



## GLUTEN FREE MENU

Guests on meal plan Half Board (HB) | Full Board (FB) | Shanti All-Inclusive (AI) are entitled to a food credit of MUR 4,000 per meal, per person.  
Any consumptions beyond, will be charged accordingly. Credit is nonrefundable and non-transferable.  
Menu availability depending on weekly opening times as per Shanti Times.  
All prices are in Mauritian Rupees (MUR) and include 15% VAT

## STARTERS

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<b>Octopus salad</b> 🌱🌶️	950
<i>Grilled octopus in lime dressing with sliced onions, tomato, green chilli and fresh coriander</i>	
<b>Indian mixed salad</b> 🌱🌶️	800
<i>Paneer, lettuce, spinach, tomato, onion, pepper and lemon dressing</i>	
<b>Chicken tikka salad (Indian specialty)</b>	800
<i>Sliced tandoori roasted chicken, yogurt sauce, coriander, lettuce, cucumber and cherry tomato</i>	
<b>Tropical salad with prawns</b> 🌱	1,250
<i>Prawns, palm heart, assorted lettuce, tomatoes, seasonal fruits, almonds and sweet &amp; sour dressing</i>	
<b>Caprese salad</b> 🌱	950
<i>Poached tomatoes, fresh Mozzarella cheese, lettuce, olive oil, fresh basil from our garden and balsamic vinegar</i>	

## SOUPS

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<b>Tomato soup</b> 🌱	450
<i>Tomato soup with fresh basil from our garden</i>	
<b>Créole gazpacho</b> 🌱	750
<i>Chilled tomato soup with shrimps, fresh coriander and olive oil dishes</i>	

## BURGERS

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<b>Chicken burger (200g)</b>	750
<i>Minced chicken with onions, Cajun spices, gherkins, tomatoes, lettuce and served with French fries</i>	
<b>Beef burger (200g)</b>	850
<i>Minced beef fillet with onions, Cajun spices, gherkins, tomatoes, lettuce and served with French fries on the side</i>	

## SANDWICHES

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- Tuna sandwich** 750  
*Smoked Tuna, sweet corn, onion, avocado, lettuce, tomato mayonnaise and French fries on the side*
- Chicken club sandwich** 850  
*Chicken breast, turkey bacon, avocado, fried eggs, lettuce, tomato, mustard sauce and French fries on the side*

## PIZZA

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- Margarita** **V** 650  
*Tomato sauce with buffalo Mozzarella cheese with fresh basil*
- Hawaiian** 750  
*Turkey ham, pineapple and Mozzarella cheese*
- Chicken Caesar and mayonnaise** 750  
*Tomato, chicken, onion, eggs, Mozzarella cheese and Mayonnaise*

## PASTA

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*(Please allow 20 mins cooking time)*

**Please select from the following choices:**

**Spaghetti or Penne**

**Please select any one sauce to accompany your pasta:**

- Aglio olio** **V S P A** 700  
*Fresh garlic, red chili, white wine and parsley*
- Carbonara** **P A** 750  
*Bacon, farm eggs, onion, white wine and cream*
- Prawn and lime** **A Q S P A** 900  
*Prawn, garlic, chili, cherry tomato, oregano, white wine, combava lime zest*
- Bolognese** **A** 950  
*Minced beef, carrots, tomato puree, onions, leek, celery and red wine*

## MAIN COURSES

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<b>Malagasy chicken curry</b> <b>SP</b>	1,050
<i>Tender chicken thighs in coconut and lemon gravy served with steamed rice and cucumber salad</i>	
<b>Butter chicken (Indian specialty)</b> <b>N</b>	1,200
<i>Chicken cooked in rich buttered creamy tomato gravy served with steamed rice</i>	
<b>Lamb Rogan josh (Indian specialty)</b> <b>SP</b>	1,450
<i>Spicy lamb curry with ginger, garlic, red chili, onion, tomato served with saffron rice</i>	
<b>'Catch of the day'</b>	1,350
<i>Pan-seared marinated fish fillet marinated in herbs and garlic served with seasonal grilled vegetables and mashed potato</i>	
<b>Madagascar style tuna fillet "mi-cuit"</b>	1,250
<i>Pink seared Tuna fillet with shrimps, spinach, quinoa rice and vanilla-green peppercorn sauce</i>	
<b>Grilled baby chicken</b>	1,550
<i>Baby chicken marinated with garlic, lemon and thyme with onion, tomato, cucumber salad and served with homemade French fries</i>	

## DESSERTS

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<b>Baked mango yogurt</b>	425
<i>served with mint sorbet, mango coulis, Greek yogurt</i>	
<b>Lemongrass crème brûlée</b>	600
<i>Crème brûlée served with vanilla ice cream</i>	