

WINE AND BUBBLES

WINE IS FOR SHARING
BY THE BOTTLE | A LA BOUTEILLE

Champagnes / Champagne (75cl)

Champagne brut	
Boulard Boquaire	5500
Moët & Chandon Imperial	7515

Champagne rosé millésimé	
Moët & Chandon Grand Vintage Rosé, 2002	9 400

Vins rosés / Rosé wines (75cl)

Vins de Provence, France	
Château St Pierre, Cuvée tradition	1725
Château Roubine, Cru Classé	2610
Moment de Plaisir, Pays D'Oc	1570
Afrique du Sud / South Africa	
Hill & Dale Blanc De Noir	1850

Vins blancs / White wines (75cl)

Loire, France	
Muscadet Auguste Bonhome, France, 2013	1470

Bourgogne, France	
Bourgogne Blanc Cuvée Latour	2600
Chablis Simonnet Fevre	2900

Provence	
Château St Pierre Cuvée Prieuré	2250

Bordeaux	
Château Bel Air	3030

Afrique du Sud / South Africa	
Edgebaston Cast in Stone Sauvignon Blanc	1570
Glen carlou Chardonnay	1990
Nederburg Chenin Blanc	1570

Italy	
Casa Zonin, Pinot Grigio	1750

New Zealand	
Cloudy bay Sauvignon Blanc	4390

Vins rouges / Red wines

Bourgogne	
Simonnet Fevre Pinot Noir	1750

Bordeaux, France	
Château Tour de Graves, Médoc, 2011	1570
Château Phelan Segur, St Estephe, 2007	6160
Château Chasse Spleen 2007	6680
2180 Domaine Seguela Planète	5120

Rhone	
Cotes du Rhône George Duboeuf 2012	1590

Afrique du Sud	
Glen Carlou Tortoise Hill	1850
Neethlingshof Cabernet Sauvignon	1950

Argentina	
Terrazas Altos del Plato Malbec 2012	2050

POUR ME ONE

WINES BY THE GLASS | VINS AU VERRE



Rosé pamplemousse - Grapefruit Rosé (limited availability) 500

Rosé / Rosé

Moment de Plaisir, Pays D'Oc, France	370
Hill & Dale Dry Rosé Merlot Blanc de Noir, South Africa	370

Blanc / White

Muscadet Augsute Bonhome, France	320
Edgebaston Sauvignon Blanc, South Africa	370
Nederburg Chenin Blanc, South Africa	370

Rouge / Red

Cotes du Rhone George Duboeuf	370
Château Tour de Graves, Bordeaux, France, 2011	370
Glen Carlou Tortoise Hill, South Africa	370

SPREAD THE

WE HOPE YOU'VE
ENJOYED YOUR
DAY AT LA PLAGE
YOUR OPINION IS
INVALUABLE TO
US AND WE
HOPE YOU'LL
SHARE YOUR
COMMENTS

SO



LE JOURNAL DE LA PLAGE

CHILL & THRILL

SO MAURITIUS
SOFITEL



THIRST NEWS FIRST COCKTAILS

SO Hibiscus 420 AI
Rhum Hibiscus, Hibiscus confit, Feuilles de menthe, Sirop hibiscus, Jus de citron, Eau pétillante | *Hibiscus rum, Confit Hibiscus flowers, Fresh mint leaves, Hibiscus syrup, Fresh lemon juice, Sparkling water*

SO Kenzo 420 AI
Rhum fraise, pastèque, Feuilles de menthe, Jus de citron frais, Sirop de canne, Eau pétillante | *Strawberry Rum, watermelon, fresh mint, Fresh lemon juice, Sugar cane syrup, Sparkling water*

Ti - Punch 345 AI
Rhum blanc Chamarel, Quartier de citron vert, Sucre blanc & brun | *White Chamarel rum, Lime wedges, White & brown sugar*

WHEN LIFE GIVES YOU LIMES MAKE A TI-PUNCH

Pina Colada 420 AI
Rhum blanc & brun, Jus d'ananas, Crème de coco, Sirop de canne | *White & brown rum, Pineapple juice, Coconut cream, Sugar cane syrup*

Mojito 420 AI
Rhum blanc, Feuilles de menthe, Jus de citron frais, Sirop de canne, Eau pétillante | *White rum, Fresh Mint leaves, Fresh lemon juice, Sugar cane syrup, Sparkling water*



Strawberry Margarita 630
Tequilla, Cointreau, fraise, Jus de citron frais, purée de fraise | *Tequilla, Cointreau, strawberry, fresh lime, strawberry puree*

SO Bel Ombre 710
Vodka, Cointreau, ananas, gingembre, jus de citron, Sirop de noisettes | *Vodka, Cointreau, pineapple, ginger, fresh lime, hazelnut*

SO Souillac 510
Gin, kiwi, citron vert, liqueur de pastèque, sirop de banane | *Gin, kiwi, fresh lime, watermelon liquor, banana syrup*

WELLNESS COLLECTION 310
0% ALCOHOL | 100% GOODNESS

SO Zen
Ananas, fraise, purée de coco, eau de coco, infusion citronnelle | *Pineapple, strawberry, coconut puree, coconut water, lemongrass infusion*

Fresh Attitude
Pastèque, banane & coco purée, jus ananas, sirop de pastèque | *Fresh watermelon, banana & coconut puree, pineapple juice, watermelon syrup*

Green Energy AI
Kiwi, banane, jus orange, jus litchi, sirop de kiwi | *Kiwi, banana, orange juice, litchi juice, kiwi syrup*

NPK RHUM AI 200

Choose from our selection of agricultural & local NPK Rhums made from pure St Aubin sugar cane juice:
GOLD ESSENTIALS | *Rhum ambré*
APPLE GINGER | *Pomme Gingembre*
STRAWBERRY | *Fraise*
MELON



SPIRITS | Spiritueux

GIN Bombay sapphire	400
TEQUILA Olmeca Gold Anejo	400
VODKA Kgb Cane Based Vodka	360 AI
SCOTCH Johnny Walker Black label	470 AI
BOURBON Jim Beam Black	420 AI

BOTTLED BEERS | Bières en chopines

PHOENIX BEER

Born in 1963, this local Golden lager has collected various international awards. Enjoyed by all Mauritians alike for the past 50 years, its famous tagline "Nou Pays. Nou Labiere" demonstrates how partial locals are to the Phoenix beer. Ice cold and straight out of the bottle would be the Mauritian way of enjoying a Phoenix.



Guinness	220
Phoenix	240 AI
Heineken	295

PLAN YOUR HOLIDAY
TRY OUT A NEW SO COCKTAIL EACH DAY!!

LA PLAGE

OPENING TIMES

Déjeuner à la carte
Lunch a la carte
12h00 - 15h30 / 12pm - 3.30pm

Snacks et comptoir a glace
Snacks and ice cream corner
15h30-18h00

Diner à la carte
Dinner a la carte
19h00 - 22h30 / 7pm - 10.30pm

So Boat house / Case Nautique
Ouvert de 9h à 17h / Open from 9am to 5pm
Bateau à fond de verre / Glass Bottom Boat
Plongée avec tuba / Snorkelling

FRESH SECTION

FRESH JUICES	320 AI
Orange, Ananas, Pamplemousse Orange, Pineapple, Grapefruit	
MILKSHAKES	265 AI
Vanille & Fraise Vanilla & Strawberry	
SMOOTHIES	265 AI
Mangue, Coco, Fraise, Kiwi, Banane Mango, Coconut, Strawberry, Kiwi, Banana	
ICE TEAS	265 AI
Passion, Banana, Vanille, Lemongrass Passion, banana, vanilla, citronnelle	

H2O AI

Spring water - Still or Sparkling	190
Eau de source Vital—Plate ou pétillante	

soft drinks and juices

Coca Cola, Diet Coke, Sprite, Fanta, Tonic, Soda Water, Ginger Ale	170 AI
Redbull, Grapetiser, Appletiser	210
Ananas, Mangue, Passion, Letchi, Orange, Pomme, Pêche Pineapple, Mango, Passion fruit, Litchi, Orange, Apple, Peach	240 AI

Items included in our All Inclusive offer / Inclus dans notre forfait All Inclusive AI

Kindly note that all our prices are inclusive of VAT (value added tax)

SO FOODIE BY DAY MENU

LA CARTE DU JOUR 12.00 - 15.30

GET STARTED | L'ENTREE

- Prawn spring rolls | *Nems de crevettes*
- Thai crispy fish | *Croquettes de poisson*
- Niçoise salad | *Salade niçoise*
- Cherry tomatoes and mozzarella salad | *Salade de tomates cerise et mozzarella*
- La Plage salad | *Salade La Plage*
- Chicken Caesar salad and anchovies | *Salade Ceasar aux poulet et anchois*
- Beef carpaccio | *Carpaccio de boeuf*

DE-LIGHT STARTER

- Mahebourg Ombrine Ceviche | *Ceviche d'Ombrine de Mahebourg*
- Palm heart and lime salad | *Salade de Coeur de palmist au citron vert*

THE MAIN STUFF LES PLATS PRINCIPAUX

Fish of the day | Poisson du jour

- Bonito steak | *Steak de Bonite* 890
- Calamari and prawn skewers with peppers | *Brochette de calamari et crevettes, poivrons* 890

SEAFOOD SPECIALS

- Giant freshwater prawns | *Camarons* 1100 **S**
Supplement of rs320 for guests on Full board
Supplement de rs320 pour nos clients en pension complete
- Lobster | *Langouste* 1570 **S**
Supplement of rs735 for guests on Full board
Supplement de rs735 pour nos clients en pension complete

MEATS | VIANDES

- Pork fillet skewers, pineapple and grain mustard | *Brochette de mignon de porc, ananas et moutarde a l'ancienne* 890

- Angus beef cuberoll steak, pepper sauce 300g | *Entrecote de boeuf Angus, sauce au poivre 300g* 1310 **S**
Supplement of Rs525 for guests on Full board
Supplement de Rs525 pour nos clients en pension complete

- SIDES INCLUDED WITH ABOVE MEAT DISHES**
Vegetables, potatoes and green salad | *Légumes, pommes de terre et salade verte*

SO IN BETWEEN

AFTERNOON SNACK | 15.30 - 18.00

Enjoy assortments of the local street 'gajaks' of Mauritius | *Goutez aux 'Gajaks' typiques des marchands ambulants de l'île Maurice*

- 'GATO PIMA' - Chilli bites | Gateaux aux piments
- 'GATO AROUY' - Taro bites | Gateau d'arouille
- 'BAJA FROMAZ' - Cheese Fritters | beignets au fromage
- 'SAMOUSA LEGIM EK POSSON' - vegetable and fish samosas | samosas aux legumes et poisson

Rs 350 (8 pieces)



SO MORIS LOCAL

- Prawns 'Vindaye', white rice and condiments | *"Vindaye" de crevettes, riz blanc et condiments* 530
- Mauritian chicken curry with coconut milk, Basmati rice and condiments | *Curry de poulet au lait de coco à la Mauricienne, riz Basmati et condiments* 530
- Peri Peri marinated chicken, roasted and served with French fries and green beans | *Poulet Mariné au Peri Peri, roti, pommes frites et haricots verts* 740

LA PLAGE SO PIZZA PIZZA AND BEER JUST GO HAND IN HAND TRY AN ICE COLD PHOENIX

ROYALE

- Parma ham and mushroom | *Jambon de Parme et champignons* 580

MARGARITA

- Cherry tomatoes and roquette salad | *Tomates cerises at roquette*

MORIS

- Smoked marlin and pineapple | *Marlin fumé et ananas*

4 FROMAGES

- Four cheeses

OCEANE

- Prawns, calamari and palm heart vindaye | *Crevettes, calamar et vindaye de palmist*

PENNE FOR YOUR THOUGHTS | THE PASTA | LES PATES

PICK YOUR PASTA | PENNE MACARONI SPAGHETTI TAGLIATELLE

... AND SPREAD SOME LOVE

- OLIVE OIL AND PARMESAN | *HUILE D'OLIVE & PARMESAN*
- BOLOGNESE ARRABIATA
- PESTO BLUE CHEESE CREAM



DE-LIGHT MAINS | PLATS PRINCIPAUX

- Chicken skewer with cumin seeds and market vegetables | *Brochette de poulet, grains de cumin et legumes du marché* 735
- Seabass fillet, quinoa with 3 peppers, cottage cheese sauce and hazelnuts | *Filet de bar, quinoa aux 3 poivrons, sauce fromage blanc et noisette.* 890

WHAT IS DE-LIGHT?

Developed by Sofitel Quiberon Thalassa sea and spa, De-light means maximum pleasure and minimum calories intake
Développé par Sofitel Quiberon Thalassa sea & spa, De-light aide a maximizer les plaisirs tout en diminuant les calories

THE SMALL PRINTS LES CONDITIONS

TAXES
OUR PRICES INCLUDE 15% VAT & 5% SERVICE CHARGE

NOS PRIX INCLUENT 15% DE TVA ET 5% DE GRATUITES

2 FULL BOARD | PENSION COMPLETE

FOR LUNCH, PLEASE CHOOSE 1 STARTER AND 1 MAIN COURSE OR 1 MAIN COURSE AND 1 DESSERT. 3 COURSES APPLY ONLY FOR DINNER

POUR LE DEJEUNER VEUILLEZ CHOISIR UNE ENTRÉE ET UN PLAT PRINCIPAL OU UN PLAT PRINCIPAL ET UN DESSERT. 3 PLATS SONT INCLUS UNIQUEMENT POUR LE DINER

S SUPPLEMENT

DENOTES THAT THE ITEM HAS A SUPPLEMENT CHARGE

SIGNIFIE QUE LE PLAT SERA FACTURE AVEC UN SUPPLEMENT

AFTER LUNCH WHY NOT CHILL ON A PEDALO OR KAYAK ... OR EXPERIENCE WINDSURFING AND WATER SKIING FOR THE THRILL | MEET OUR FRIENDS AT THE BOATHOUSE

NO WE DID NOT FORGET DESSERTS!
ENJOY OUR ALL DAY DESSERT SELECTION PROFITEZ DES DESSERTS DU MIDI AU SOIR



LOBSTER NIGHT SO GROOVE DJ & TAPAS EVENT AND MORE

DO NOT MISS OUT... ASK OUR AMBASSADOR ABOUT THE WHAT HOW WHEN OF OUR SPECIAL EVENINGS AT LA PLAGE

GET STARTED | L'ENTREE

- Calamari fritters, Wakamama seaweed, tartar sauce and ginger | *Beignets de calamar, salade d'algues Wakame, sauce tartare au gingembre* 420

- Fish terrine, coconut milk and orange leaf sauce | *Terrine de poisson, lait de coco aux feuilles de bigarade* 470

- Tamarin rock salt marinated bonito, green peas mousseline and spicy caramel | *Bonite mariné au gros sel de Tamarin, mousseline de petit pois et caramel épicé* 440

- Deep fried prawns in panko crust, sweet chilli and Rodriguean lemon | *Crevettes en chapelure japonaise, sauce douce piquante et citrons de Rodrigues* 470

- Salmon Gravadlax with chayotte and grain mustard | *Gradadlax de saumon aux christophines et moutarde à l'ancienne* 755 **S**
Supplement of rs300 for guests on half and full board
Supplement de rs300 pour nos clients en demi pension et pension complete

DE-LIGHT STARTER

- Sea bass tartar and fish roe | *Tartar de Bar au Tobiko* 470

- Palm heart and green papaya salad | *Salade au coeur de palmier et papaya verte* 580

SO GOURMET BY NIGHT MENU

LA CARTE DU SOIR 19.00 - 22.30

MAIN COURSE | PLATS PRINCIPAUX

- Pan fried beef fillet, French fries, French beans and béarnaise | *Faux filet de boeuf, pommes frites, haricots verts et béarnaise* 785

- Sea bass fillet, wild mushroom and watercress risotto, Parmesan cheese and truffle oil | *Filet de bar, risotto de champignons sauvages et huile de truffe* 785

SEAFOOD | FRUITS DE MER

- Pan fried prawns with white wine, palm heart salad, cherry tomatoes and roquette leaves | *Crevettes poêlée au vin blanc, Coeur de palmier, Salade de tomates cerise et roquette* 890

- Flambeed scallops with old rum | *Noix de St Jacques flambées au Vieux rum* 1410 **S**
Local tomatoes and curry leaves cream
Crème de pomme d'amour et feuille de curry
Supplement of Rs525 for guests on half and full board
Supplement de Rs525 pour nos clients en demi pension et pension complete

- Creole style Seafood broth, crispy bread and saffron aioli | *Bouillabaisse de fruits de mer à la créole, croutons et Aioli au saffron.* 1100

MIXED SEAFOOD GRILL

- 1/2 Lobster, 2 camarons, 2 scallops, 2 calamari fillet, 2 prawns, wok vegetables and garlic butter | *Supplement de rs900 for guests on half and full board*

- 1/2 langouste, 2 camarons, 2 noix de St Jacques, 1 filet de calamar, 2 crevettes, Légumes au Wok et beurre d'ail | *Supplement de rs940 pour nos clients en demi pension et pension complete* 2200

DE-LIGHT MAINS | PLATS PRINCIPAUX

- Grilled Dorado, oregano, roasted market vegetables, tomato sauce | *Pavé de dorade coryphène grille à la Marjolaine, légumes du marché rôties et compote de pomme d'amour* 680

- Duck magret with five spices, roasted pineapple with Togorashi chilli, ginger sauce | *Magret de canard aux cinq épices, ananas rôti au Togorashi, jus au gingembre* 680



TEA OR COFFEE?

SELECTION OF BOIS CHERI TEAS

- EARL GREY
- ENGLISH BREAKFAST
- VANILLA TEA
- GREEN TEA

SELECTION OF INFUSIONS

- AND ILLY COFFEE
- ESPRESSO
- RISTRETTO
- CAPPUCINO
- AMERICANO
- LATTE

ALL AVAILABLE DECAFFEINATED

Rs 170

BEST OF LOCAL TRADITION AND IMPORTED PERFECTION



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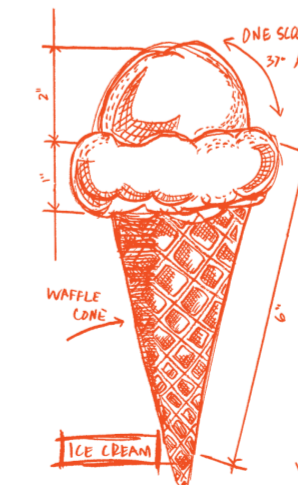
ALL DAY DESSERTS... WHY NOT??

Vanilla from St Julien crème brûlée | *Crème brûlée à la vanille de St Julien*

Exotics fruits baba with aged rum | *Baba aux fruits exotiques et vieux rhum*

Flambeed banana, vanilla ice cream, rum and sultanas | *Banane flambée, glace vanille, rhum et raisin*

Price per dessert - 370



Chocolate or coffee sundae | *Chocolat ou café liégeois*

Hibiscus cheese cake, lemon and rosemary sorbet | *Cheese cake à l'hibiscus, sorbet citron et romarin*

Cheese selection, figs compote | *Sélection de fromage affinés, compote de figues*

Prix par dessert - 370

ICE CREAM CORNER

ICE CREAM SELECTION AVAILABLE 12.00 - RESTAURANT CLOSING TIME SELECTION OF 3 SCOOPS - Rs 370

STRESSED IS Desserts SPELT BACKWARDS