CATCH OF THE DAY <i>marinated in creole sauce, accompanied by buttered vegetables</i>	SCR 375
FISH TRIO <i>tuna' job' jack fish' with grilled vegetables</i>	SCR 435
FISH CURRY <i>served with rice and chutney</i>	SCR 295
PRAWNS CURRY <i>served with rice and chutney</i>	SCR 395
MIXED SEAFOOD CURRY <i>prawns, calamari, mussels, crab stick, eggplant</i>	SCR 450
CRAB CURRY IN COCONUT MILK <i>with rice & local chutney (seasonal)</i>	SCR 475
COETIVY PRAWNS 16/20 <i>grilled in lemon butter & garlic, cream sauce served with fries & salad</i>	SCR 495
OCTOPUS CURRY <i>served with rice and chutney (seasonal)</i>	SCR 425
OCEAN BASKET <i>prawns, calamari, fish, mussels served with fries</i>	SCR 525



The Creole Experience

STARTER

moringa soup or lentil soup

MAINS

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

DESSERT

caramelised banana or coconut nouga

DRINKS

seybrew

*taste of toddy (kalou) ***subject to availability***

First, the sap is extracted and collected by a tapper, usually from the cut flower of a coconut tree.

A container is fastened to the flower stump to collect the sap.

Sap begins fermenting almost immediately after collection usually due to residual yeasts left in the collection vessels. Within two hours of fermentation you've got an aromatic wine upwards of 49% alcohol content, mildly intoxicating and sweet.

SCR 1650

FOR TWO PERSON

Pre Order 24 hours is Required

Although we have implemented careful procedures, there is always a possibility of traces of allergenic ingredients being present in any products used in the kitchen. We cannot therefore guarantee that a dish is completely free from any allergens. If you do have any specific food allergies or an intolerance to any foods, we ask that you to speak to our reception, so that we can provide you with a more detailed menu, with information regarding possible allergens.





Wraps & Tacos

TACOS	SCR 375
<i>sizzling spices pork, tomato salsa, guacamole</i>	
VEGETABLE WRAP (V)	SCR 265
<i>capsicum' cucumber' lettuce' onions, carrot</i>	
CHICKEN WRAP	SCR 285
<i>capsicum' cabbage' lettuce' onion</i>	
PRAWN WRAP	SCR 395
<i>capsicum' cabbage' lettuce' onion</i>	
TUNA WRAP	SCR 310
<i>capsicum' cabbage' lettuce' onion</i>	

Sides & Bites

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

Dessert

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

Kids

PLAIN PASTA	SCR 125
SPAGETTI BOLOGNESE	SCR 165
TOMATO PENNE	SCR 165
CHICKEN FINGERS	SCR 175
CHEESE BURGER	SCR 225
HAM & CHEESE SANDWITCH	SCR 195

All served with fries

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BREAKFAST

AMERICAN BREAKFAST

EGGS YOUR WAY*

Scrambled Eggs

Omelettes (Plain, Ham & Cheese)

Poached

Fried Eggs (Sunny-side Up, Over Medium, Over Easy, Over Hard)

AMERICAN PANCAKE

Plain or with Honey

SIDES

Hash Browns (2 per order)

Bacon (2 per order) or

Chicken Sausage (2 per order)

COFFEE & TEA

Coffee, Black Tea, Green Tea (1 per order)

CONTINENTAL BREAKFAST

JUICES

Mix, Apple, Oranges

COFFEE & TEA

Coffee, Black Tea, Green Tea (1 per order)

FROM THE BAKERY

Toast

Baked Pastries (Croissant, Danish, Pain au Chocalat)

FRUIT PLATTER

Banana, Melon, Pineapple, Oranges (Seasonal)

ASSORTED JAMS & SPREADS

Strawberry Jams, Orange Marmalade, Honey, Butter

ENGLISH BREAKFAST

EGGS YOUR WAY*

Scrambled Eggs

Omelettes (Plain, Ham & Cheese)

Fried Eggs (Sunny-side Up, Over Medium, Over Easy, Over Hard)

FROM THE BAKERY

Toast

SIDES

Hash Browns (2 per order)

Bacon (2 per order)

Chicken Sausage (2 per order)

Baked Beans

Grilled Mushroom

Grilled Tomatoes

COFFEE & TEA

Coffee, Black Tea, Green Tea (1 per order)

GERMAN BREAKFAST

EGGS YOUR WAY*

Scrambled Eggs

Omelettes (Plain, Ham & Cheese)

Fried Eggs (Sunny-side Up, Over Medium, Over Easy, Over Hard)

FROM THE BAKERY

Toast or Bread Rolls

SIDES(choose from)

Muesli with dried fruits and Yogurt

Overnight oats(reserve 24hrs before)

Oatmeal

ASSORTED JAMS & SPREADS

Strawberry Jams, Nutella or Honey, Butter

COFFEE & TEA

Coffee, Black Tea, Green Tea (1 per order)

BREAKFAST

Eggs

Fried	SCR 20
Scramble	SCR 20
Boiled	SCR 20
Poached	SCR 20

Pastry Basket

Pain au Chocolate or Danish, Toast, croissant	SCR 150 2PAX
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Smoothies

FRUIT SMOOTHIE <i>mango, banana, strawberry, pineapple and yogurt</i>	SCR 185
GREEN BREAKFAST SMOOTHIE <i>mango, chia seeds, almond milk, spinach</i>	SCR 185
OATMEAL SMOOTHIE <i>banana, chia seed, oatmeal, yogurt, almond milk</i>	SCR 185
TROPICAL SMOOTHIE <i>passion fruit , banana, frozen mango</i>	SCR 185
ZUCCHINI SMOOTHIE <i>zucchini, banana, orange juice</i>	SCR 185

Sides

Muesli with fruits and Yogurt	SCR 200
Corn flakes	SCR 85
Overnight Oats(reserve 24hrs)	SCR 75
Fruit Platter for One	SCR 75
Hashbrown (2 per order)	SCR 60
American Pancake (3 per order)	SCR 65

MORNING BEVERAGES*

Espresso	SCR 60
Cappuccino	SCR 60
Latte	SCR 60
Americano	SCR 60
Tea	SCR 50
Green Tea	SCR 60
Hot Chocolate	SCR 60

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DRINKS

Soft Drinks

Coca cola 500ml	SCR 55
Coca cola zero 500ml	SCR 55
Tonic Water	SCR 55
Sprite 500ml	SCR 55
Fanta 500ml	SCR 55
Bitter lemon	SCR 55

Bottled Beer

Seybrew	SCR 75
Ekú	SCR 75
Heineken	SCR 110
Guinness	SCR 75

Gin

Tanqueray Seyvilla	SCR 95
Gordon's Gin	SCR 95
Bombay Sapphire	SCR 95

Juices & Ice Tea

Vanilla Lemon Ice Tea	SCR 60
Mix Fresh Juice	SCR 65

Vodka & Rum

Absolute	SCR 95
Barcardi	SCR 95

Takamaka

Rum Blanc	SCR 95
Rum Koko	SCR 95
Dark Spiced Rum	SCR 95
Rum Pineapple	SCR 95

Whisky

Jameson	SCR 95
Johnny Walker Red	SCR 95
Grants	SCR 95

Water

Still	SCR 45
Sparling	SCR 50



WINE



PERLE DU SUD MERLOT-GRENACHE , IGP OC

SCR 325

House Wine

This Merlot-Grenache blend deriving from the South of France has hints of red fruits including raspberry and black cherry with spicy peppery notes. The best foods to pair this red wine with would be veal, beef and pasta.



L'AUTANTIQUE SYRAH ROSÉ IGP D'OC

SCR 325

House Wine

"A delicious summery rosé that is juicy, dry, and full of fruity flavours. This is an ideal house wine rosé! It can be served as an aperitif, with appetizers/snacks, salads, and fish dishes."



PERLE DU SUD CHARDONNAY VERMENTINO

SCR 325

House Wine

A blend of two grape varieties was made to convey the fullness and warmth of the wines of the Languedoc. Has a fruity nose with citrus and peach aromas. A delicious semi-dry wine with flavors of apple and peach. Delicious as an aperitif and with fish, shellfish and crustaceans.

HOUSE WINE BY GLASS SCR 95



LES FONCANELLES CARBENET SAUVIGNON (FR)

SCR 475

Ruby red in the glass, lively fruit on the nose and then gentle, silky tannins on the palate. Best served with steak, burger, lamb, Cheese Platter.



LES FONCANELLES SAUVIGNON (WHITE)

SCR 475

Crisp and dry with notes of peach and pear with floral hints on the nose. Excellent with sea food or a an aperitif.



LES FONCANELLES CINSAULT (ROSE)

SCR 475

With a cherry pink robe, this wine reveals an intense nose of red fruits (raspberries, cherries). Its round mouthfeel is expressive and very fruity. Dry. Goes wonderfully with summer dishes: Salads, grills.

WINE



FANTINI CERASUOLO ROSE (IT)

SCR 475

Bright and captivating. Abundant strawberry and red fruit flavours make it especially suitable as an aperitif, with salads and soups or weather permitting – alfresco dining.



FANTINI PINOT GRIGIO (WHITE)

SCR 475

Pale yellow color with golden and complex aroma. Fruity with aromas of herbs, aromas of oak, vanilla, nutmeg and flavours of peach, grapefruit, lemon lime and mineral. Medium bodied, round and pleasant with a great balance. Long and clean, spicy finish. Easy to drink well with rich pasta dishes, white meat and cheese. Delicious with cream soups and grilled fish.



FANTINI MONTEPULCIANO D'ABRUZZO (RED)

SCR 475

Ruby red with garnet reflections, Fantini Montepulciano d'Abruzzo DOC's bouquet is fruity and quite persistent, reminiscent of red fruits, marasca cherries and plums with vanilla nuances; full-bodied, with good balance and firm tannins, flavorful and long on the palate, immediately appealing and versatile.



SPARKLING WINE(SA) SWARTLAND WINERY CUVEE BRUT

SCR 650

A refreshing sparkling wine with tropical flavours and underlying notes of almonds. Full and not too dry with fresh and crisp acidity. Enjoy with mild and strong chesse, appetizers, shellfish and seasonal Fruits.

WINE BY GLASS

SCR 95

COCKTAIL



Jungle Bird

SCR 185

Takamaka Spiced Rum, Campari, Pineapple Juice, Sugar Syrup, Lime Juice



Passion Fruit Margarita

SCR 185

Tequila, Cointreau, Sugar Syrup, Lime Juice



Pina Colada

SCR 185

Takamaka Coco Rum, Pineapple Juice, Coconut Cream



Mango Mai Tai

SCR 185

Takamaka Dark Spiced, Sugar Syrup, Mango, Orange, Lime



Devil in a red Dress

SCR 145

Takamaka Coco rum, Takamaka White Rum Sugar, Black Carrot



Tom Collins

SCR 185

Lime Juice, Sugar Syrup, Tanqueray Gin



Paloma

SCR 145

Takamaka White Rum, Lime, Grapefruit, Sugar



Mojito

SCR 185

Takamaka White Rum, Lime, Sugar, Soda Water



Caipirinha

SCR 185

Cachaca, Sugar Syrup, Fresh Lime



Green garden Cocktail

SCR 185

Cucumber Juice, Gin, Elderflower Liqueur Sugar Syrup



Strawberry Daiquiri

SCR 185

Takamaka Coco Rum, Lime, Sugar syrup, Strawberry



Gin Gin Mule

SCR 185

Lemon Juice, Tanqueray Gin, Sugar Syrup Mint Leaves, Ginger Ale