THEME NIGHTS

MONDAY: CUISINE OF CONTINENTS

Internationally known dishes and food. Each continent has a significant and relevant food history built generation after generation and continued era after era, harmoniously combined into something unique.

Take a journey around the world.
TUESDAY: TASTE OF ASIA

Discover the amazing diversity of Asian cuisine. Enjoy a magical journey to the Dim Sum dens of Hong Kong, the tea plantations of Yunnan, and the Noodle stalls of Xinjiang. Immerse in a harmonious mix of colours, taste and textures with an emphasis on the preservation of the natural flavour of the food.
WEDNESDAY: CULINARY CREOLE EXPERIENCE

Creole cuisine that is found all over the islands is delicious and is prepared in a fascinating variety of ways our chef has put together a selection of these dish to tempt your palate local salads and chutneys carii coco, a meat fish or octopus curry with coconut cream brêdes, a native type of spinach rougaille a tomato-based sauce used in the preparation of fish and local sausages stew; red snapper (known locally as bourzwa), and do not forget to try the local Breadfruit, an exotic fruit with a nutty taste and floury texture, is prepared in a variety of ways - fried like chips or boiled. Legend has it that once the traveller eats breadfruit on the Seychelles they are sure to return one day, so eat your breadfruit with this knowledge!
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THURSDAY: GRIYE NIGHT

Enjoy a buffet dinner with a subtle balance of delicate cold starters like fresh vegetables and assorted cold cuts platter with Italians, balsamic and sweet dressings.

Dishes often combine sweet and savoury flavours, such as Chicken cream soup flavoured with lemongrass and Sautéed bean with herbs and sun dried tomatoes.

Discover the Passion fruit dressing, best selections of breads, chicken wings, mini steak, seafood kebab, chocolate éclair and our Opera cake.
Seafood delights from the seven seas are key to a healthy eating. Low in Calories, Sodium and Cholesterol, Seafood is packed with Protein, Vitamins and Minerals which may reduce the risk of heart disease and lower blood pressure.

Capture the taste of summer holidays while enjoying some grilled Squid or Paella from our range of seafood dishes, or go cosy and wintery with Shellfish soups and Chowders.
SATURDAY: AL FRESCO NIGHT

Discover a way of eating based on the traditional foods of the countries surrounding the Mediterranean Sea. The Mediterranean diet is full of wonderfully delicious, flavor-filled dishes and meals. Taste and smell the olive oil, fresh vegetables and protein-rich legumes.
The cuisine that is unique to Seychelles is actually a fusion of flavours from African, French, Chinese, Indian and English cuisine. This fusion creates unique dishes with mouth watering tastes and flavours. Grilled fish or meat with a sauce of crushed chillies, ginger and garlic are national favourites as are a variety of delicious curries. Most of Seychellois dishes are elaborated with Seafood and Chillies. With very little local transport of products, the ingredients are ultra fresh and often come directly to our kitchens from a garden or a fishing boat.

**SUNDAY: CULINARY SPIRIT OF ALLAMANDA**

*Where the little things mean everything.*

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