



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



LIGHT BITES

CHICKEN SATAY 450

Pickled cucumbers, chunky cashew

FITNESS | SLEEP CN - DF - GF

FRITTO MISTO 600

Shrimp, squid, mussels, rock fish, Asian slaw, cilantro aioli

FITNESS | SLEEP

TUNA CEVICHE 750

Radish, passion fruit

FITNESS | SLEEP DF - GF

SUMMER ROLLS 400

Summer greens, firm tofu, peanuts

FITNESS | SLEEP CN - DF - GF

SEVRET 600

Grilled prawns, cilantro butter, romesco

FITNESS | SLEEP CN - DF

POKE BOWL 500

Tuna, quinoa, edamame, wakame, papaya

FITNESS | SLEEP GF - DF - CN

LES AILES POUL 400

Baked chicken drumettes, creole bbq sauce, sweet potato fries

FITNESS | SLEEP GF - DF - CN

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GREEN GOODNESS

YUM SOM O	550
Pomelo, shrimp, coconut, peanuts	
FITNESS DETOX	CN - DF - GF
GAZPACHO	400
Chilled soup of tomatoes, blackberries, basil sorbet	
DETOX	DF - GF - V
WATERMELON SALAD	500
Rocket, feta cheese, red onions, pine nuts	
SLEEP DETOX	CN - GF - VG
CHARRED CABBAGE	400
Fermented soy, pomegranate, zaatar	
SLEEP	DF - GF - V
ORGANIC GARDEN SALAD	450
Cucumber, apple, tomato, pumpkin	
DETOX	DF - GF - V
SOM TUM	500
Green papaya, soft shell crab tempura, snake beans	
FITNESS SLEEP	DF - GF



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FROM THE DELI

Served with garden salad, potato or sweet potato wedges

CARPACCIO 750

Beef tenderloin, frisée, pecorino, truffle

FITNESS

ISLAND BURRITO 900

Local tuna wrap, avocado, ginger, sour cream

FITNESS

PULLED EGGPLANT BURGER 500

Wilted kale, tomato jam, Emmental

FITNESS

VG

PATTY PUNCH 600

Peri-peri chicken burger, lettuce, tomato, cheddar

FITNESS | SLEEP

JURASSIC PORK 600

Salumi, provolone, olives, artichokes

ISLAND BURGER 700

Black Angus beef, cheddar, dill gherkins, smoked pancetta



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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

CRAB-ONARA 1100

Conchiglie, coconut, blue crab meat, chili

DF

SQUASHED GNOCCHI 600

Pumpkin, turmeric, kale

SLEEP **VG**

PAPPARDELLE 550

Mushrooms, miso cream, black truffle

SLEEP **VG**

HEAD IN THE SAND 600

Rigatoni, beef Bolognese, pecorino

FITNESS | SLEEP

PESCATORA 650

Linguine, seafood, marinara, coriander

DF

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BIGGER BITES

KARI KOKO TON ou POUL 900
Tuna or chicken coconut curry, brown rice, papaya satini

FITNESS | SLEEP **DF - GF**

PORC ROUSI 650
Baby ribs, pumpkin greens, hakka noodles

FITNESS **DF**

RISOTTO PRIMAVERA 600
Peas, asparagus, carrots, black garlic, Parmesan

GF - VG

PAD THAI 450
Rice noodles, bean sprouts, firm tofu, egg, peanuts

FITNESS **CN - DF - GF - VG**

Chicken 550

Shrimps 750

FISHERMAN'S CHOICE 800
Grilled local fish, garden caponata, baby potatoes

FITNESS **DF - GF**



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LIFE PLEASURES

LA BANANE 500

Roast banana, almond sable, pistachio ice cream

SLEEP GF - DF - CN

LA NOIX DE KOKO 400

La Digue vanilla caramel, caramel ice cream

GF - DF - CN

FELICITÉ DELICE 400

Passion fruit mousse, lemongrass granita

SLEEP DF - GF

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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