

CULINARY EXPERIENCES

STARS RESTAURANT

DAILY

BREAKFAST “BUFFET” | 07:00 – 10:30
LUNCH “À LA CARTE” | 12:30 – 14:30
DINNER “À LA CARTE” | 18:30 – 22:00

MON 1ST DEC TO SUN 7TH DEC



RUM SHED BAR & GRILL

DINNER 18:30 – 22:00

À LA CARTE

MON 1ST DEC TO SUN 7TH DEC

(THUR 4TH DEC CLOSED)

LIVE GUITARIST – FRI 5TH DEC



LA KAZE MAMA

DINNER 18:30 – 22:00

BUFFET

THUR 4TH DEC | MAURITIAN CREOLE NIGHT



FEET IN THE SAND

DINNER 18:30 – 22:00

BEACH BBQ GRILL

MON 1ST DEC TO SUN 7TH DEC

(WED 3RD DEC CLOSED)



ASIAN LOUNGE &
FINE SUSHI AT STARS

LUNCH 12:30 – 14:30
DINNER 18:30 – 22:00

À LA CARTE

TUE 2ND DEC TO SUN 7TH DEC

(MON 1ST DEC CLOSED)

ARABIC CUISINE AT STARS

LUNCH “À LA CARTE” | 12:30 – 14:30
DINNER “À LA CARTE” | 18:30 – 22:00

MON 1ST DEC TO SUN 7TH DEC

(TUE 2ND DEC CLOSED)

INDIAN DELIGHTS AT STARS

LUNCH 12:30 – 14:30

DINNER 18:30 – 22:00

À LA CARTE

MON 1ST DEC TO SUN 7TH DEC

(THUR 4TH DEC CLOSED)

JUST THAI AT STARS

LUNCH 12:30 – 14:30

DINNER 18:30 – 22:00

À LA CARTE

MON 1ST DEC TO SUN 7TH DEC

(THUR 4TH DEC CLOSED)



LIVE PERFORMANCE



LIVE GUITARIST

MON 1ST DEC 2025

19:00 | AT STARS RESTAURANT

FRI 5TH DEC 2025

19:00 | AT RUM SHED



LIVE BAND

TUE 2ND DEC 2025

19:00

AT STARS RESTAURANT



LIVE SAXOPHONIST

WED 3RD DEC 2025

19:15

AT STARS RESTAURANT



SUNSET COCKTAIL
WITH RESORT TEAM

WED 3RD DEC 2025

17:30

LIVE SEGA SHOW

18:00



LIVE PIANO

SAT 6TH DEC 2025

19:00

AT STARS RESTAURANT



LIVE DUO

THUR 4TH Nov & 7TH DEC 2025

20:30

RED GINGER BAR



HOW TO BOOK A TABLE?

Contact the reception on extension 0

Available upon reservation on a first-come first-serve basis

Meal Plan Inclusion

Guests enjoying our HB | FB | or Shanti All-Inclusive (AI) meal plan are invited to savour a three-course dining experience in any of our three signature restaurants, each offering its own unique atmosphere and flavours. Certain premium items may carry a supplement, as indicated on the menus.

DRESS CODE POLICY

BREAKFAST / LUNCH:

Shorts, t-shirts or polo shirts with footwear are permitted (swimwear should be covered at all times).

DINNER:

Gentlemen: long trousers, collared shirts (button down) or polo shirt and footwear are allowed. Ladies to respect the evening attire (smart casual) (no see-through attire or swimwear are allowed).

Chic shorts allowed at Rum Shed.



Enjoy effortless dining!

SCAN FOR YOUR ROOM
SERVICE ORDER

For further assistance, contact the Room
Service team on EXT 7121

AVAILABLE EVERYDAY

BREAKFAST AT ITS BEST

04:00 – 07:00 | **EARLY BIRD SNACK BREAKFAST (RED GINGER BAR)**

07:00 – 18:00 | **LONGSLEEPER ALL DAY BREAKFAST**

**A VARIETY OF LUNCH & DINNER
- À LA CARTE**

13:00 – 15:00 | **FISH MARKET**

10:00 – 18:00 | **BEACH & POOL SERVICE**

24 HOURS | **IN-ROOM DINING (TRAY CHARGE APPLIES)**

AFTERNOON TEA

15:30 – 17:00 | **HIGH TEA AT RED GINGER BAR
& POOL LOUNGE (PRE BOOKING)**

SUNSET SPECIALS

16:30 – 17:00 | **RUM INITIATION AT RED GINGER BAR
(CHARGEABLE)**

10:00 – 18:30 | **BEACH DRINKS SELECTION**

ALL-DAY LONG AT SANDS BEACH BAR

SHANTI TIMES FROM MONDAY 1ST DECEMBER TO SUNDAY 7TH DECEMBER 2025

WELLNESS & ACTIVITIES WEEKLY CALENDAR

MONDAY		
08:15	TRADITIONAL HATA YOGA	
08:30	POWER WALK	
09:30	AERIAL YOGA	
11:00	PRANAYAMA	
11:00	ARCHERY	
14:00	CIRCUIT TRAINING	
14:00	PERSONALISED YOGA	
15:00	MOBILITY AND FLEXIBILITY	
15:00	YOGA NIDRA	

TUESDAY		
80:15	SUN SALUTATION	
80:30	BODY BALANCE	
09:30	PERSONALISED YOGA	
11:00	JOURNEY OF BREATH	
11:00	AQUA GYM	
14:00	MAT PILATES	
14:00	GUIDED MEDITATION	
15:00	ABS & CORE WORKOUT	

WEDNESDAY		
08:15	YOGA FOR SPINE HEALTH	
08:30	FULL BODY WORKOUT	
09:30	GUIDED MEDITATION	
11:00	BREATH OF LIFE	
11:00	ABS & CORE WORKOUT	
14:00	CIRCUIT TRAINING	
14:00	YOGA THE LIFESTYLE	
15:00	BODY BALANCE	
15:00	YOGA NIDRA	

THURSDAY		
08:15	STABILITY WITH YOGA	
08:30	BODY BALANCE	
09:30	GUIDED MEDITATION	
11:00	PRANAYAMA	
11:00	ARCHERY	
14:00	MAT PILATES	
14:00	YOGA FOR HEALING	
15:00	MOBILITY AND FLEXIBILITY	
15:00	SINGING BOWL	

FRIDAY		
08:15	MORNING STRETCHING	
09:30	AERIAL YOGA	
13:00	AQUA GYM	
14:00	CIRCUIT TRAINING	
15:00	BODY BALANCE	

SATURDAY		
08:15	ENERGETIC YOGA	
08:30	POWER WALK	
09:30	PERSONALISED YOGA	
11:00	PRANAYAMA	
11:00	ARCHERY	
14:00	MAT PILATES	
14:00	AERIAKL YOGA	
15:00	MOBILITY AND FLEXIBILITY	
15:00	YOGA NIDRA	

SUNDAY		
08:15	BETTER SLEEP WITH YOGA	
09:30	GUIDED MEDITATION	
11:00	PRANAYAMA	
14:00	PERSONALISED YOGA	
15:00	YOGA NIDRA	

SHANTI SPA SPECIALS		
01 TH DEC	COUPLES CONNECT	150MINS - MUR 15,900
03 RD DEC	PARADSIE MASSAGE	60MINS - MUR 4500
4 TH DEC	CHAKRA BALANCING	90MINS - MUR 6,600
6 TH DEC	ARIAL YOGA	60MINS - MUR 3000
7 TH DEC	AFRICAN GODDESS FACIAL	90MINS - MUR 6800



WELLNESS AT SHANTI SPA



MEETING POINT AT SHANTI SPA

(ACTIVITIES ARE SUBJECT TO CHANGE DEPENDING ON WEATHER CONDITIONS)



CHARGEABLE ACTIVITIES

ESTATE CARE

FOR YOUR COMFORT PLEASE NOTE THE SEQUENCE OF INTERVENTIONS

DAILY POOL CLEANING:

08:00 - 10:00

10:00 - 12:30

13:00 - 16:00

For villa pool cleaning, please contact the Reception for your preferred times.

WEEKLY MOWING & GARDEN CARE:

08:00 - 10:00

10:00 - 11:30

12:30 - 16:00

10:00 - 11:30

12:30 - 16:00

For Villa garden care, please contact the Reception for your preferred times.

10:00 - 11:30

12:30 - 16:00

08:00 - 11:30

FOGGING EXERCISE:

16:00 - 17:00

Spa | Main Pool | Kids Club

Villa 201 - 207

Villa 208 - 218

Surrounding Estate Garden

Villa 207 - 218

Villa 201 - 205

Suites 101 - 124

Suites 128 - 142

Daily Beach Maintenance

Daily

Changes due to weather possible with short term notice

SPORTS CORNER & LIVE SPORT AT RED GINGER BAR

MON	PL 25/26 - FULHAM VS MANCHESTER CITY 21:20
MON	PL 25/26 - AFC BOURNEMOUTH VS EVERTON 21:20
WED	PL 25/26 - ARSENAL VS BRENTFORD 21:20
WED	PL 25/26 - BURNLEY VS CRYSTAL PALACE 21:25
THU	NEDBANK GOLF CHALLENGE 11:00
THU	PGA TOUR - HERO WORLD CHALLENGE DAY 1 20:30
THU	PL 25/26 - MANCHESTER UNITED VS WESTHAM UNITED 21:50
FRI	FORMULA ONE - ETIHAD AIRWAYS ABU DHABI GRAND PRIX PRACTICE 1 14:45
FRI	ARKEMA PL 25/26 - MARSEILLE VS PARIS SAINT GERMAIN 19:55
SAT	PL 25/26 - ASTON VILLA VS ARSENAL 14:20
SAT	PL 25/26 - MANCHESTER CITY VS SUNDERLAND 16:50
SAT	PL 25/26 - LEEDS UNITED VS LIVERPOOL 19:20
SUN	PL 25/26 - BRIGHTON & HOVE ALBION VS WESTHAM UNITED 15:50
SUN	PL 25/26 - FULHAM VS CRYSTAL PALACE 18:20

SS PREMIER LEAGUE
SS FOOTBALL
SS PREMIER LEAGUE
SS FOOTBALL
SS GOLF
SS GOLF
SS PREMIER LEAGUE
SS MOTORSPORT
SS FOOTBALL
SS PREMIER LEAGUE
SS PREMIER LEAGUE
SS PREMIER LEAGUE
SS PREMIER LEAGUE
SS PREMIER LEAGUE



PEN AIR CINEMA



MON

18:45 - 20:30 (KIDS MOVIE)
20:30 - 22:00 (MAIN SCREENING)

TUE

18:45 - 20:30 (KIDS MOVIE)
20:30 - 22:00 (MAIN SCREENING)

WED

18:45 - 20:30 (KIDS MOVIE)
20:30 - 22:00 (MAIN SCREENING)

THU

18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)

FRI

18:45 - 20:30 (KIDS MOVIE)
20:30 - 22:00 (MAIN SCREENING)

SAT

18:45 - 20:30 (KIDS MOVIE)
20:30 - 22:00 (MAIN SCREENING)

SUN

18:45 - 20:30 (KIDS MOVIE)
20:30 - 22:00 (MAIN SCREENING)

KUNG FU PANDA
MURDER MYSTERY 2

SPRIT
THE MAN FROM TORONTO
THE UNICORN ACADEMY
IF

RIVERDANCE

THE SEA BEAST
GLASS ONION
GIGANTOSAURUS
THE ROYAL TREATMENT

DESPICABLE ME
YES DAY

SHANTI BOUTIQUE

LIMITED TIME ONLY

20%
OFF

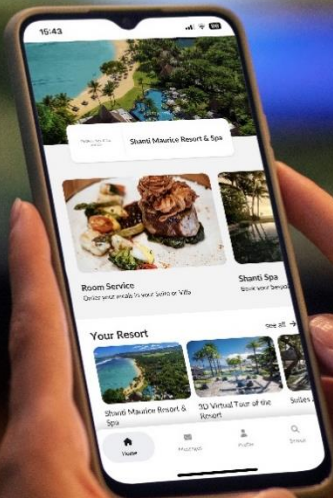
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