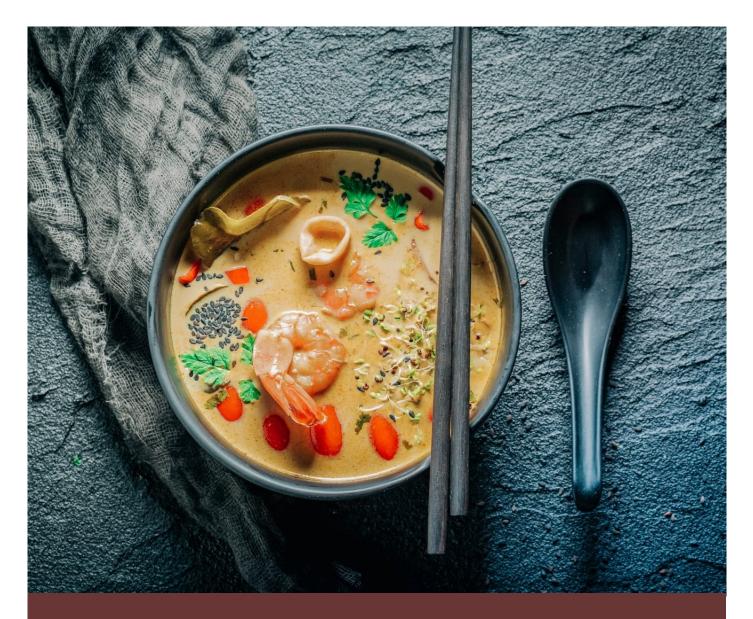


MONDAY: CUISINE OF CONTINENTS

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.



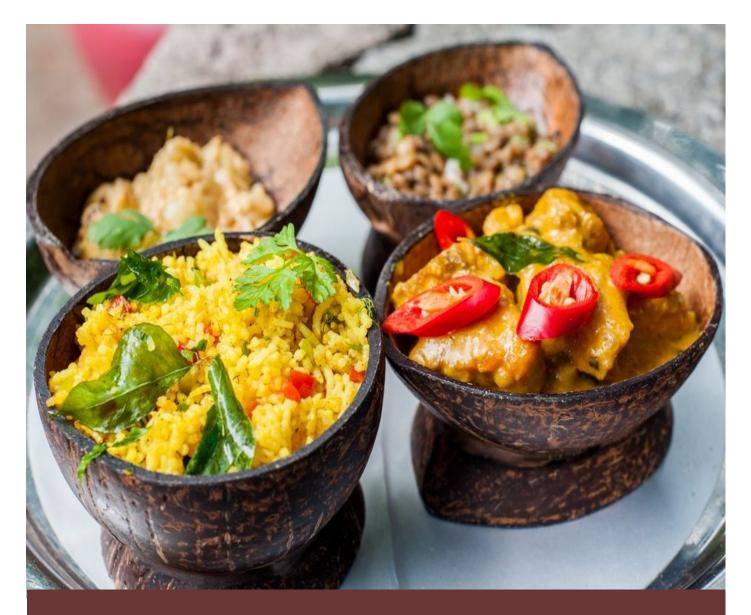


TUESDAY: TASTE OF ASIA

Discover the amazing diversity of Asian cuisine.

Enjoy a magical journey with Immerse in a harmonious mix of colours, taste and textures with an emphasis on the preservation of the natural flavor of the food.





WEDNESDAY: CULINARYCREOLE EXPERIENCE

Creole cuisine 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, meat, fish or octopus curry, a native type of rougaille and do not forget to try the local Breadfruit, an exotic fruit with a nutty taste and floury texture 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!





THURSDAY: GRLL NIGHT

Enjoy a delicious BBQ dinner with a subtle balance of delicate starters, salads and fresh cuts prepared on the BBQ by our dedicated culinary team.

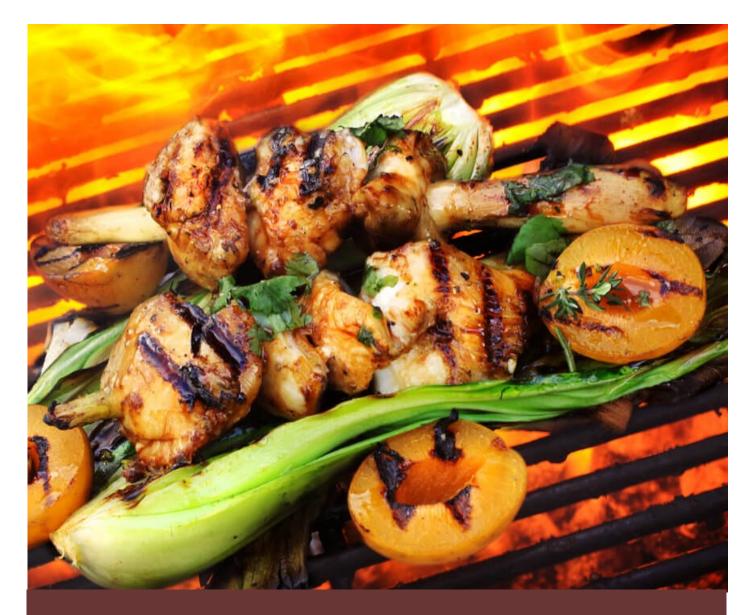




AY: TREASURES OF INDIAN OCEAN

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.





SATURDAY: BEACH BBQ

Delicacies from Land & Sea

There is nothing better than the smell of a delicious BBQ. Enjoy a beautiful AI Fresco setting with the waves of the Indian Ocean as background.





SUNDAY: FLAVOURS OF INDIA

No cuisine is more colorful, fragrant & flavorful that Indian Cuisine. The variety of ingredients and spices used makes this an unique experience. Explore the flavors of India right here at Les Palms.

