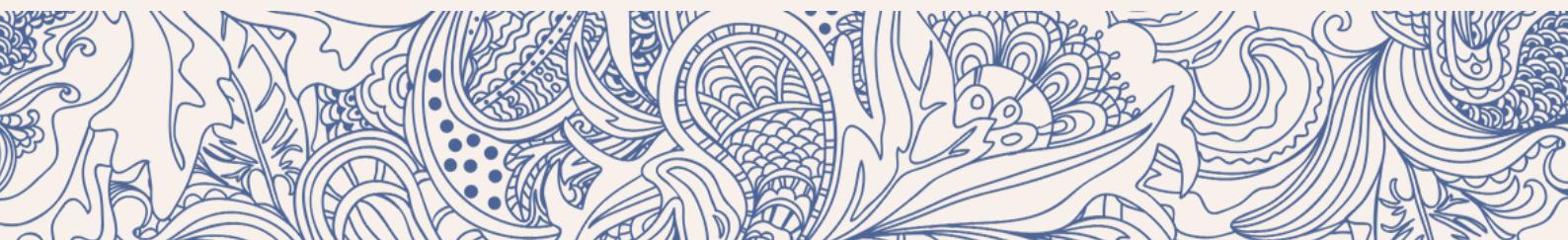


Ezzy Foods

The Seaboard Apartments Seychelles

MENU



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

Appetizers & Starters

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

Pasta & Burger

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

From the Land

| | |
|--|----------|
| CHAROLAIS BOEUF | SCR 485 |
| 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 | |
| "potato wedges served with pepper sauce." | |
| CHICKEN CURRY | SCR 345 |
| served with rice and chutney. | |
| SEABOARDS MIX PLATTER | SCR 2199 |
| ribeye beef, pork ribs, chicken wings, prawns, calamari, mussels | |
| BUFFALO WINGS | SCR 295 |
| served with fries and salad. | |
| HONEY GLAZED PORK | SCR 385 |
| served with fries and salad. | |
| VEGETABLE CURRY (V) | SCR 295 |
| served with rice and chutney | |

From the Ocean

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



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 nougat

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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B R E A K F A S T

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 |

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 |

Pastry Basket

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

Smoothies

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

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

| | |
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| Seybrew | SCR 75 |
| Eku | SCR 75 |
| Heineken | SCR 110 |
| Guiness | SCR 75 |

Gin

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

Juices & Ice Tea

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|-----------------------|--------|
| 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 CABERNET 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

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



SCR 185

Pina Colada

Takamaka Coco Rum, Pineapple Juice, Coconut Cream



SCR 185

Devil in a red Dress

Takamaka Coco rum, Takamaka White Rum Sugar, Black Carrot



SCR 145

Paloma

Takamaka White Rum, Lime, Grapefruit, Sugar



SCR 145

Caipirinha

Cachaca, Sugar Syrup, Fresh Lime



SCR 185

Strawberry Daiquiri

Takamaka Coco Rum, Lime, Sugar syrup, Strawberry



SCR 185

Passion Fruit Margarita

SCR 185

Tequila, Cointreau, Sugar Syrup, Lime Juice



Mango Mai Tai

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



SCR 185

Tom Collins

SCR 185

Lime Juice, Sugar Syrup, Tanqueray Gin



Mojito

SCR 185

Takamaka White Rum, Lime, Sugar, Soda Water



Green garden Cocktail

SCR 185

Cucumber Juice, Gin, Elderflower Liquor Sugar Syrup



Gin Gin Mule

SCR 185

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

