

BARLEN'S

SUSHI & SASHIMI

Sashimi - 2 pieces

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| Rock lobster | 375 |
| Fresh Salmon | 400 |
| Indian Ocean fresh tuna | 350 |
| White fish | 300 |

Nigiri Sushi – 2 pieces

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| Sweet omelette | 275 |
| Shitake | 275 |
| Smoked eel | 420 |
| Prawn | 375 |
| White fish | 330 |
| Fresh tuna | 380 |
| Salmon | 430 |
| Scallop | 425 |

Gunkan Sushi – 2 pieces

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| Ikura | 490 |
| Shoga crabmeat | 340 |
| Avocado, scallop | 400 |

Maki Sushi - 2 pieces

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| Kyuri California/avocado | 330 |
| Seafood futomaki | 430 |
| Garden salad maki | 300 |
| Ebi-tempura nori maki | 400 |

Contemporary Sushi – 2 pieces

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| Tataki-yaki maguro | 400 |
| Kyu-niku sushi | 420 |

Combinations

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| (2 persons) | 3,500 |
| Barlen's selection sushi and sashimi | |
| Crabmeat miso and condiments | |

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| (1 person) | 1,750 |
| Barlen's selection sushi and sashimi | |
| Crabmeat miso and condiments | |

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| Barlen's selection sushi - 14 pieces | 1,500 |
| Crabmeat miso and condiments | |

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| Barlen's selection sashimi - 24 pieces | 2,400 |
| Crabmeat miso and condiments | |

RAW FOOD

Indian Ocean

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| Tuna tartar with Sechuan pepper, minted green pea puree | 750 |
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Grass fed beef

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| Harvey beef tartar, chilled cucumber broth, pickled ginger | 1000 |
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Bel Ombre plantation

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| Heart of palm salad "three ways" natural, vindaye, chili-sundried tomato dressing | 700 |
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Bernard's garden vegetables

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| Shaved vegetables, rocket leaves, seaweed, honey-mustard vinaigrette | 500 |
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Asian salad

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| Romaine lettuce, tomatoes, cucumber, sunflower seeds, sesame-caesar dressing | 575 |
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South coast Hydroponics

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| Chilled Tomato gaspacho, cashew mousse | 450 |
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WARM FOOD

Slow Ice filtered

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| Lemon grass scented beef consommé, spinach dumplings | 550 |
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Mahebourg fisherman society

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| Crispy calamari with chili salt, green papaya salad, tamarind dressing | 550 |
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Thai tastes

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| Minced shrimps on lemon grass skewers, bean & coconut salad, peanut sauce | 800 |
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Rougie duck liver

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| Foie gras à la plancha, dried mango-ginger compote, spiced bread | 1200 |
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East coast selection

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| Grilled vegetables, garlic chips, coriander pesto | 500 |
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Flacq market vegetables

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| Deep fried brik pastry with crisp vegetables, garlic chips, plum sauce | 500 |
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All prices are quoted in Mauritian rupees and include VAT

 Healthy option
01.02.2011

BARLEN'S

SLOW FOOD

| | Rs |
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| Trou D'eau Douce lagoon Seafood simmered with Laksa sauce, bean sprouts, local mange tout, quails egg & shallots | 1200 |
| Olivia free range chicken Steamed and roasted chicken breast yoghurt-cucumber raita, braised squash | 1100 |
| 4 hrs slow braised Pork belly skewers, hoisin glaze, sushi rice cake & herbs salad | 1150 |
| Grain fed Wagyu beef Braised Wagyu beef cheeks, macaroni gratin, grilled bamboo shoot | 1500 |
| Wamco lamb shoulder Sous-vide slow-cooked lamb shoulder, coriander burgoul lemongrass coconut cream | 1250 |
| Organic jack fruit ♡ Green jackfruit curry with cucumber relish, mustard rice | 500 |
| Artisanal dim sum ♡ Artichoke "barigoule" and ginko nut shu mai, cumin tomato sauce | 550 |

QUICK FOOD

| | Rs |
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| "Mascareign Ocean" fish Pan seared Sacréchien filet, coriander and potato Popiah pancake, kim choy, balsamic-soy vinaigrette | 1000 |
| Bamboo line caught Tempura Red Mullet filet, orange and shaved fennel salad, miso-red wine sauce | 1050 |
| Organic Wok tossed prawns Black "Qwehli" tiger prawns with stir-fried rice noodles, crispy vegetables, oyster sauce | 1200 |
| Indian Ocean lobster Grilled lobster tail, fava beans, ginger-leek salad Japanese pearl bisque | 1700 |
| Char grilled lamb loin Lamb brochette, "Rendang" lentils ragout crispy onion rings | 1300 |
| "Harvey Beef" Tataki Thinly sliced rare beef strip loin, Asian ratatouille, Tosa-Zu sauce | 1350 |
| Aromatic Thai Curry ♡ Wok sautéed green Thai vegetable curry, steam rice | 650 |

Barlen's menu offers an introduction to the various current "Food Movements" that highlight sustainable local produce & their suppliers. Chef Kiran creates dishes with Asian flair using the freshest local ingredients along with cooking techniques from around the world.