

ROCCO



SAMPLE MENU



YOUR CHEF



SHAILEN SEWLALL



Chef Shailen Sewlall has extensive experience in both private and charter yachts. He completed his initial culinary training at the Hotel School of Mauritius and subsequently honed his skills at renowned hotels in the Seychelles. With a passion for discovering fresh local produce and presenting traditional cuisines in contemporary ways, Chef Sewlall also gained valuable Michelin experience in Antwerp as a trainee. His dedication to continually developing his skills and ability to create exceptional dishes using local ingredients in remote locations makes him a standout in the culinary world.

BREAKFAST SPECIALS



EGGS EN COCOTTE WITH MUSHROOMS AND BRIOCHE TOAST

Topped with chorizo dust, served alongside roasted cherry tomatoes on a bed of creamy mushrooms

CINNAMON MASCARPONE PANCAKES

Served with a medley of warm spiced apples and bananas sautéed with a rum infused syrup, and an assortment of fresh berries

EGGS CAPRESE, ITALIAN STYLE

Lightly fried eggs are placed on slices of grilled garlic ciabatta, layered with crispy prosciutto and fresh creamy mozzarella, drizzled with pesto and freshly diced tomatoes

YOUR CHOICE OF CONTINENTAL BREAKFAST

Serving of raisin and coconut banana bread, blueberry scones with lemon glaze and an array of chocolate and fruit-filled croissants and/or muffins

CRISPY DILL LATKES

Topped with thinly wrapped slices of smoked salmon around creamy scrambled eggs served with toasted bagels

EGGS BENEDICT

A classic breakfast of poached eggs on slices of Canadian bacon, topped with a silky hollandaise sauce served on toasted English muffins

BAKED CARIBBEAN BANANA AND BLUEBERRY FRENCH TOAST

Served with challah a bread and an egg custard blend of rum and cinnamon, topped with a drizzle of hazelnut and maple syrup



STARTERS SPECIALS



GRILLED WHITE ASPARAGUS,

With roasted hazelnut, poached egg and fresh black truffle

PEACH, TOMATO, FRESH BURRATA AND BASIL SALAD

with aged balsamic

RED ITALIAN PRAWNS, AVOCADO, QUINOA

with cocktail dressing

SMOKE BEETROOT

with fresh goat cheese, roquette salad green pea and coconut milk cold soup
with coriander flower

GREEK SALAD

with feta and homemade marinated Kalamata olives

QUINOA SALAD

served with slow roasted vegetables and green pesto

POACHED LANGOUSTINE

from Tristan Cunha with Japanese flavour and spelt salad

TURBOT FILET

steamed with shoyso dressing and fresh ginger

DUCK CONFIT ROLL

accompanied with Thai flavor salad and roasted cashew



LUNCH SPECIALS



CARIBBEAN CHICKEN AND PINEAPPLE SALAD

Served in pineapple halves; with a hint of curry in the dressing and includes tropical fruits such as mangoes and pineapple chunks

GRILLED MEDITERRANEAN SHRIMP KEBABS

Served with a Greek orzo salad and a variety of marinated vegetables and feta cheese and comes with warm baked rosemary infused focaccia bread

CAESAR-GLAZED AND GRILLED FLOUNDER OR LOCAL FISH

Served on a bed of arugula with homemade anchovy-based Caesar dressing, golden garlic toasted croutons, and a sprinkling of parmesan shavings

GRILLED MOROCCAN MEAT OR FISH KOFTA KEBABS

Served on a bed of fresh lemon and pomegranate couscous salad, with a yogurt mint based dressing and warm pita halves; the grilled koftas are coated with Dukkah, a Moroccan spiced sesame blend, which pairs well with the fresh minty yogurt dressing

SKIRT STEAK

Grilled tender and juicy, and dressed with a ginger and soy dressing Accompanied with a fresh avocado and green salad wrapped in a corn or flour tortilla

FUSION LOBSTER OR SHRIMP ROLL

With roasted corn chutney, sautéed plantains and cilantro chimichurri A take on a classic lobster roll with Caribbean, Asian and Latin overtones

CRAB CAKE AND ASIAN SLAW

The Caribbean flavored crab cakes surround a mound of an Asian-inspired slaw that is a combination of finely julienned red and green cabbage, snow peas, mango and spring onions tossed with Asian vinaigrette and sprinkled with fresh herbs



DINNER SPECIALS (1/2)



BAKED LOCAL FISH

With a West Indian spiced Crab Crust served with cardamom and saffron basmati rice, sautéed plantains and sugar snap peas

GRILLED SUCCULENT PORK TENDERLOIN

Served with a port and pomegranate demi glaze sauce, roasted goat cheese-stuffed plums, and prosciutto wrapped roasted green bean bundles, nestled against a mound of nutmeg sweet potato purée

SEARED GRILLED TUNA

Topped with mango papaya salsa and drizzled with balsamic glaze, served with crispy smashed roasted baby potatoes, grilled asparagus and anise carrots sautéed in Pernod

SLICES OF LEMON AND PARMESAN PANKO- CRUSTED CHICKEN BREAST

Stuffed with roasted red pepper, mushroom and spinach, and served with gnocchi or fresh pasta and a medley of Mediterranean roasted vegetables, topped with shavings of Parmesan cheese

TARRAGON AND GARLIC SEAFOOD POT

With a puff pastry hat and side of linguini

SURF ‘N’ TURF-TENDER FILLET MIGNON

Grilled shrimp drizzled with a cognac sauce, served alongside a caramelized onion, potato gratin and a wedge of roasted pumpkin drizzled with a spinach and bean ragout and tomato and chili jam

MACADAMIA AND COCONUT CRUSTED FISH

With coconut beurre blanc, served with Jasmine rice topped with julienne of zucchini and summer squash



DINNER SPECIALS (2/2)



GRILLED BEEF FILLET

Served with crushed pink charlottes with black truffles, green bean fagots with pepper sauce flavoured with Balinese silver thyme

ROASTED AUSTRALIAN RACK OF LAMB

Served with tropical herbs, ratatouille with Parmesan cheese, steamed apples with salted butter, navarin sauce

DUCASSE-STYLE DUCK BREAST

Served with melting apples, cabernet onion confit, crunchy asparagus with salted butter.

SHRIMP MASMAN CURRY

Served with steamed Jasmine rice, raw sautéed vegetables

CURRY (CHOICE OF FISH, SHRIMP, BEEF, CHICKEN OR LAMB)

Accompanied by briyani (scented rice with Indian spices), naan with garlic, various achards and mint raita sauce.

TEPANYAKI BEEF

Accompanied by vegetable sticks with garlic skip - live-dry and deglazed with white wine, Japanese wild rice and garlic oyster sauce



DESSERT SPECIALS



FLAMBÉED COCONUT CREME BRÛLÉE

With grilled pineapple

PAVLOVA, PASSION FRUIT AND BANANA

Crushed with caramel

MALVA PUDDING

South African version of an English sticky toffee pudding with amarula sauce topped with caramelized hazelnut and spun sugar served on a bed of custard

WHITE CHOCOLATE AND BERRY CHEESECAKE

Served with a raspberry coulis

PEAR TARTE TATIN

With rum mascarpone or ice cream

CARAMEL CHOCOLATE MOUSSE

Topped with shards of toffee almond praline

BAKED LIQUID-CENTERED CHOCOLATE LAVA DESSERT

Served with a dusting of sugar powder

PANACOTTA SERVED WITH RED FRUIT COULIS HOMEMADE ICECREAMS





WE LOOK FORWARD TO WELCOMING YOU
ON BOARD ROCCO