

DOSHA MENU

MONDAY

Lunch

Grilled vegetables salad with lemongrass gazpacho

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(Vata) Soya nugget & spinach curry, lentils stew and black pepper,
whole wheat bread

Or

(Pita) Squash masala with steamed rice

Or

(Kapha) Quinoa with mushrooms, olives, tomatoes and low fat cheese

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Papaya soup with lemon sorbet

Dinner

Galangal soup with green peas and shitake mushroom and julienne of vegetables

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(Vata) Vegetable biryani with eggplant salad

Or

(Pita) Tomato & gram flour dumpling curry, wok tossed spinach and
ginger paratha

Or

(Kapha) Black lentil, carrot and spinach stew with ginger roti

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Pineapple carpaccio with basil, coconut sorbet



Scan this QR code to view our menu in your preferred language.

Full-board Dosha menu MUR 3,360 per person (lunch & dinner)
Half-board Dosha menu MUR 2,000 per person (lunch or dinner)

All prices are in Mauritian Rupee and include 15% VAT.

DOSHA MENU

TUESDAY

Lunch

Thai chritophania with pine seeds, tomato and crispy tofu

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(Vata) Soba noodles, bok choy, carrot and cabbage with garlic, ginger sauce

Or

(Pita) Pumpkin masala, spinach burji with tandoori roti

Or

(Kapha) Oven roasted eggplant, tomato and asparagus tian with wilted bok choy

...

Strawberry sugar free mousse

Dinner

Cauliflower and cumin soup with lemon oil

...

(Vata) Carrot puriyal with sambar and tandoori roti

Or

(Pita) Moong shal gobi and brown rice

Or

(Kapha) Green moon dhal, bottle gourd stew with jiggery roti

...

Fresh fruit tartar with exotic broth



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WEDNESDAY

Lunch

Glass noodle salad with sweet and sour dressing

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(Vata) Quinoa spaghetti with tomato, olive and mushroom

Or

(Pita) Scrambled cottage cheese, white bean curry with brown rice

Or

(Kapha) Roasted zucchini with mushrooms, carrot and soya sesame sauce

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Water melon soup with fresh mint

Dinner

Carrot and orange soup with lemon thyme drizzle

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(Vata) Chickpeas curry, kadai peppers and lacha paratha

Or

(Pita) Wok fried vegetables pad thai with sweet lemon soy sauce

Or

(Kapha) Green pumpkin with eggplant bolognese and green papaya relish

■ ■ ■

Mango trilogy



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THURSDAY

Lunch

Poached tomato with thyme scented goat cheese emulsion

(Vata) Vegetable Laksa with udon noodles

Or

(Pita) Mix vegetables kichadi with chopped tomato chutney

Or

(Kapha) Wok tossed, peas, mushroom and broccoli in ginger sauce

Coconut sago with pineapple sorbet

Dinner

Truffle scented onion bisque with green peas

(Vata) Couscous stew with vegetables casserole

Or

(Pita) Bitter melon vindaye with brown rice and white bean

Or

(Kapha) Tandoori mushroom in coconut tomato gravy and missi roti

Fresh fruit carpaccio with mango sorbet



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FRIDAY

Lunch

Palm heart and radish salad with shaved zucchini

(Vata) Onion ladyfinger, red kidney bean stew and tandoori roti

Or

(Pita) Paneer tikka with crisp salad and tandoori

Or

(Kapha) Steamed tofu with garden green and lemongrass tomato sauce

Or

Strawberry trilogy

Dinner

Gingered broccoli soup with almond flakes

(Vata) Garden vegetables pasta with pesto

Or

(Pita) Palak makai, ginger carrot and tandoori roti

Or

(Kapha) Christophinia masala, black lentil and tandoori lacha masala

Fresh fruit gazpacho with passion fruit sorbet



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SATURDAY

Lunch

Creole fatouche with pepper crusted feta cheese

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(Vata) Sweet sour tomato curry, sautéed beans and phulka roti

Or

(Pita) Margaoze with onion tomato and roti

Or

(Kapha) Grilled vegetables platter with sweet corn tomato relish

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Bake vanilla yogurt with pineapple compote

Dinner

Watercress soup with sesame oil

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(Vata) Kashmiri paneer with brown rice

Or

(Pita) Squash gratin with gluten free bread

Or

(Kapha) Vegetables fricassee with quinoa

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Coconut sugar free mousse passion fruit coulis



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SUNDAY

Lunch

Beetroot carpaccio with goat cheese, sprout and mustard dressing

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(Vata) Vegetable tortillas roll with mix green salad

Or

(Pita) Crispy tofu with vegetable in ginger soy broth

Or

(Kapha) Lauki, chana dhal with missi roti

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Exotic fruit soup with pineapple sorbet

Dinner

Sweet corn and spinach soup with mustard oil

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(Vata) Eggplant rougaille with phulka roti

Or

(Pita) Brown rice pulao with mix dhal

Or

(Kapha) Kata mitta pumpkin with Ajwani paratha

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Roasted pineapple with muscavado sugar with coconut sorbet



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