



BREAKFAST from 9.30 to 11 am

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

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 9,50 €
Chicken or Fish supplement 2,00 €
- 🍷 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 16,50 €
- 🍷 Raw marinated fish 16,50 €
- 🍷 Vegan poke bowl (gluten free, please specify)..... 15,00 €

BURGERS [to eat here or to go]

- 🍷 Cheese Burger Terramar, (homemade sauce) fresh French fries & salade 16,50 €
- 🍷 Veggie Burger Terramar, fresh French fries & salade 15,00 €

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 7,00 €
Whipped cream (supplement 1,00 €)
- 🍷 Artisan ice cream from Capbreton Toccatutti, pot 120 ml 4,50 €
Vanilla, Chocolate, Lemon, Strawberry, Kinder bueno, Mango, Salted butter caramel

CHILDREN MENU

- 🍷 Breaded chicken 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)





-  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 16,00 €
-  Mixed assortment (cheese and cooked meat) 17,00 €
-  Truffled Ham 18,00 €
-  Fuel sausage 6,50 €
-  Pâté from the Landes 9,00 €
-  Assortment of crunchy vegetables & dip 7,50 €
-  Prime rib of beef to share (or not !), fresh French fries, bearnaise sauce (30 minutes) 59,00 €
-  Creamy burrata and pesto tomatoes and cashew nuts 14,00 €
- Raw ham supplement 2,50 €
-  Breaded prawns with raita and sweet and sour sauce 12,50 €

PORTIONS (Evening only)

ON THE «TERRA» SIDE 16,00 €

-  Crying Tiger, ox just seized, tamarind peppers sauce (sup. 1,00 €)
-  Pork ribs, mash and sweet potato fritter
-  Saltimbocca, and grilled pork quenelle and its heart of mozzarella
-  Italian beef tartare (sup. 1,00 €)

ON THE «MAR» SIDE 16,00 €

-  Tandoori roasted salmon skewer, Thai Wasabi vegetables, ginger
-  Tuna tataki, Thai sauce (sup. 1,00 €)
-  Thai prawn curry, rice and vegetables (sup. 1,00 €)
-  Tahitian tuna tartare (gluten free)

TERRA & MAR 17,00 €

Chipirons, piperade with chorizo and parsley

VEGAN gluten free 14,50 €

Wok vegetable, noodles with peanuts

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

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 €





Wine menu

By the glass
14 cl


Bottle
75 cl

Magnum
150 cl


RED

6 ^{ème} sens, Gérard Bertrand, IGP Pays d'Oc.....	4,50 €	20,00 €	
Syrah Grenache Merlot - Aromas of red fruit and vanilla, ruby in colour with fine grain tannins			
Encierro, Espagne, La Mancha 		25,00 €	
Tempranillo - Fresh and light-bodied			
Tout naturellement de Py Bio & naturel  IGP Pays d'Oc		28,00 €	
Grenache Noir - Aromas of black cherry and dried fruit, a full-bodied red with hard tannins (no added sulphites)			
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			
Laurent Combiér, AOC Crozes-Hermitage 	7,00 €	37,00 €	74,00 €
Merlot, cabernet Sauvignon - Aromas of black berries, leather and vanilla, dark and rich in colour, well-structured and tannic			
Châteauneuf-du-Pape, Maison Lavau		69,00 €	
Grenache noir, Syrah, Mourvèdre - A complex nose of prunes, well balanced and wide in flavour			

BLANC

Haut de Montrouge, IGP Gascogne	4,50 €	20,00 €	
Colombard - Aromas of peaches and acacia, tannic and fine			
Domaine de la Pointe Capbreton « Les pieds dans le sable »		25,00 €	
Gros Manseng, Chardonnay, Chenin - Bright and clear in colour, lively and fresh			
Uby N° 3, sec, IGP Gascogne	5,00 €	26,00 €	
Colombard - Grapefruit and lemon on the nose, dry and fruity			
Villa Chambre d'Amour, Doux, IGP Gascogne	5,00 €	26,00 €	
Gros Manseng & Sauvignon blanc - Aromas of exotic and citrus fruit, sweet and explosive			
Tout naturellement de Py Bio & naturel  (no added sulphites) ..		28,00 €	
Domaine Laveau, Côtes du Rhône Blanc		29,00 €	
[Grenache blanc, Viognier] Arômes pêches et poires, bouche gourmande, jolie gras			

ROSÉ

Les Restanques, Vin de Pays du Var	4,50 €	20,00 €	
Domaine de la Pointe Capbreton « Les pieds dans le sable »		25,00 €	
Gris Blanc, Gérard Bertrand, IGP - Pays d'Oc		26,00 €	50,00 €
Vol de nuit, Côtes de Provence Bio 	6,00 €	27,00 €	
Minuty Prestige, classified growth, Provence		38,00 €	

CHAMPAGNE

Moët & Chandon		65,00 €	
Invictis	la coupe 10 cl	8,00 €	60,00 €



Alcohol consumption is dangerous for your health.
Please drink responsibly.

Bar service only

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







HOT DRINKS

Coffee	2,00 €	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			3,50 €
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	8,00 €	1,5L	30,00 €
Sangria	glass 30 cl	3,50 €	1,5L	19,00 €
Cocktails without alcohol	glass 35 cl	6,00 €			
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		0,50 €		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 €



Alcohol consumption is dangerous for your health.
Please drink responsibly.

Bar service only

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

