

# SOL SEMILLA

## LUNCH

After your meal, treat yourself — our superfoods are 10% off in the shop, just for you!

ORGANIC,  
PLANT-BASED  
GLUTEN-FREE  
MADE WITH LOVE

### MAINS

Full description available on the board.

#### L'ASSIETTE DU JOUR / PLATE OF THE DAY 16€

A wholesome and flavorful creation made from fresh, seasonal ingredients, finished with our signature plant-based **superfood** creams.

#### L'ASSIETTE CRUE / RAW PLATE 15€

Raw vegetables, a salad, or fruits, all complemented by plant-based creams infused with **superfoods**.

Starter / Plate OU Plate / Dessert of the day 19€  
Starter / Plate / Dessert of the day 24€

+3€

Cold drink  
for a menu

#### SUPERBOWL 12,5€

Colorful bowl combining grains, vegetables, and fresh greens, finished with our signature plant-based **superfood** creams.

#### COMPLETE MEAL SOUP 12,5€

A nourishing **superfood** broth, enhanced with seasonal preparations — grains, vegetables, and legumes for a balanced, flavorful meal.

### STARTERS

#### SUPERFOOD BROTH - 4,5€

A light broth, excellent for digestion and perfect to start your meal.  
Your choice of: *(also available in the shop)*

ENERGY BROTH :  
Spirulina – Ginger

VITALITY BROTH :  
Maca – Turmeric

DIGESTION BROTH :  
Carob – Cumin

#### STARTER OF THE DAY - 5€

Full description available on the board.

The list of allergens is available upon request.  
Prices are in euros, including taxes and service.

# SOL SEMILLA

## DESSERTS

### EXOTIC FRUIT DELIGHTS

*These delights are made from exotic fruits grown in polyculture, harvested at full ripeness, and dried below 45°C in their native lands. Soaked overnight and paired with our superfoods.*

8€

#### BANANA AÇAÏ

Bananas / Açai /  
Nopal cactus /  
Lemon juice /  
Rapeseed oil

#### MANGO URUCUM

Mango / Urucum  
Nopal cactus /  
Lemon juice / Olive  
oil / Cinnamon

#### PINEAPPLE LUCUMA

Pineapple / Lucuma /  
Marshmallow root /  
Rosehip / Turmeric /  
Hemp oil / Lemon juice

### SUPERFOOD DELIGHTS

**BROWNIE CACAO MACA** 6€

**SOFT CACAO & BUCKWHEAT CAKE** 4.9€

**ENERGY BALL**  
*of your choice*

Date paste, raw cacao, sesame seeds, cashew nuts, and coconut  
**OR**  
Date paste, peanut butter, hemp seeds

**2,5€ la pièce**  
**4,5€ les deux**

**GOURMET COFFEE**  
*(Tea or hot chocolate + €2)*

Espresso **OR** Americano, served with one energy ball  
and two tropical fruit delights

**9€**

**DESSERT OF THE DAY** Please see the board **5.5€**

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# SOL SEMILLA

## DRINKS

After your meal, treat yourself — our superfoods are 10% off in the shop, just for you!

### COLD

20CL

6€

#### DRINK OF THE MONTH

*See board*

#### POTION MAGIQUE – **MAGICAL !**

Apple juice, Acerola, Nopal

#### PURPLE POWER – **ANTIOXIDANT !**

Purple corn, ginger, Apple juice, Lemon juice.

#### SOLEIL – **NATURAL GLOW !**

Urucum, Mango, Apple, Timut pepper summer.



#### BLEU COMME TOI – **CLARITY OF MIND !**

Klamath, Cardamom, Mint

*Available in the shop*



#### GREEN BOOST – **ENERGIZING**

Apple juice, Spirulina, Acerola

*Available in the shop*

STILL WATER – 1L VELLEMINFROY

6,5€

SPARKLING WATER – 1L VELLEMINFROY

7€

### SMOOTHIES

20CL

6,5€

*Our smoothies are made from exotic fruits grown in polyculture, harvested at full ripeness, and dried below 45°C in their native lands.*



**BANANE-AÇAÏ**



**MANGO-URUCUM**



**PINEAPPLE -LUCUMA**

### HOT

40CL

*Plant-based milks available:  
Oat, coconut, rice, soy, or almond*

#### COFFEE – **6CL**

2,5€

Organic & fair-trade coffee

#### CAFÉ NOISETTE

3€

#### CAPPUCCINO / LATTE

5,5€

#### HERBAL INFUSION/ TEA

5.5€

#### LUCU'MATCHA

6,5€

Lucuma, Matcha,

#### CACAO'MATCHA

6,5€

Raw cacao, Matcha, Lucuma

#### UBE LATTE

6,5€

#### LUCUMA D'OR

Lucuma, Maca, Turmeric, Ginger

– *Available in the shop*



6€

#### CACAO ANDINO

Raw cacao, Carob, Maca, Lucuma

– *Available in the shop*



6€

#### WAKE UP LATTE

Raw cacao, Lucuma, Guarana

– *Available in the shop*



6€

# SOL SEMILLA

## DINNER

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### MAINS

*Full description available on the board.*

#### L'ASSIETTE DU SOIR / NIGHT PLATE 19€

A wholesome and flavorful creation made from fresh, seasonal ingredients, finished with our signature plant-based **superfood** creams.

#### L'ASSIETTE CRUE / RAW PLATE 18€

Raw vegetables, a salad, or fruits, all complemented by plant-based creams infused with **superfoods**.

**Starter / Plate OU Plate / Dessert of the day 25€**

**Starter / Plate / Dessert of the day 30€**

#### COMPLETE MEAL SOUP

A nourishing **superfood** broth, enhanced with seasonal preparations — grains, vegetables, and legumes for a balanced, flavorful meal.

**16€**

### STARTERS

#### SUPERFOOD BROTH - 5,5€

A light broth, excellent for digestion and perfect to start your meal.  
Your choice of: *(also available in the shop)*

**ENERGY BROTH :**  
Spirulina – Ginger

**VITALITY BROTH :**  
Maca – Turmeric

**DIGESTION BROTH :**  
Carob – Cumin

#### STARTER OF THE DAY - 7€

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# SOL SEMILLA

## DESSERTS

### EXOTIC FRUIT DELIGHTS

*These delights are made from exotic fruits grown in polyculture, harvested at full ripeness, and dried below 45°C in their native lands. Soaked overnight and pa with our superfoods.*

**10€**

#### BANANA AÇAÏ

Bananas / Açai /  
Nopal cactus /  
Lemon juice /  
Rapeseed oil

#### MANGO URUCUM

Mango / Urucum  
Nopal cactus /  
Lemon juice/ Olive  
oil / Cinnamon

#### PINEAPPLE LUCUMA

Pineapple / Lucuma /  
Marshmallow root /  
Rosehip / Turmeric /  
Hemp oil / Lemon juice

**BROWNIE CACAO MACA 6€**

**SOFT CACAO & BUCKWHEAT CAKE 4.9€**

**ENERGY BALL**  
*of your choice*

Date paste, raw cacao, sesame seeds, cashew nuts, and coconut  
**OR**  
Date paste, peanut butter, hemp seeds

**2,5€ la pièce**  
**4,5€ les deux**

**GOURMET COFFEE**  
*(Tea or hot chocolate + €2)*

Espresso **OR** Americano, served with one energy ball  
and two tropical fruit delights

**11€**

**DESSERT OF THE DAY Please see the board 6.5€**

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# SOL SEMILLA

## ALCOOLS

After your meal, treat yourself —  
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### WHITE WINES

#### CHARDONNAY – DOMAINE ORTOLA – VDF

Fresh and fruity, with delicate notes of white fruits and a lively acidity.  
13.5% vol

Glass  
12cl

6€

Bottle  
75cl

25€

#### CÔTES DU RHÔNE – OÉ – PDO CÔTES-DU-RHÔNE

Well-balanced, with golden hues combining aromas of white peach and pear.  
13.5% vol

6€

30€

### RED WINES

#### SAINT PIERRE – CHÂTEAU FERRAN – PDO BORDEAUX

Fresh and smooth, revealing notes of blackcurrant cream and mild spices.  
12.5% vol

6€

25€

#### C. VIGNE – AU CŒUR DU MISTRAL – PDO CÔTES-DU-RHÔNE

Elegant and complex, with aromas of red fruits and flowers.  
14% vol

6€

28€

### BEERS & CIDERS

33CL

6€

#### ORGANIC WHEAT BEER

4,5%vol

#### ORGANIC BLONDE BEER

5%vol

#### ORGANIC GLUTEN-FREE AMBER BEER

5,4%vol

#### ORGANIC DRY CIDER FROM NORMANDY

4,5%vol

Allergen information available upon request.  
Prices in euros, including tax and service.  
Excessive alcohol consumption is harmful to your health — please drink responsibly.

# SOL SEMILLA BRUNCH

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## BRUNCH COMBOS

1 Hot drink: coffee or tea  
1 Green Boost Drink \*  
1 Creation  
1 Side

**25€**

1 Hot drink of your choice  
1 Superfood juice of your choice  
1 Creation  
1 Side

**28€**

\*Apple juice , Spirulina , Acérola

## CREATIONS

### PUDDING BOWL

Soy yogurt, cocoa chia pudding,  
cinnamon apple, **cocoa nibs**,  
agave syrup

### SWEET POTATO & TOFU

Scrambled tofu, sweet potato  
toast, tahini sauce, **hemp seeds**

### GRANOLA BOWL

Soy yogurt with **açaí**,  
homemade granola, **carob**  
**muesli**, shredded coconut,  
agave syrup

## SIDES

### SUPERFOOD BROTH

*Available in the shop*

Spirulina - Ginger  
Maca - Turmeric  
Carob - Cumin

### 2 ENERGY BALLS

Date paste, raw cacao, sesame seeds, cashew nuts, coconut  
**OR**  
Date paste, peanut butter, hemp seeds

### BROWNIE CACAO MACA

### SOFT CACAO & BUCKWHEAT CAKE