

Appetizers & Salads

	Rs.
Frangipani salad, romaine & ice berg lettuce tossed with home made dressing, poached egg, shredded chicken, chickpea "Panisse" pancetta and parmesan shavings	600
Fish, calamari, shrimp and vegetable tempura wasabi aioli	800
Barlen's organic garden greens and vegetable salad, extra virgin olive oil and freshly squeezed lemon juice	500
Bel Ombre heart of palm & crab meat, flavoured with yellow ginger, mustard seeds and lemon dressing	840
Rare seared tuna with grilled local eggplant, feta cheese, rocket and pinenuts, anchovy-capers dressing	700
Mappa's home made Mozzarella with balsamic marinated green tomato watercress salad and tagiasca olives	620
Hydroponic tomato gaspacho with cashew mousse shaved red raddish and croutons	500

Burgers, Sandwiches & Wraps

The Barlen's Burgers

Home made Australian Angus beef burger on sesame bun with fresh pickles, French fries and green leaves	700
--	-----

Home made chicken burger on sesame bun with fresh pickles, French fries and green leaves <i>Served plain or with choice of cheddar cheese, fried egg, blue cheese or bacon</i>	660
---	-----

Sandwiches

Barlen's triple-decker Chicken breast, bacon, egg & avocado Crab, quail egg salad, & French fries	660
---	-----

Open Beef fillet, mushroom & spinach sandwich, melted gouda cheese, French fries and green leaves	700
---	-----

Multi cereal bagel with grilled eggplant & zucchini, home made Lebna onion and gherkin relish	620
---	-----

Wraps

Cypriot wrap with cucumber, ripe tomatoes, celery leaves, olives, capers, lettuce, coriander & feta cheese	620
--	-----

Char siew, roasted barbecued chicken char siew sauce, coriander and spring onion	630
--	-----

Spiced beef strips sautéed with crunchy vegetables avocado purée and sour cream	700
---	-----

Mediterranean Pasta

	Half portion	Rs.
Our ravioli, broccolini, fava beans and ricotta cheese tomato confit, pine nut and parmesan	430	640
Rigatoni with mussels, squids, prawns, clams fresh tomato, basil and shaved Pecorino cheese	580	980
Linguini with broccoli, zucchini and lemon confit basil pesto and shaved parmesan cheese	430	640

Mauritian & Asian Flavours

"Nasi goreng" Indonesian style fried rice with beef satay prawn cracker and chicken drum stick	700
"Singapore style" beef & chicken Satay with peanut sauce, sticky rice and pickles	820
"Mee goreng" Malay style spicy stir fried yellow noodles with squid, tomato, egg and vegetables	700
"Meehon" Thai style wok fried rice noodles, tom yam seafood and mixed vegetables	730
Mauritian style chicken and prawn curry, steamed basmati rice and local chutneys	770

Barlen's open char grill

Today's Catch, with mixed greens and sliced apple seasonal vegetables and citrus vinaigrette	940
Grilled sacrechien fillet with water spinach duck fat sautéed potato and tomato salsa	1,030
Seafood platter with "Qwehli" organic tiger prawns, calamari and local fish fillet, grilled vegetable and steam rice	1,400
Char grilled Harvey Beef medaillion with potato gnocchi mushroom cream and local water cress	1,350
Lamb chops with potato wedges, garlic-spinach, "gremolata" salsa	1,200
Chicken brochette marinated with yoghurt and coriander seeds greek salad	990

Barlen's Extras

Simple mixed salad - Rocket and parmesan salad - Hydroponic tomato and red onion salad Mustard seed basmati rice - Mashed potato with truffle oil - Seasonal grilled vegetables Sautéed oyster mushrooms & mange tout - French fries dusted with curry leaf salt	200
--	-----

Sushi & Sashimi

	Rs.
Sashimi - 2 pieces	
Rock lobster	375
Fresh Salmon	400
Indian Ocean fresh tuna	350
White fish	300
Nigiri Sushi – 2 pieces	
Sweet omelette	275
Shitake	275
Smoked eel	420
Prawn	375
White fish	330
Fresh Tuna	380
Salmon	430
Scallop	425
Gunkan Sushi – 2 pieces	
Ikura	490
Shoga crabmeat	340
Avocado, scallop	400
Maki Sushi - 2 pieces	
Kyuri California/avocado	330
Seafood futomaki	430
Garden salad maki	300
Ebi-tempura nori maki	400
Contemporary Sushi – 2 pieces	
Tataki-yaki maguro	400
Kyu-niku sushi	420
Combinations	
(2 persons)	
Barlen's selection sushi and sashimi Crabmeat miso and condiments	3,500 32 pieces
(1 person)	
Barlen's selection sushi and sashimi Crabmeat miso and condiments	1,750 16 pieces
Barlen's selection sashimi Crabmeat miso and condiments	2,400 24 pieces
Barlen's selection sushi Crabmeat miso and condiments	1,500 14 pieces

All prices are quoted in Mauritian Rupees and include VAT

Healthy options
01/02/2011

Dessert

Rs. 390

Mango & raspberry vacherin, passion fruit jelly

Barlen's Coupe

Pineapple tapas,
orange tuile with cinnamon infused Jivara chantilly

Vanilla pumpkin on a layer of brownies & praline ganache
served with salted caramel ice cream

Chilled coconut sago, lemon chiffon cake,
coconut mint sorbet

Ice cream

Vanilla, chocolate, coconut mint, mango, salted caramel,
peanut butter, ginger

Sorbet

Mango, passion fruit, lemon, pinacolada, raspberry

Dessert

Rs. 390

Vacherin glacé aux mangues & framboises,
gelée aux fruits de la passion

Coupe de Barlen's

Tapas à l'ananas, cornet à l'orange & chantilly
à la cannelle Jivara

Potiron vanillé, ganache praliné sur un biscuit brownies
et sa glace caramel salé

Sagoo au noix de coco frais, moelleux au citron,
sorbet à la noix de coco et menthe

Ice cream

Vanille, chocolat, noix de coco & menthe, mangue,
caramel salé, cacahuète, gingembre

Sorbet

Mangue, passion, citron, pinacolada, framboise

All prices are quoted in Mauritian Rupees and include VAT
Tous les prix sont en Roupies Mauricienne et incluent la TVA

16/12/2010