

SHANTI MAURICE

RESORT & SPA





Let food be thy medicine and thy medicine be food Hippocrates.

Ayurveda is the art of natural healing, health and rejuvenation. Practiced for more than 5,000 years, it is one of the World's oldest holistic healing systems. Ayurveda is based on the belief that the health and wellness depend on a delicate balance between the body, mind and spirit. Ayurveda is centered around three energies called doshas – vata, pitta and kapha.

Vata dosha

Vata is considered as the most powerful of the three doshas.

It controls the mind, breathing, blood flow, heart function, and ability to get rid of waste through your intestines.

Pitta dosha

This energy controls the digestion, metabolism, and certain hormones that are linked to the appetite.

Kapha dosha

This life force controls muscle growth, body strength and stability, weight, and the immune system.

Shanti Principles of Ayurveda Cuisine

- All food is warmed or cooked
- Healthy fats are used normally coconut oil or ghee
- Food is sweetened with natural sugars such as dates, honey or coconut nectar
- No refined grains are used
- It is not advisable to take any liquids 30-minutes before and after meals
- Eat as much as possible and only when hungry
- Food is only cooked in stainless steel, wood, ceramic or glass to avoid any toxins



Ayurvedic Benefits

If your mind, body, and spirit are in harmony with the universe, you have good health.

The detoxifying nature of Ayurveda allows the body's own natural mechanisms to remove built up toxins from our system. The goal of treatment is to cleanse your body of undigested food, which can stay in your body and lead to illness. The cleansing process is designed to reduce your symptoms, restoring harmony and balance.

Ayurvedic practices have been shown to be very effective in reducing stress and to promote weight loss; a 5,000-year old science holding all the secrets to living, maintaining and preserving a sweet long life, in all respects to our constant dance of life.



Selection of Ayurvedic Herbs and Spices



Cloves

Known as powerhouse of antioxidants, cloves are rich sources of minerals, omega-3 fatty acids, fiber and minerals.



Coriander seeds

Rich in beneficial phytonutrients, coriander is believed to have antimicrobial and antibacterial properties.



Turmeric

Turmeric helps to prevent cancer and stimulating cancer protective enzyme in the body while relieving digestion.



Garlic

Garlic supplementation prevents and reduces the severity of common illnesses like the flu and common cold.



Mint

Mint has been traditionally used to calm digestive troubles and alleviate nausea.



Cinnamon

Cinnamon has been used to treat toothache and help to control blood sugar levels and cholesterol.



Cumin

Cumin seeds have been scientifically proven to be beneficial to the digestive system and have anti-cancer properties.



Dill weed/seed

Besides having antibacterial properties, Dill is known for its stomach settling ability and contains a variety of nutrients.



Basil

Basil has anti-inflammatory, antiviral properties and can help to prevent osteoarthritis.



Oregano

Oregano is high in antioxidants and has demonstrated antimicrobial properties against food-borne pathogens.

Selection of Ayurvedic Herbs and Spices



Cardamom

Used as a medicine in India and China, cardamom is one of the world's oldest spices. Ancient Egyptians chewed cardamom seeds as a tooth cleaner.



Ginger

Ginger has a long tradition of being effective in relieving symptoms of gastrointestinal distress.



Arrowroot

Arrowroot has an amazing thickening ability similar to cornstarch, and it can be added to soups, dips and in baking.



Cayenne

Cayenne has many health benefits and is known to increase blood circulation while reducing the risk of heart problems.



Curry powder

Curry powder has a wide variety of ingredients, but often contains turmeric, coriander, ginger, garlic and a wide variety of peppers.



Rosemary

Rosemary has a high concentration of antioxidant carnosol and is beneficial for cancer treatment.



Coriander

Also known as cilantro or dhaniya, coriander comes packed with essential health benefits while adding them to your daily food can also be very healthy.



Cassia

Cassia helps the whole body run properly and also helps in boosting the immune system and maintains health digestion.



Frankincense

Used for centuries for its healing properties, frankincense provides health benefits to cure chronic stress, reduces pain and boosts immunity.



Mustard

Having a spicy flavor, mustard helps to reduce pain, stimulates appetite and relieves symptoms of arthritis.

Starters

| | MUR |
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| Baby spinach and mushroom salad with apple cider dressing Baby spinach, mushroom, squash, sprouts, pumpkin seed and pomegranate | 590 |
| The shanti nourishing salad Grilled tomatoes, steam broccoli, quinoa, sunflower seeds and goji berries | 650 |
| Red Radish, avocado and wakame salad Red radish, avocado, olives, dry papaya, onion, scallion and chia dressing <i>With grilled prawns (100 gm)</i> | 650 |
| Roasted chickpeas sundried tomato and avocado salad with pesto Chickpeas, olives, sundried tomato, chickpeas and pesto | 650 |
| Mauritian palm heart salad Fresh palm heart, zucchini, tomato, sprout, coriander, chia seed and sweet and sour dressing <i>With Mauritian smoked blue marlin fish slice (100gm)</i> | 650 |
| Banana flower salad "Thai style" Banana flower Fresh crunchy young banana flower salad prepared in "Thai style" with lemon juice, garlic, ginger, honey, tamarind, red chilli & fresh coriander | 710 |
| Energising chicken tamarind and almond salad Chicken breast, zucchini, carrots, steam green beans, red gabbage, almond, parsley and tamarind dressing | 710 |



All prices are in Mauritian Rupees and includes 15% VAT.

Soup & Broth

| | MUR |
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| Shanti healing mineral broth Carrot, celery, mushroom, parsley, lemon, tomato and ginger | 470 |
| Turmeric cauliflower soup and coriander oil Cauliflower, onion, garlic, coriander, turmeric and coconut oil | 470 |
| Shanti tomato rasam "soup" Tomato, coconut oil, coriander, mustard seeds, garlic and tamarind paste | 590 |
| Broccoli and almond soup Broccoli and almond soup garnished with sautéed chopped celery, cumin, onion & almond flakes | 590 |
| Fresh fish broth Broth of fresh fish from our lagoon slowly simmered with its dumplings & garnished with sautéed chopped celery, cumin, onion & almond flakes | 710 |
| Saffron quinoa and christophina soup Quinoa soup with christophina, carrot, turmeric and thyme With tossed shrimps, calamari and diced dorado | 750 |
| Coconut galangal soup Coconut and galangal soup with peas, scallion and shitake mushroom <i>With grilled prawns (100 gm)</i> | 890 |



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Kitchiri

Shanti Kitchiri

Enjoy our own interpretation of the Kitchiri in the classic style of spices and vegetables to contribute to the balancing effects for the three bodily doshas. Being a popular dish for almost every lifestyle, Kitchiri is excellent for detoxification and de-aging of cells.

MUR

Cleansing Kitchiri

830

Cooked with mung beans, brown rice coconut oil, cumin seeds, mustard seeds, coriander seeds, ground turmeric, cinnamon stick, ginger, garlic, green peas, cilantro, white onion and potato

Detox Kitchiri served with a flaked fish fillet rougaille

950

White quinoa, yellow dhal, fennel seeds, fenugreek leaves, ginger, garlic, turmeric, mustard seeds, mix vegetables, potato, rosemary, rock salt and fish fillet rougaille

Nourishing Kitchiri with garlic prawn

1,070

Yellow dhal, cinnamon stick, cardamom pods, cloves, ginger, garlic, turmeric, mustard seeds, carrot, spinach, cauliflower, green peas, celery and garlic sautéed garlic prawns

Roti Wraps

Please select your favourite wrap:

Shanti quinoa roti wrap | besan chilla wrap | quesadilla wrap

with any of your choice of filling

- Grilled vegetable with ginger, garlic, sundried tomato and pesto

710

- Grilled flake fish fillet with onion, peppers, tomato and mango chutney

830

- Tandoori prawns, avocado and minted yogurt

950



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Main Course

| | MUR |
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| Barley risotto with mushroom and cherry tomato Barley, mix mushroom, cherry tomato, coconut oil, coconut milk, ginger, garlic, herbs and mushroom stock | 770 |
| Mung bean, squash and pomegranate casserole Mung bean, squash, pomegranate, spinach, red bell pepper, spices and turmeric | 770 |
| Detox Rainbow bowl Quinoa avocado, green vegetables, cumin seeds, ghee, squash, beetroot, grilled tomato, olive oil and parsley <i>With grilled chicken thigh (150 gm) or Grilled garlic and turmeric prawns (120g)</i> | 890 |
| Healthy zucchini spaghetti with sundried tomato and pesto Quinoa spaghetti, zucchini, avocado and sundried tomato <i>With grilled prawn (120 gm)</i> | 1,070 |
| Stuffed zucchini Zucchini, sweet corn, avocado, red rice, tomato, black bean and coriander <i>With grilled prawns (120 gm)</i> | 1,070 |
| Pan seared "Catch of the Day" fish fillet with ginger and garlic vegetables Catch of the day fish fillet, ginger, garlic, strawberry, tomato and onion salsa | 1,070 |
| Goan fish curry with brown rice and coriander salad Catch of the day fish fillet, fresh grated coconut, turmeric powder, black pepper, coriander, onion and turnip | 1,070 |

Side orders

Please select any of these side orders for your main course: steamed brown rice or cauliflower rice



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Dessert

| | MUR |
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| Ginger jelly with papaya salad Soft silky ginger jelly with fresh sweet papaya from our garden | 360 |
| Fresh fruit tartar with exotic broth Small cubes of fresh tropical fruits served with exotic broth | 360 |
| Fresh exotic fruit platter Dairy free ice cream and papaya sugar free sorbet | 360 |
| Dairy free soya milk, bourbon vanilla pods and local raw sugar Freshly blended dairy free soya milk infused with bourbon vanilla pods and local raw sugar | 360 |
| Strawberry sugar free mousse Strawberry, agar agar and stevia instead of sugar | 410 |
| Melon soup with ginger, lychee sorbet Fresh ripe melon blend with sparkling water and home-made lychee sorbet | 410 |
| Baked mango yogurt with mint sorbet Mango coulis, greek yogurt with home-made mint sorbet | 410 |



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Healthy Energetic Smoothies

| | MUR |
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| Papaya and ginger smoothie Papaya, ginger, fresh lemon juice, mint, greek yogurt | 300 |
| Parsley green - glow smoothie Spinach, fresh flat parsley and rocket leaves, banana, pear, papaya, coconut water | 300 |
| Blueberry and spinach smoothie Coconut milk, frozen blueberries, banana, spinach, date, bee pollen, baobab powder | 300 |
| Carrot, pear and ginger smoothie Kale, carrot, pear, lemon, fresh ginger | 300 |
| Sunshine smoothie Orange, beetroot, grated ginger, mango, yogurt | 410 |



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Wellness Beverage Collection

| | MUR |
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| Golden milk (240 ml) Almond milk, local honey, turmeric, cinnamon, black pepper and nutmeg | 360 |
| Hibiscus cooler (330 ml) Mineral still water, dried hibiscus flower, homemade syrup and ice cubes | 360 |
| Fresh handpicked coconut water Hand pick coconut served in the shell or served in highball frozen glass | 360 |
| Coriander cooler (330 ml) Fresh coriander leaves, lemon juice fresh ginger, salt, sugar and chaat masala | 360 |
| Hot ginger lemon tea (240 ml) Fresh ginger honey lemon juice turmeric | 360 |
| Lavender cooler (330 ml) Lavender flowers, lemon juice, sugar and ice cubes | 360 |
| Ayurveda detox tea (330 ml) Cumin seeds, coriander seeds, fennel seeds, fresh ginger and turmeric | 360 |
| Mint cooler (330 ml) Fresh mint leaves, lime juice, soda water | 450 |
| Ginger lemon tea cooler (330 ml) Fresh ginger, lemon, honey, mineral still water and fresh mint | 450 |
| Sparkling thyme cooler with rose petal (275 ml) Rose water, thyme infused syrup, dry sparkling rose wine, edible rose petal and fresh thyme | 500 |



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