













## BREAKFAST from 9.30 to 11 am

-  **French breakfast** : coffee or tea, baguette 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** ..... 9,00 €
-  **Muesli Bowl** : yogourt, fresh fruits, muesli ..... 8,50 €
-  **Açai Bowl** : açai, fresh fruits, muesli ..... 10,00 €

## SNACK (to eat here or to go)

-  **Hot Dog** : real Strasbourg sausage, bread & sauce ..... 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, & avocado ..... 9,50 €  
Chicken or Fish supplement ..... 2,00 €
-  **Homemade fresh French fries** ..... 5,50 €
-  **Crisps from the Landes - Tchanqué 45g** ..... 3,50 €

## POKE BOWLS SALADS (to eat here or to go)

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

-  **Chicken** ..... 17,00 €
-  **Raw fresh fish** ..... 17,00 €
-  **Vegan poke bowl** (gluten free, please specify) ..... 15,00 €

## BURGERS (to eat here or to go)

-  **Cheese Burger Terramar**, fresh French fries & salad ..... 16,50 €
-  **Veggie Burger Terramar**, fresh French fries & salad ..... 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 - Homemade** ..... 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 + ice cream or compote** ... 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.







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 )





-  Toast of the day ..... 6,50 €
  -  Assortment of French cured meat or assortment of cheese ..... 17,00 €
  -  Mixed assortment (cheese and cured meat) ..... 18,00 €
  -  Duck hearts, sakari sauce ..... 12,00 €
  -  Fuet sausage ..... 6,50 €
  -  Assortment of crunchy vegetables & dip ..... 7,50 €
  -  Prime rib of beef to share (or not !), fresh French fries, homemade sauce (30 minutes) 65,00 €
  -  Creamy burrata and pesto tomatoes and cashew nuts ..... 14,00 €
  - Cured ham supplement ..... 2,50 €
  -  Breaded prawns with chimichurri sauce ..... 14,00 €
- La Ferme de Beleslou, Cagnotte, Landes :
-  Terrine duo : Pork rillettes with foie gras & Duck rillettes with Espelette pepper ..... 19,00 €
  -  Whole cooked duck foie gras, 85g jar ..... 24,00 €

### PORTIONS ( Evening only )

#### ON THE «TERRA» SIDE 16,50 €

-  Iberian pork pluma with ginger and beet ketchup (sup. 1,00 €)
-  Hot Duck, duck sausage, onion confit, tomato gel and blue cheese cream, brioche bread
-  Italian beef tartare (sup. 1,00 €)
-  Crispy tandoori chicken, corn cream, tandoori soy and coconut, grilled corn

#### ON THE «MAR» SIDE 16,50 €

-  Crispy octopus, virgin jalapeño sauce with smoked pepper (sup. 1,50 €)
-  Tuna tataki, virgin chutney vegetables, roasted carrot hummus, sesame tile (sup. 1,00 €)
-  Marinated salmon, vanilla sesame crust, mango chutney and herb crust
-  Coconut sea bream ceviche, ginger, lime and timut pepper

#### TERRA & MAR 16,00 €

Marrow bones au gratin, vinaigrette and shellfish

#### VEGAN gluten free 15,50 €

Wok vegetable, noodles with peanuts

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
<b>RED</b>			
Cuvée d'Antan, Côtes du Rhône vieilles vignes ..... Grenache and Syrah - Rosemary and bay leaf aromas	5,00 €	21,00 €	
Encierro, Espagne, La Mancha  ..... Tempranillo - Fresh and light-bodied		26,00 €	
Château La Comédie, Castillon Côte de Bordeaux... Expression of the terroir, very delicious	6,00 €	25,00 €	
Pic Saint-Loup, La Grange de Thieri, ..... Grenache Noir - Black cherry and dried fruit aromas, red color, tannic and powerful		32,00 €	
Saint-Nicolas de Bourgeuil, Laurent Mabileau  ..... Cabernet Sauvignon, Fresh and gourmet taste, blackcurrant and blueberry aromas		29,00 €	
Crôze Hermitage, Cave de Tain, Héritiers Gambert .... Syrah - Aromas of small red fruits, purple color, suppleness and elegance	7,00 €	35,00 €	70,00 €
Châteauneuf-du-Pape, Maison Lavau ..... Grenache noir, Syrah, Mourvèdre - A complex nose of prunes, well balanced and wide in flavour		69,00 €	
Saint Emilion Grand Cru, la tour de sème ..... Gourmet and balanced wine, blackcurrant, plum, black fruits		55,00 €	

## BLANC

Haut de Montrouge, IGP Gascogne ..... Colombard - Aromas of peaches and acacia, tannic and fine	5,00 €	20,00 €	
Domaine la Maurine, Pays d'Oc wine  ..... Viognier - Light, delicious and easy	5,00 €	23,00 €	
Uby N° 3, sec, IGP Gascogne ..... Colombard - Grapefruit and lemon on the nose, dry and fruity	6,00 €	26,00 €	
Villa Chambre d'Amour, Doux, IGP Gascogne ..... Gros Manseng & Sauvignon blanc - Aromas of exotic and citrus fruit, sweet and explosive	6,00 €	26,00 €	
Domaine Lavau, Côtes du Rhône Blanc ..... Grenache blanc, Viognier - Peach and pear aromas, gourmet mouth, nice color, bold wine		30,00 €	
Domaine de la Pointe Capbreton « Les pieds dans le sable » ..... Gros Manseng, Chardonnay, Chenin - Bright and clear in colour, lively and fresh		30,00 €	

## ROSÉ

La Belle Emilie, Wine from Pays du Gard ..... Gris Blanc, Gérard Bertrand, IGP - Pays d'Oc	5,00 €	20,00 €	
Gris Blanc, Gérard Bertrand, IGP - Pays d'Oc ..... Domaine de la Pointe Capbreton " Les pieds dans le sable "	6,00 €	26,00 €	52,00 €
Domaine de la Pointe Capbreton " Les pieds dans le sable " ..... L'Atelier - Tropezien, AOP Côte de Provence, Maillonette		30,00 €	
L'Atelier - Tropezien, AOP Côte de Provence, Maillonette . Minuty Prestige, classified growth, AOP Côte de Provence,	7,00 €	28,00 €	
Minuty Prestige, classified growth, AOP Côte de Provence, ..... CHAMPAGNE		39,00 €	78,00 €

## CHAMPAGNE

Moët & Chandon ..... Invictis (blanc de blanc) .....		70,00 €	
Invictis (blanc de blanc) ..... la coupe 10 cl	8,00 €	60,00 €	



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

Bar service only

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## HOT DRINKS

Coffee .....	2,00 €	Americano Coffee / Coffee with milk .....	2,00 €
Teas, herbal teas .....			3,50 €
Flat white coffee, Capuccino, Hot chocolate, Double espresso .....			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

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

## COCKTAILS

Spritz, St Germain, Mojito Lillet, Lillet Mule .....	glass 35 cl 8,00 €	1,5L 30,00 €
Sangria .....	glass 30 cl 4,00 €	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 7,50 €	Pitcher 1,5L 20,00 €
IPA	Small 25cl 5,00 €	50 cl 9,50 €	Pitcher 1,5L 27,00 €
Fruit squash supplement .....	0,50 €	Picon supplement .....	1,00 €
Bottled beers (local beers), <b>Ginger Beer</b> 33cl .....			6,00 €
[Deperados, Corona, Chouffe, Slash Mango, Amodio - Pays Basque, Cath Landes]			
Licorne Bio  , Licorne Black 27cl .....			5,00 €
Alcohol-free Beer 33cl .....			5,00 €

## OTHER ALCOHOLS

Kir blackcurrant or peach 10cl 4,00 €	Kir Royal 10cl .....	8,00 €
Cider 33cl .....		5,50 €
Suze, Martini 5cl .....		5,00 €
Piper-Mint .....	by the glass 5cl .. 6,00 €	by the bottle .. 55,00 €
Glass of Champagne 10cl .....		8,00 €



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