

# SHANTI SPA

MAURICE



## DRINKS

### FRESH AND HEALTHY COCKTAILS

<b>Awake</b>	385
<i>Fresh orange juice, carrot juice, fresh mint &amp; ginger</i>	
<b>Fraîcheur</b>	385
<i>Fresh pineapple juice, watermelon juice &amp; basil</i>	
<b>Tropical tango</b>	410
<i>Watermelon, apple, mango, passion fruit, celery &amp; cucumber</i>	

### WELLNESS SMOOTHIES

<b>Papaya &amp; ginger smoothie</b>	450
<i>Papaya, ginger, fresh lemon juice, mint &amp; yogurt</i>	
<b>Parsley green – glow smoothie</b>	450
<i>Spinach, fresh flat leaf Parsley, rocket, banana, pear, papaya &amp; coconut water</i>	
<b>Blueberry and spinach smoothie</b>	450
<i>Coconut milk, frozen blueberries, banana &amp; spinach</i>	
<b>Carrot, pear and ginger smoothie</b>	450
<i>Carrots, pear, lemon &amp; fresh ginger</i>	
<b>Pumpkin pie smoothie</b>	500
<i>Pumpkin, carnation, milk, yoghurt, vanilla ice cream &amp; honey</i>	
<b>Sweet spinach smoothie</b>	450
<i>Spinach, pear, fresh grapes, avocado, fresh lime juice &amp; yogurt</i>	
<b>Winter sunshine smoothie</b>	450
<i>Orange, beetroot, ginger, mango &amp; yogurt</i>	

### THE FAMOUS SHANTI ICED TEAS

<b>Green iced tea</b>	260
<i>Chilled green tea, pineapple juice &amp; lemongrass</i>	
<b>Lemon &amp; passion fruit iced tea</b>	260
<i>Black tea with fresh lime &amp; passion fruit</i>	
<b>Spicy iced tea</b>	260
<i>Black tea infused with cardamom &amp; cinnamon</i>	
<b>Mineral water</b>	180
<i>Sparkling / Still water (750ml)</i>	
<b>Soft drinks</b>	180
<i>Coca-Cola   Fanta   Sprite   Diet Coke (330ml)</i>	
<b>Fresh juices (250ml)</b>	360
<i>Orange   pineapple   watermelon   grapefruit   apple   melon</i>	
<b>Beer selection</b>	
<i>Blue Marlin, Mauritius</i>	380
<i>Phoenix, Mauritius</i>	380
<i>Flying Dodo, Mauritius (1000ml)</i>	900

### SHANTI 'SIGNATURE COCKTAILS

<b>Shanti Moments</b>	630
<i>Triple Sec, melon liqueur, lemon juice, cranberry Juice</i>	

<b>"Sweet Harvest" The Shanti Sugar Cane Season Mojito-Caipirinha"</b>	520
<i>Local rum, sugar cane syrup, lime juice, mint leaves, sugar cane stick</i>	

*(Available July-December only)*

<b>The Shanti mojito</b>	575
<i>Rum, passion fruit, curry leaves, Basil, fresh lime Sprite</i>	

### VIRGIN MOJITO'S

<b>Virgin granny smith mojito</b>	260
<i>Green grapes, fresh apple, lime, mint &amp; sugar topped up with soda water</i>	
<b>Virgin basil &amp; pineapple mojito</b>	260
<i>Fresh basil, fresh pineapple, fresh lime, pineapple juice &amp; soda</i>	
<b>Virgin grenadine cooler mojito</b>	260
<i>Passion fruit, mint leaves, pineapple juice &amp; lime</i>	

### CLASSIC COCKTAILS

<b>Rosé wine spritzer</b>	575
<i>Dry rosé wine &amp; soda water</i>	
<b>White wine spritzer</b>	575
<i>Dry white wine &amp; soda water</i>	
<b>Aperol spritz</b>	630
<i>Aperol, sparkling wine, soda &amp; orange ring</i>	
<b>Hugo</b>	630
<i>Prosecco, mint leaves, lemon juice, elderflower syrup</i>	

### CHAMPAGNE & WINE BY THE GLASS

<b>Champagne</b>	
<i>Champagne Phillizot Brut Chardonnay, France</i>	1,220
<b>White wines</b>	
<i>Boschendal Le Bouquet Sauvignon Blanc, 2021, SA, W. Cape</i>	525
<i>Groot Constantia Chardonnay 2020 SA, Cape Town</i>	870
<b>Rosé wines</b>	
<i>M. de Minuty Grenache, Cinsault 2021 France, Provence</i>	780
<i>Boschendal Blanc de Noir Merlot, Cabernet, Shiraz 2022 SA, Franschoek</i>	550
<b>Red wines</b>	
<i>Boschendal Lanoy Cabernet Sauvignon 2019 SA, Franschoek</i>	700
<i>The Chocolate Block, Syrah, Grenache Noir, Cinsault 2021 SA, Western Cape</i>	870

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# SHANTI SPA

MAURICE

## Spa & Pool

### FOODS

#### STARTERS

White fish & coconut ceviche <b>A</b>	900
Tuna poke bowl	775
Salmon poke bowl	975
Buddha bowl <b>V</b>	625
Greek salad <b>VA</b>	750
Octopus salad <b>S</b>	950
Tropical salad with prawns <b>N</b>	1,250

#### SNACKS

Vegetable pakora, yoghurt sauce <b>V</b>	500
Prawn pakora, yoghurt sauce	800
Chicken tandoori momos	850
Vietnamese spring rolls, peanut butter sauce <b>N</b>	705
Matar and cheese roll	500

#### SUSHI

##### SASHIMI (4 slices per order)

Atlantic Salmon	1,300
Yellowfin Tuna	850
Red Grouper	1,100
*Unagi (Eel)	1,100

##### NIGIRI (2 pieces per order)

Atlantic Salmon	400
Yellowfin Tuna	250
Red Grouper	450
*Unagi (Eel)	450
*Kani Furai (Crab stick)	250
*Avocado <b>V</b>	250
*Cucumber <b>V</b>	250

##### CLASSIC ROLLS (8 pieces per roll)

Classic California Maki <i>Pasteurized crab, cucumber, avocado, tobiko, dried bonito, Japanese mayo</i> <b>SF E</b>	1,550
*Ebi Furai Maki <i>Panko prawn, cream cheese, cucumber, sesame seeds, tempura flakes, spicy mayo teriyaki sauce</i> <b>SF SP G D E S</b>	950
Rainbow Maki <i>Panko prawn, pickled radish, spicy mayo, salmon, tuna, white fish, avocado, bonito dressing</i> <b>S</b>	1,050
Salmon Maki <i>Rice with fresh Salmon and wasabi paste</i> <b>S</b>	850
Avo Maki <i>Rice with avocado</i> <b>V</b>	700
Kapa Maki <b>V</b> <i>Rice with cucumber</i> <b>V</b>	650

##### CHEF'S SPECIAL SUSHI (6 pieces per roll)

*Crispy Philadelphia Roll <i>Surimi crab, cucumber, cream cheese, passion fruit vinegrate</i> <b>SF F G D</b>	750
*Mexican Roll <i>Surimi crab, cucumber, pickled jalapeno, chili con carne, mozzarella, spring onion</i> <b>SF G SP</b>	950
Vegan Tuna Roll <i>Compress watermelon, cucumber, avocado with teriyaki &amp; spicy sauce</i> <b>V S</b>	750
Ponzu Salmon Gunkan <i>3 pieces salmon roll with sushi rice, tobiko, spring onion &amp; sesame ponzu Salmon</i> <b>F S</b>	900
Tartar bites <i>3 pieces crispy sushi rice, tuna, tobiko, spring onion &amp; Asian spicy sauce</i> <b>F E G SP</b>	850

##### PLATTER SELECTION

Sendai selection (12 pieces per order) <i>4 pieces California rolls, ebi furai &amp; vegan tuna</i>	1,625
Niigata selection (12 pieces per order) <i>Salmon, tuna, unagi nigari &amp; salmon, red grouper sashimi</i>	2,325
Kumamoto special selection (12 pieces per order) <i>Tartar bites, ponzu salmon, California, ebi furai, vegan tuna roll with nigari seabream, unagi, salmon sashimi and tuna</i>	3,755

#### SANDWICHES

<b>Chicken club sandwich</b> <i>Chicken breast, turkey ham, fried egg, lettuce, tomato and mustard sauce, French fries on the side</i>	850
<b>Shanti signature wrap <b>V</b></b> <i>Palm heart, avocado, tomato, sprouts, spring onions, coriander, cumin seeds, watercress and yogurt spread wrapped in a quinoa roti with mixed salad</i>	950
<b>Tandoori chicken kathi roll</b> <i>Tandoori chicken, spiced cabbage, peppers, onion and cheese wrapped in a fresh chickpeas flour chilla served with French fries and spicy Creole sauce</i>	800
<b>Italian grilled chicken panini</b> <i>Grilled chicken with tomato, Mozzarella cheese &amp; basil pesto, onion rings, mixed salad served with French fries on the side</i>	950
<b>Tomato and Mozzarella panini <b>V</b></b> <i>Tomato, Mozzarella cheese, basil pesto spread, onion rings, mixed salad, served with French fries on the side</i>	750

#### DESSERTS

Selection of classic ice-creams & sorbets (per scoop)	120
<b>Sorbets:</b> Mango   Pineapple   Lime   Passion Fruit <b>V</b>	
<b>Baked mango yogurt</b> <i>Thai style, with lime sorbet and mango coulis</i>	425
<b>Bavaois coco</b> <i>Passion fruit sorbet and chocolate sauce</i>	600
<b>Tamarind mousse</b> <i>Sweet potato pudding, tamarind compote, pineapple chili sorbet</i>	475
<b>Panacotta palmiste</b> <i>Pineapple carpaccio, badiane and strawberry macarons</i>	650
<b>Lemongrass crème brûlée</b> <i>Classic French custard infused with lemongrass</i>	600

**W** WELLNESS CUISINE | **V** VEGETARIAN | **S** SPICY | **P** PORK | **A** ALCOHOL | **N** NUTS | \***C** COOKED

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