

Organic, vegan
& gluten free

**10% off in-store for our
customers - treat
yourself today !**



EAT-IN OR TAKE AWAY
Monday to Saturday from
12pm to 2:30pm / 7pm to
10:30pm Sunday from
12pm to 2:30pm

LUNCH MENU



LUNCH MENU
19€
Starter OR drink
+
Assiette du jour
OR Assiette crue

**THREE-COURSE
MENU**
27€
Starter OR drink
+
Assiette
+
Dessert

BOWL MENU
22€
Superbowl
+
Drink &
dessert

STARTER

Le bouillon du moment - 20cl 5,00€

To choose from :

- Spirulina - ginger
- Maca - curcuma
- Carob - cumin

MAIN COURSE

L'assiette du jour– See board

16,00€

A delicious and balanced creation made from fresh and seasonal ingredients.

On the menu: cereal of the day, legumes, seasonal vegetables, salad, and raw vegetables, all enhanced with plant-based creams, nut seed caviar, and **superfoods**.

Le superbowl– See board

12,50€

A bowl with the cereal and the legume of the day, salad and raw vegetables, accompanied by our veggie creams of the day and **superfoods**.

L'assiette crue– See board

15,00€

A delicious and refreshing creation made from raw, seasonal ingredients.

On the menu : three raw vegetables of the day, salad and fruits, all enhanced with plant-based creams, nut seed caviar, and **superfoods**.

La soupe complète– See board

12,50€

A large soup with the cereal, vegetables, and legume of the day, fresh herbs, and as a base of one of our **superfood preparations**.

The register of mandatory allergens contained in our dishes is available upon request.

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DESSERTS

Exotic fruits cream treats

*These treats are made from exotic fruits grown through polyculture, harvested when fully ripe, and dried at temperatures below 45°C in their places of origin. When soaked in water overnight, they regain their tenderness, perfect for a harmonious blend with our **superfoods***

Banana açai 8,00€

Dried rehydrated fifi bananas, açai, nopal, lemon juice, rapeseed oil

Mangue urucum 8,00€

Rehydrated dried mango, urucum, nopal, lemon juice, olive oil, cinnamon

Anana lucuma 8,00€

Rehydrated dried pineapple, lucuma, marshmallow root, rosehip, hempoil, turmeric, lemon juice.

« The story of this lingot begins with a beverage, Xocolatl, a decoction of Criollo cocoa beans whose aromatic must inspired me to create a dessert. »

Jean-François, Sol Semilla desserts Chef

Lingot xoco - A creation that is half-baked (with cocoa, urucum, and spices) and half-raw. Served with one of our fruit treats. 8,50€

Xocolatl must (cacao, cinnamon, urucum, pinkberries, chili), lucuma powder, sunflower seeds, coconut sugar, raw Mediterranean carob, urucum-infused olive oil, Guérande salt.

Superfood treats

Brownie Cocoa and Maca 5,50€

Sweet potatoe puree, apple jam, nuts, cocoa, maca

Muffin Spirulina 4,00€

Apple jam, arrow roots, spirulina

Almond and cocoa cookies 3,70€

Chocolate chips, almonds, cocoa

Energy ball 2,50€ 4,50€

Mix of date paste, raw cacao powder, and seeds, coated in shredded coconut

Gourmet coffee (tea or hot cocoa +2€) 9,00€

one piece two pieces

Coffee with a selection of mini desserts made with our superfoods (espresso or americano coffee)

Pastry of the day 9,00€

See board

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COLD DRINKS (20cl)

Boisson du jour – Drink of the day See board	6,00€
Potion magique - Magic ! Organic apple juice, acerola, nopal.	6,00€
Purple power – Antioxidant Combining well-being and pleasure, discover our antioxidant-rich beverage made from purple corn, ginger, apple juice, and lemon juice.	6,00€
Soleil - Refreshing & Brightening A revitalizing drink made with annatto, mango, and apple, enhanced with Timut pepper. Rich in beta-carotene, it prepares the skin for the sun in summer and gives a healthy glow in winter.	6,00€
Guarana tchaï – Energy Our energy drink with guarana, flaxseed, and cardamom is perfect for a boost during the day or before a festive evening.	6,00€
Xocolatl Inspired by Native American traditions, discover our iced drink with cocoa, spices, and nopal.	6,00€



OUR SMOOTHIES

Our smoothies are made from exotic fruits grown through polyculture, harvested when fully ripe, and dried at temperatures below 45°C in their places of origin.





Banana-açaï	6,00€
Mango-annatto	6,00€
Pineapple-lucuma	6,00€

HOT DRINKS

Coffee - 6cl Organic and fair trade farmer's coffee.	2,50€
Milk coffee – 40cl Oat, soy, rice, or almond milk.	4,50€
Herbal tea – 40cl La théière – Ask for our current selection.	6,00€
Black / green tea – 40cl La théière.	5,00€
Guarana boost – 16cl The power of guarana, the aroma of chocolate.	3,90€
Lucu'matcha – 40cl Matcha green tea, lucuma.	6,00€



OUR INSTANT DRINKS*

Bleu comme toi – Mental clarity Klamath, cardamom, apple.		5,00€
Cacao andino – 40cl Cocoa, maca, carob, lucuma.		5,00€
Green boost – Nutritious Organic apple juice, spirulina, acerola.		5,00€
Lucumad'or – 40cl Lucuma, turmeric, maca.		5,00€

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WINES, BEERS & CIDERS

All our wines are organic, biodynamic or natural

	Glass 12cl	Bottle 75cl
WHITE WINES		
Domaine Ortola - Chardonnay A fresh and fruity white wine with delicate notes of white fruits and lively acidity. 13,5%vol IGP - Indication Géographique Protégée	6,00€	25,00€
Oé - Côtes-du-Rhône A balanced white wine with golden hues, combining aromas of white peach and pear. 13,5% vol Appellation Côtes du Rhône Contrôlée	6,00€	30,00€
RED WINES		
Château Ferran- Bordeaux A fresh and velvety red wine revealing notes of blackcurrant cream and gentle spices. 12,5%vol Appellation Bordeaux Supérieur	6,00€	25,00€
C. Vigne - Côtes-du-Rhône An elegant and complex red wine with aromas of red fruits and flowers. 14%vol AOP - Appellation d'Origine Protégée	6,00€	28,00€
BEERS & CIDERS		
White beer Organic - 33cl 4,5%vol		6,00€
Blonde beer Organic - 33cl 5%vol		6,00€
Gluten free amber beer Organic - 33cl 5,4%vol		6,00€
Norman dry cider Organic - 33cl 4,5%vol		6,00€

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EVENING MENU



STARTERS

L'entrée du moment

Every evening, a fresh and delicious new creation inspired by our chef, enhanced with **superfoods**.

8,00€

La soupe du moment-20cl

A light broth with fresh herbs, featuring one of our **superfood** blends as its base.

6,50€

MAIN COURSE

L'assiette du soir – See board

A delicious and balanced creation made from fresh and seasonal ingredients.

On the menu: cereal of the day, legumes, seasonal vegetables, salad, and raw vegetables, all enhanced with plant-based creams, nut seed caviar, and **superfoods**.

20,00€

L'assiette crue – See board

A delicious and refreshing creation made from raw, seasonal ingredients.

On the menu: three raw vegetables of the day, salad and fruits, all enhanced with plant-based creams, nut seedcaviar, and **superfoods**.

18,00€

La soupe complète – See board

A large soup with the cereal, vegetables, and legume of the day, fresh herbs, and as a base of one of our **superfood** preparations.

16,00€

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Apple jam, arrow roots, spirulina

Almond and cocoa cookies 3,70€

Chocolate chips, almonds, cocoa

Energy ball 2,50€ 4,50€

Mix of date paste, raw cacao powder, and seeds, coated in shredded coconut

Gourmet coffee (tea or hot cocoa +2€) 11,00€

Coffee with a selection of mini desserts made with our superfoods (espresso or americano coffee)

Pastry of the day 12,00€

See board

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