



BREAKFAST from 9.30 to 11 am

- 🍷 French breakfast : coffee or tea, French bread with butter and jam, freshly squeezed orange juice 8,00 €
- 🍷 Classic breakfast : coffee or tea, chocolate or croissant, freshly squeezed orange juice 9,00 €
- 🍷 Advocado Toast 8,00 €
- 🍷 Muesli Bowl : yogurt, fresh fruits, muesli 7,00 €
- 🍷 Açai Bowl : açai, fresh fruits, muesli 8,50 €

SNACK [to eat here or to go]

- 🍷 Hot Dog : real Strasbourg sausage & baguette bread 5,00 €
- 🍷 Sandwich 1/2 baguette : cooked ham and butter or cured ham or cheese 5,00 €
- 🍷 Healthy : wrap, lettuce, raw and marinated vegetables, seeds, quinoa & avocado 8,00 €
Chicken or Fish supplement 2,50 €
- 🍷 Homemade fresh French fries 5,50 €

POKE BOWLS SALADS [to eat here or to go]

Made using : rice, raw / cooked and marinated vegetables, seeds and avocado.

- 🍷 Chicken 16,00 €
- 🌊 Raw marinated fish 16,00 €
- 🍷 Vegan poke bowl [gluten free, please specify]..... 14,00 €

BURGERS [to eat here or to go]

- 🍷 Cheese Burger, [homemade sauce] fresh French fries & salade 16,00 €
- 🍷 Veggie Burger, fresh French fries & salade 14,00 €

DESSERTS [to eat here or to go]

- 🍷 Home made waffle : sugar..... 3,50 € | jam or Nutella..... 5,00 €
- 🍷 French doughnut : chocolate 3,00 €
- 🍷 Dessert of the day 6,50 €
Whipped cream [supplement 0,50 €]
- 🍷 Artisan ice cream from Capbreton Tocatutti, pot 120 ml 4,50 €
Vanilla, Chocolate, Lemon, Strawberry, Kinder bueno, Mango, Salted butter caramel

CHILDREN MENU

- 🍷 Breaded chicken strips or steak or fish / French fries or rice + icecream 12,00 €

Our products are mostly fresh and processed on site.
The preparation required is on average 30 minutes.
Origin of meat: Germany, Spain, France, Great Britain, Bulgaria.







Bar service only

Checks are not allowed. Credit card from 5,00 €





LUNCH SUGGESTION See Slates (to eat here or to go)

-  Salad of the day
-  Suggestion of the day **TERRA**  Suggestion of the day **MAR**
-  Tartare of the day









APPETIZERS [Noon and night]

-  Bread based appetizers 6,00 €
-  Assortment of French cooked meat or assortment of cheese 15,50 €
-  Mixed assortment (cheese and cooked meat) 16,50 €
-  Truffled Ham 18,00 €
-  Fuel sausage 6,50 €
-  Pâté from the Landes 8,00 €
-  Assortment of crunchy vegetables & dip 7,00 €
-  Prime rib of beef to share (or not !), fresh French fries (30 minutes) 59,00 €
-  Creamy burrata and pesto tomatoes 13,50 €
-  Sardines in oil (conserverie of Spain) 6,00 €
-  Tuna belly (conserverie of Spain) 7,00 €
-  Breaded prawns with sweet and sour sauce 11,00 €

PORTIONS [Evening only]

ON THE «TERRA» SIDE 15,50 €

ON THE «MAR» SIDE 15,50 €

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|  Crying Tiger, ox just seized, tamarind sauce, peppers |  Salmon skewer in tandoori, raita and wakame sauce |
|  Iberian pork pluma, piquillo sauce & condiments |  Tuna tataki, Thai vegetables, wasabi and ginger |
|  Duck aiguillettes marinated in orange |  Thai prawn curry, rice and vegetables (sup. 1,00 €) |
|  Beef tartare with shiikaté mushrooms, pan-fried liver, Chinese cabbage (sup. 1,00 €) |  Tahitian tuna tartare (sup. 1,00 €) gluten free |

TERRA & MAR 16,50 €

VEGAN gluten free 13,50 €

Squid, piperade with chorizo

Wok vegetable, noodles with curry sauce coco

Side orders : Wok vegetables, Fresh fries, rice 5,50 €

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Wine menu

By the glass
14 cl

Bottle
75 cl

Magnum
150 cl

6 ^{ème} sens, Gérard Bertrand, IGP Pays d'Oc.....	4,00 €	19,00 €	
Syrah Grenache Merlot - Aromas of red fruit and vanilla, ruby in colour with fine grain tannins			
Domaine de la Pointe Capbreton « Les pieds dans le sable »	23,00 €		
Cabernet franc et Sauvignon - Subtle hues of the reflection of rubys, aromatic and silky tannins			
Encierro, Espagne, La Mancha 		24,00 €	
Tempranillo - Fresh and light-bodied			
Tout naturellement de Py Bio & naturel  (sans sulfites ajoutés) ...	27,00 €		
Grenache Noir - Aromas of black cherry and dried fruit, a full-bodied red with hard tannins			
Château Haut Moulin, Côtes de Blaye 	6,00 €	32,00 €	
Syrah Grenache Merlot - Vanilla and red berry aromas, a light ruby colour with fine tannins			
Domaine Laurent Combiér, Crozes-Hermitage 	7,00 €	36,00 €	72,00 €
Merlot, cabernet Sauvignon - Aromas of black berries, leather and vanilla, dark and rich in colour, well-structured and tannic			
Châteauneuf-du-Pape, Maison Lavau 2017		67,00 €	
Grenache noir, Syrah, Mourvèdre - A complex nose of prunes, well balanced and wide in flavour			

Haut de Montrouge, IGP Gascogne	4,00 €	19,00 €	
Colombard - Aromas of peaches and acacia, tannic and fine			

Domaine de la Pointe Capbreton « Les pieds dans le sable »	23,00 €		
Gros Mansang, Chardonnay, Chenin - Bright and clear in colour, lively and fresh			

Uby N° 3, sec, IGP Gascogne	5,00 €	24,00 €	
Colombard - Grapefruit and lemon on the nose, dry and fruity			

Villa Chambre d'Amour, Doux, IGP Gascogne	5,00 €	24,00 €	
Gros Manseng & Sauvignon blanc - Aromas of exotic and citrus fruit, sweet and explosive			

Tout naturellement de Py Bio & naturel  (sans sulfites ajoutés) ...	27,00 €		
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Secret de famille, Paul Jaboulet, Côtes du Rhône	29,00 €		
Viognier - Hints of minerals, tasty and elegant			

Les Restanques, Vin de Pays du Var	4,00 €	19,00 €	
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Domaine de la Pointe Capbreton « Les pieds dans le sable »	23,00 €		
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Gris Blanc, Gérard Bertrand, IGP - Pays d'Oc	25,00 €		50,00 €
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Vol de nuit, Côtes de Provence Bio 	5,00 €	26,00 €	
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Minuty Prestige, Provence	36,00 €		72,00 €
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CHAMPAGNE

Moët & Chandon	60,00 €		
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Invictis	la coupe 10 cl	8,00 €	55,00 €
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Alcohol consumption is dangerous for your health.
Please drink responsibly.

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HOT DRINKS

Coffee	1,90 €	American Coffee / Coffee with milk	2,00 €
Teas, herbal teas			3,50 €
Flat white coffee, Capuccino, Hot chocolate			3,50 €
Iced coffee or tea			4,00 €

NATURAL MINERAL WATERS

No Plastic water, still or sparkling water 33 cl	3,00 €
Bottle Abatilles, still or sparkling water 1L	5,00 €


SODAS, SIROPS, JUICE

Sodas in can 33 cl	3,50 €
Fruit squash with water or lemonade	2,50 €
Fruit juice - Bio  «Jus de Rêve» 25 cl	4,50 €
Local kiwi juice Bio  25 cl	5,00 €
Squeezed fresh fruits	5,50 €
Smoothie & Milkshake 35 cl	7,00 €

COCKTAILS

Spritz, St Germain, Mojito Lillet, Lillet Mule	glass 35 cl 7,50 €	1,5L 29,00 €
Sangria	glass 30 cl 3,50 €	1,5L 19,00 €
Cocktails without alcohol	glass 35 cl 5,50 €	
Crodino - Virgin Spritz without alcohol	glass 17,5 cl 6,00 €	

BEERS

Draft Pills Small 25cl 4,00 €	50 cl 7,00 €	Pitcher 1,5L 19,00 €	
IPA Small 25cl 5,00 €	50 cl 9,50 €	Pitcher 1,5L 27,00 €	
Fruit squash supplement	0,20 €	Picon supplement	0,50 €
Bottled beers (local beers), Ginger Beer 35cl		5,50 €	
Licorne Bio  , Licorne Black 27cl		4,50 €	
Hard Seltzer 33cl		5,00 €	
Alcohol-free Beer 33cl		4,00 €	

OTHER ALCOHOLS

Kir blackcurrant or peach 10cl 3,00 €	Kir Royal 10cl	8,00 €
Cider Topa 33cl		5,50 €
Suze, Martini 5cl		5,00 €
Pipper Mint	by the glass 5cl .. 5,50 €	by the bottle .. 55,00 €
Glass of Champagne 10cl		8,00 €



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