



## Ki dir?

At Six Senses Zil Pasyon, mindfulness is at the heart of our cooking. We are passionate about food, not only how it tastes, but also how it keeps us healthy and thriving. All natural and where possible organic are our ingredients of choice.

Our fish supplier, **Roy Niole**, delivers his sustainable catch, straight to our jetty, from the abundance of the Indian Ocean. To be mindful of our impact on the marine ecosystems, we do not consume fish on our 'no take list' of species with pressing conservation status or that are protected by local law.

Many of our vegetables, herbs and fruits are grown in our organic garden, which also supplies our hosts' cafeteria with fresh produce daily. Venture down and take a look, the gardens are just at the end of the road, by Grand Anse.

In-house we cure, ferment and pickle food ourselves; dishes are **dairy, gluten and refined sugar-free** whenever possible.

To avoid the transportation of bottled water, the connected carbon dioxide emissions, as well as the plastic waste, we have built our own Crystal Water plant. This provides us with pure, remineralized drinking water for all our guests and hosts. Seychelles Public Health Laboratory ascertains the quality, safety and potability of Crystal Water once a month.

We have integrated key elements from our Spa and well-being programs into your dining experience such as **Detox, Sleep or Fitness**, the dishes in this menu are marked to indicate which items are suitable for your program.

For those not on a program, you'll find them equally nutritious and delicious!



## Mersi et Bon Appétit



**Locally-inspired**

If you have any dietary restrictions, please let us know  
CN - contains nuts | DF - dairy-free | GF - gluten-free | SF - refined sugar-free | VG - vegetarian | V - vegan  
*All prices are in Seychelles Rupee, inclusive of 10% service charge and 15% V.A.T*

# BONZOUR

|                                               |                |
|-----------------------------------------------|----------------|
| <b>STEAK TARTARE WELL DONE, PLEASE!</b>       | <b>800</b>     |
| Beef tenderloin, soy glazed egg yolk, mustard |                |
| <b>FITNESS</b>                                | <b>GF - DF</b> |
| <b>OPEN LOBSTER LASAGNA</b>                   | <b>1000</b>    |
| Sweet piperade, salsa verde                   |                |
| <b>FITNESS</b>                                | <b>DF</b>      |
| <b>CLAWS</b>                                  | <b>1200</b>    |
| Blue crab, quinoa, pickled carrot             |                |
| <b>FITNESS</b>                                | <b>GF - DF</b> |
| <b>SEARED SCALLOPS</b>                        | <b>900</b>     |
| Sweet potatoes, asparagus, xo sauce           |                |
| <b>FITNESS</b>                                | <b>GF - DF</b> |
| <b>RARELY DONE TUNA</b>                       | <b>550</b>     |
| Green beans, quail egg, anchovies, edamame    |                |
| <b>FITNESS</b>                                | <b>GF - DF</b> |
| <b>BURRATA</b>                                | <b>700</b>     |
| Parma ham, black cherries, pistachio dukkah   |                |
|                                               | <b>GF - CN</b> |
| <b>GAMBAS AJILLO</b>                          | <b>600</b>     |
| Shrimp, spicy lima beans, seaweed             |                |
| <b>FITNESS</b>                                | <b>GF - DF</b> |
| <b>WHITE ASPARAGUS</b>                        | <b>700</b>     |
| Tuna bottarga, capers                         |                |
| <b>FITNESS   DETOX</b>                        | <b>GF - DF</b> |
| <b>RICE PAPER NOODLES</b>                     | <b>700</b>     |
| Salmon belly, edamame, sprouts                |                |
| <b>FITNESS   DETOX</b>                        | <b>GF - DF</b> |

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# GREEN GOODNESS

|                                                             |                    |
|-------------------------------------------------------------|--------------------|
| <b>KARI KOKO LEGUMES</b>                                    | 600                |
| Root vegetable curry, papaya satini, Kreol rice             |                    |
| <b>FITNESS   DETOX   SLEEP</b>                              | <b>GF - DF - V</b> |
| <b>GREEN KEEPER</b>                                         | 400                |
| Chilled smoked pea soup, ricotta, aloe vera                 |                    |
| <b>FITNESS   DETOX</b>                                      | <b>GF - DF- VG</b> |
| <b>FERMENTED BUCKWHEAT</b>                                  | 850                |
| Mushroom risotto, collard greens, taleggio                  |                    |
| <b>FITNESS   SLEEP</b>                                      | <b>GF - VG</b>     |
| <b>GARDEN TEMPURA</b>                                       | 600                |
| Ponzu, wasabi pesto                                         |                    |
| <b>FITNESS   SLEEP</b>                                      | <b>DF - VG</b>     |
| <b>CAULIFLOWER COLOURS</b>                                  | 450                |
| Orange, romanesco, purple, sesame-tamari granola            |                    |
| <b>FITNESS   DETOX</b>                                      | <b>DF - V</b>      |
| <b>ALL ABOUT THE PALM</b>                                   | 550                |
| Palm heart fettucine, coconut crisps, coco plum vinaigrette |                    |
| <b>FITNESS   DETOX</b>                                      | <b>GF - DF - V</b> |
| <b>EGGPLANT</b>                                             | 450                |
| Smoked aubergine, mushroom pad kra pao                      |                    |
| <b>FITNESS   DETOX</b>                                      | <b>GF - DF - V</b> |

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# LAMELANGE

|                                                            |                |
|------------------------------------------------------------|----------------|
| <b>RARA CHICKEN</b>                                        | <b>990</b>     |
| Yogurt, tomato masala, paratha                             |                |
| <b>FITNESS   SLEEP</b>                                     |                |
| <b>FILET MIGNON</b>                                        | <b>1200</b>    |
| Angus beef, bone marrow, artichokes, truffle jus           |                |
| <b>FITNESS</b>                                             | <b>GF</b>      |
| <b>FRIED RICE SUPREME</b>                                  | <b>650</b>     |
| Crab and pork belly fried rice, duck egg                   |                |
| <b>GF - DF</b>                                             |                |
| <b>FISH AND CHIPS</b>                                      | <b>990</b>     |
| Beer battered jack fish, chips, broad beans, tartare sauce |                |
| <b>FITNESS   SLEEP</b>                                     | <b>DF</b>      |
| <b>PANEER MAKHANI</b>                                      | <b>700</b>     |
| Kachumber salad, mint raita, basmati rice                  |                |
| <b>FITNESS   DETOX   SLEEP</b>                             | <b>GF - VG</b> |
| <b>RIB EYE STEAK</b>                                       | <b>1200</b>    |
| Angus beef, baby spuds, mushrooms, chimichurri             |                |
| <b>FITNESS   SLEEP</b>                                     | <b>DF - GF</b> |

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# LOCALLY INSPIRED

|                                                            |                |
|------------------------------------------------------------|----------------|
| <b>BOULLAIBAISE KREOL</b>                                  | 750            |
| Local seafood soup, papaya satini, brown rice              |                |
| <b>FITNESS</b>                                             | <b>GF - DF</b> |
| <b>KARI KOKO TON ou POUL</b>                               | 900            |
| Bonito or chicken coconut curry, brown rice, papaya satini |                |
| <b>FITNESS</b>                                             | <b>GF - DF</b> |
| <b>FILET DE PORC</b>                                       | 800            |
| Apples, Brussel sprouts, tamarind                          |                |
| <b>FITNESS</b>                                             | <b>GF - DF</b> |
| <b>PWASON GRIYE</b>                                        | 990            |
| Fresh local catch, coquillage, cassava                     |                |
| <b>FITNESS   SLEEP</b>                                     | <b>GF - DF</b> |
| <b>ZOURIT</b>                                              | 1050           |
| Octopus, saffron risotto, aioli                            |                |
| <b>FITNESS   SLEEP</b>                                     | <b>GF</b>      |

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# PIZZA

Per essere felici, secondo me, basta unire la pizza e il mare

## Bianca

CARCIOFI 550

Roast artichokes, smoked scamorza, wild garlic, tapenade

VG

ZUCCA 550

Butternut squash, mushrooms, mozzarella di buffala, black truffle

VG

DOLCELATTE 550

Organic kale, blue cheese, pomodorini, walnut pesto

CN - VG

## Rossa

DIAVOLA 600

Tomato, fior di latte, spicy sausage, black olives, red onions

MARGHERITA 450

Tomato, mozzarella di buffala, basil, extra virgin olive oil

VG

FRUTTI DI MARE 600

Tomato, ricotta cheese, calamari, prawns, smoked tuna

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# PASTA

|                                            |      |
|--------------------------------------------|------|
| <b>CRAB-ONARA</b>                          | 1100 |
| Conchiglie, coconut, blue crab meat, chili |      |
| DF                                         |      |
| <b>SQUASHED GNOCCHI</b>                    | 600  |
| Pumpkin, turmeric, kale                    |      |
| VG                                         |      |
| <b>PAPPARDELLE</b>                         | 550  |
| Mushrooms, miso cream, black truffle       |      |
| VG                                         |      |
| <b>HEAD IN THE SAND</b>                    | 600  |
| Rigatoni, beef Bolognese, pecorino         |      |
| <b>PESCATORA</b>                           | 650  |
| Linguine, seafood, marinara, coriander     |      |

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# TO SHARE IS TO CARE

## LE CHATEAUBRIAND

2650\*

Angus beef tenderloin, truffled mash potatoes, mushrooms, vanilla rum jus

**FITNESS**

**GF**

*\* A supplement of 1250 applies to guests on HB and FB*

## FELICITE LOBSTER

2450\*

Mazavarou shrimp, sweet potato wedges, broccolini

**FITNESS | SLEEP**

**GF - DF**

*\* A supplement of 1250 applies to guests on HB and FB*

## THE WOLLY

2300\*

Rack of milk-fed lamb, cassava- cashew gratin, okra banya, wild mint pesto

**FITNESS**

**GF**

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# LIFE PLEASURES

**BABA AU RHUM ARRANGÉ** 400  
Vanilla mascarpone, candied papaya

**SLEEP** SF - VG

**PANACOTTA** 400  
Coconut and matcha, yuzu sorbet

SF - GF - V

**LE MARQUISE** 550  
Bitter chocolate, vanilla ice cream

**SLEEP** SF - VG - CN

**FRUIT PLATTER** 450  
Seasonal fruit platter

**DETOX** DF - GF

**LA DIGUE VANILLA CRÉME BRÛLÉE** 350  
Ask for today's special flavour delights

DF - GF - CN

**ICE CREAMS**  
Homemade ice creams

GF - SF

**SORBETS**  
Plant-based flavours

**DETOX|SLEEP** CN - DF - GF - SF - V

*A taste of* 75 | *A bit more* 120 | *Got the munchies* 200

**CHEESE PLATTER** 850  
Four fine cheeses, compotes, dry fruits, nuts

CN - VG

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