

ROCKPOOL

PASTA, BAR & GRILL



Menu

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WINE LIST



White wine

Douglas Green Sauvignon Blanc - <i>South Africa</i>	130/495 SCR
Frontera Chardonnay - <i>South Africa</i>	130/495 SCR
Colli Vescovi Bianco Veneto IGT - <i>Italy</i>	130/495 SCR
Mount Rozier Chenin Blanc - <i>South Africa</i>	550 SCR

Rosé

Boschendal Blanc de Noir - <i>South Africa</i>	130/495 SCR
Gorgeous Pinot Noir - <i>South Africa</i>	130/495 SCR
Frontera Rosé - <i>South Africa</i>	130/495 SCR

Red wine

Douglas Green Pinotage - <i>South Africa</i>	130/495 SCR
Bellingham Pinotage - <i>South Africa</i>	130/495 SCR
1958 Merlot IGT - <i>Italy</i>	550 SCR
Frontera Merlot - <i>Chile</i>	550 SCR

Sparkling wine

Sparkling Wine "Atta Primo" - <i>Italy</i>	130/495 SCR
Prosecco Vino Frizzante - <i>Italy</i>	140/520 SCR

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DRINKS

Soft drinks

Still Water (750 ML)	50 SCR
Sparkling Water (280 ML)	50 SCR
Soft Drinks	75 SCR
<i>Coke, Diet Coke, Sprite, Fanta, Tonic, Ginger Ale</i>	
Ginger Lime Cooler	145 SCR
<i>Fresh Ginger and Sliced Lime Mixed with Ginger Ale</i>	
Fresh Juice	120 SCR
<i>Papaya Mix</i>	
Fresh Iced Tea	90 SCR
Boxed Fruit Juice	80 SCR
<i>Pineapple, Cranberry or Orange</i>	
Milkshakes	185 SCR
<i>Chocolate, Vanilla, or Strawberry</i>	

Caffeine

Hot Tea	50 SCR
Espresso	50 SCR
Americano	50 SCR
Cappuccino	90 SCR
Cafe Latte	90 SCR
Fresh Iced Coffee	195 SCR

Beers & Ciders

Seybrew	90 SCR
Ekü	90 SCR
Guinness	90 SCR
Carlsberg	120 SCR
Heineken	120 SCR
Slow Turtle Cider	90 SCR

Cocktails

Aperol Spritz	225 SCR
<i>Prosecco, Aperol and Soda</i>	
Pina Colada	195 SCR
<i>White Takamaka Rum, Pineapple Juice, Coconut Cream</i>	
Rockpool Mojito	195 SCR
<i>White Rum, Fresh Mint, Fresh Lime, Sugar and Soda</i>	
Bliss Cocktail	195 SCR
<i>Dark Rum and Fresh Squeezed Juice</i>	
Cuba Libre	175 SCR
<i>Coca-Cola, White Rum and Fresh Lime Juice</i>	
Goldfinger	195 SCR
<i>White Wine and Gingerale</i>	
Sea Breeze	195 SCR
<i>Vodka, Pineapple Juice, and Cranberry Juice</i>	
Cosmopolitan	225 SCR
<i>Vodka, Cointreau, Cranberry Juice, Lemon Juice</i>	
Tom Collins	195 SCR
<i>Gin, Fresh Lemon Juice, Sugar and Soda</i>	
Gin & Tonic	175 SCR
<i>Gin and Tonic with a Slice of Lime</i>	
Mai Tai	195 SCR
<i>White Rum, Dark Rum, Pineapple Juice, Lime Juice and Triple Sec</i>	
B52	175 SCR
<i>Coffee, Bailey's and Cointreau</i>	
Long Island	245 SCR
<i>Vodka, Tequila, Rum, Gin, Cointreau and Coca-Cola</i>	
Lemon Baby	245 SCR
<i>Prosecco, Lemon and a Blend of Spices</i>	
Sex on the Beach	195 SCR
<i>Vodka, Cointreau, Peach Juice and Orange Juice</i>	
Tequila Sunrise	195 SCR
<i>Tequila, Orange Juice and a Splash of Grenadine</i>	

Spirits

Shots (40 ML)	110 SCR
<i>Vodka, Tequila, Takamaka Rum, Amaretto, Cointreau, Whiskey</i>	

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Salads and Starters

Tuna Carpaccio Salad 240 SCR

Finely Sliced Tuna, Lettuce, Capers, Capsicum, Parmesan, Finished with a Lemon Pepper Dressing

Greek Salad 230 SCR

Chopped Tomato, Lettuce, Feta, Olive, Capsicum, and Cucumber

Salad Caprese 230 SCR

Sliced Mozzarella, Tomato and Pesto topped with Balsamic

Aly's Pumpkin Salad 240 SCR

Caramelized Pumpkin, Feta, Lettuce, Tomato, Onion, Raisin

Salad Nero 240 SCR

Chopped Chicken, Bacon, Apple, Cucumber and Parmesan

Tomato & Basil Bruschetta 220 SCR

Aubergine Parmigiana 220 SCR

Sliced Eggplant stacked with Tomato, Cheese, and Fresh Basil

Salt & Pepper Squid 240 SCR

Fresh Calamari Deep Fried in our Salt & Pepper Batter

Fritto Misto 240 SCR

Fresh Seafood and Vegetables Deep Fried in a Homemade Batter

Pastas

**Each Sauce Comes Served with Your Choice of Penne, Tagliatelle, or Spaghetti Pasta
Choice of Medium or Large Bowl**

Pomodoro 220 / 320 SCR

Classic Tomato Sauce mixed with Onions, Garlic and Fresh Herbs

Arrabbiatta 220 / 320 SCR

Classic Tomato Sauce Infused with Fresh Ground Chili

Bolognese 240 / 340 SCR

Classic Tomato Sauce Infused with Minced Beef and Fresh Cracked Pepper

Pesto 230 / 330 SCR

A Blend of Fresh Garlic, Parmesan, Olive Oil and Fresh Basil

Vegetarian 220 / 320 SCR

Fresh Vegetables Tossed in Olive Oil and Salt

Aglio Olio 220 / 320 SCR

Garlic, Olive oil, Chili, Basil and Parmesan

Carbonara 220 / 320 SCR

Bacon and Egg Mixed with our Homemade Carbonara Cream Sauce

Mamarosa 230 / 330 SCR

Signature Creamy Tomato Sauce with Fresh Basil and Parmesan

Pasta Al Mare 400 / 500 SCR

Seafood Pasta Complete with Prawns, Mussels and Clams Drizzled with Olive Oil

Coconut Curry Prawns 300 / 400 SCR

Fresh Coconut and Prawns mixed in a White Wine Curry Sauce

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From the Sea

Seychelles Battered Fish **295 SCR**

Filet of Fresh Caught Job Fish Deep Fried in our Signature Seybrew Batter Served with Chips and Salad

Fish Parmigiana **320 SCR**

Grilled Fish Filet Topped with Tomato Sauce and Sliced Eggplant Served with either Rice or Pasta

Fish Gremolata **320 SCR**

Local Job Fish Marinated with Lemon, Olive Oil, and Parsley Grilled and Served with Rice and Mixed Vegetables

Fish Burger **275 SCR**

Grilled Fish Filet Topped with Tartar Sauce and Served with Chips and Salad

Catch Of The Day **375 SCR**

Whole Fish Grilled or Deep Fried Served with Rice and Salad

Bliss Seafood Platter **1200 SCR**

Lobster, Fresh Fish, Calamari, Clams, Mussels, and Prawns, Served with Chips and a Creaky Lemon Herb Sauce

From the Land

Seychelles Beef Burger **320 SCR**

Beef Burger Topped with Tomato, Gherkins, Onion and Cheese Served with Chips and Salad

Italian Burger **320 SCR**

Beef Burger Topped with Mozzarella, Pesto and Sliced Aubergine Served with Chips and Salad

Homemade Beef Lasagna **295 SCR**

Four Stacked Layers of Beef, Pasta and Cheese Topped with a Creamy Tomato Sauce

Italian Meatballs & Cheese **290 SCR**

Beef & Cheese Meatballs Served with Pasta and Pomodoro Sauce

BBQ Pork Ribs **295 SCR**

Rack of Pork Ribs in a Tangy BBQ Sauce Served with Chips and a Salad

Chicken Parmigiana **320 SCR**

Breaded Chicken and Sliced Aubergine in our Pomodoro Sauce Served with Pasta

Chicken Gyros **320 SCR**

Marinated Grilled Chicken Served on Nan Bread with Homemade Tzatziki Sauce and Served with Salad

Specials

Kari Masala

Chicken, Fish, or Vegetables in a Traditional Creole Curry Sauce Served with Rice and Mango Salad

Vegetarian Variety of 5 Seasonal Vegetables
Chicken or Fish

275 SCR
320 SCR

Rock Bowl

Delicious Combination of Vegetables Served with Rice or Noodles And topping of your choice, Presented in a Reversed Bowl

Vegetarian Variety of 5 Seasonal Vegetables
+ Chicken & Egg
+ Beef & Egg
+ Prawns & Egg

250 SCR
300 SCR
300 SCR
350 SCR

Grilled Steak Tenderloin

Served with Potato Wedges and Grilled Vegetable with a Duo of Thyme Sauce and Peppercorn Sauce

425 SCR

Bliss Butterfly Chicken

Pan Fried Chicken Served with Mix Vegetable or Rice and French Fries Topped with Bliss Katsu Sauce

350 SCR

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Pizza della Nonna

Margherita <i>Authentic Italian Pizza with Tomato, Cheese, and Fresh Basil</i>	200 SCR	Pepperoni <i>Tomato, Cheese and Pepperoni</i>	225 SCR
Prosciutto E Funghi <i>Tomato, Cheese, Ham and Mushrooms</i>	225 SCR	Tuna <i>Tomato, Cheese, Tuna</i>	225 SCR
Hawaiian <i>Tomato, Cheese, Ham and Pineapple</i>	225 SCR	BBQ Chicken <i>Tomato, Cheese, Chicken, Onion and Capsicum</i>	225 SCR
Pepperoni <i>Tomato, Cheese and Pepperoni</i>	225 SCR	Greek <i>Tomato, Cheese, Onion, Olive, Capsicum Feta Cheese</i>	225 SCR

Kids Menu

Fish and Chips	150 SCR	Pasta Bolognese	120 SCR
Chicken & Chips	150 SCR	Pasta Pomodoro	100 SCR
Pasta Carbonara	120 SCR	Pasta & Butter	100 SCR

Desserts

Pana Cotta	150 SCR
Chocolate Mousse	150 SCR
Apple Crumble with Icecream	150 SCR
Banana Split	150 SCR
Cranberry Cooler	150 SCR
Affogato	150 SCR
Dame Blanche	150 SCR
Pêche Melba	150 SCR

Please inquire about our daily dessert suggestions

We Accept Cash, Visa, and Mastercard
Hotel Guests Must Present Room Keys for Room Billing