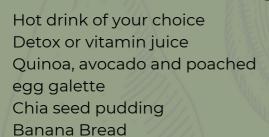


# **BREAKFAST**

## VEGGY 110

Hot beverage Detox or vitamin juice Pancakes, banana, crushed almonds, red fruits and vegan caramel Muesli Energy Bowl

## **HEALTHY MOOD 120**



## **BAGEL BREAKFAST 135**

Hot drink of your choice Detox or classic juice Bagel with gravlax salmon, avocado and arugula Scrambled eggs Seasonal fruit salad with verbena and matcha

#### A LA CARTE

### ULTRA GLUTEN FREE 55 ( )



Poached egg, avocado on a quinoa galette, mesclun salad

#### **BRUSCHETTA 55**

Toast with fresh tomatoes, basil Cottage cheese, zaater

#### **MUESLI BOWL ENERGY 55**



Greek yogurt, muesli, banana and blueberries

#### **GRAVELAX SALMON BREAKFAST 95**

Toasted rye bread, fresh cheese, avocado and gravlax salmon-sprouts salads

#### NATIV'ACAI BOWL 95



Seasonal fruits, Acai and toppings

## POWER ACAI 95



Banana, peanut butter, Acai and toppings

#### **SCRAMBLED EGGS 135**

Scrambled eggs, avocado, mesclun salads, gravlax salmon, feta and grilled toast

### BANANA BREAD 55



Soft banana cake, homemade vegan caramel

#### **CARROT CAKE 55**

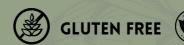
Carrot cake, 0% cottage cheese topping, "Debs" date honey

## PANCAKES CARAMEL 75



Pancakes, banana, crushed almonds and walnuts, red fruits and homemade vegan caramel

**MONDAY TO FRIDAY FROM** 8:30 A.M. TO 11:00 A.M. WEEKENDS FROM 8:30 A.M. TO 2:00 P.M.





# **HEALTHY FOOD**

## **POKE SIGNATURE**

Base (GF): Vinegar rice, quinoa or salad sprout

#### **GREEN LOVER 95**



Base of your choice, falafel, radish, avocado, red cabbage, edamame (shelled beans),

cucumber, cashew nuts, black sesame

#### **HAWAIIAN CHIRASHI 135**

Choice of base, gravlax salmon, avocado, edamame (shelled beans), cucumber, mango or pineapple, sesame seeds, thai spring onion

#### **TERIAYAKI 135**

Choice of base, teriyaki beef, carrots, red cabbage, roasted pineapple with rosemary, avocado, sesame seeds

#### 1 SAUCE OF YOUR CHOICE / SUPPLEMENT 10

Nativ': Passion fruit, olive oil, prickly pear vinegar, chives

Extra Miso: Sesame oil, lemon, mizo

Extra Yuzu: Prickly pear vinegar, yuzu, olive oil Green: Chervil, parsley, sage, olive oil, yuzu

## **HEALTHY SNAKING**

Toasts and Wraps will be served with sprouts of salad or roasted sweet potato fries

## WRAP GREEN FALAFEL 95



Wrap, falafel, beet hummus, cucumber, sun-dried tomatoes, marinated eggplant, onion pickles, tzatziki sauce

#### **WRAP CAESAR 115**

Wrap, grilled chicken, Grana Padano, salad shoots, caesar sauce

#### **HEALTHY BURGER 135**

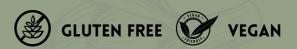
Beetroot bread, beef steak, guacamole, melted cheese, lettuce sprouts, pickles, ketchup

#### **SALMON GRAVELAX 135**

Toasted rye bread, beetroot hummus, marinated cherry tomatoes, salmon gravlax, poached egg and sour cream

## CHIMICHURRI CROQ' 145 New!

Toasted rye bread, pastrami, mashed avocado, fresh cheese with thyme, soft-boiled egg and parsley, pickled red cabbage and Chimichurri sauce



# LES INCONTOURNABLES

## **OUR STARTERS**

#### **SOUP OF THE DAY 85**

#### **DIM SUM GAMBAS** 125

5 pieces Dim Sum prawns and its Thai-style vegetable broth

#### THE MEDITERRANEAN PLATE 135

Traditional hummus, beet hummus, braised eggplant marinated in Espelette oil, feta, green falafel, quinoa tabbouleh

## THE NATIV' SALMOREJO 145 New!

Fresh tomato cream, straciatella, melon balls, bresaola, country bread crisps and basil oil

#### **TUNA TARTARE 145**

Fresh tuna, lemon caviar, wakame and chlorophyll sauce

#### TO SHARE



#### **GUACAMOLE LOVER 95**

Guacamole, beet hummus, crackers to dip (made with seeds and vegetables)

## **OUR MAIN COURSES**

#### **CHICKEN CURRY 145**

Supreme of chicken cooked at low temperature, basmati rice with curry sauce

#### L'EXTRAVERDI



Spinach mousseline rissoto, duo of raw and blanched asparagus, grilled tofu and shavings of fresh mushrooms

#### **SALMON AUX AGRUMES** 180

Heart of salmon marinated in citrus oil, cooked at low temperature, rosemary-glazed carrots, kochari and celeriac foam

#### **RISOTTO-RAVE** 180

Celery root cooked risotto style, prawns, shellfish bisque, parmesan, crunchy Bresaola

#### **BEEF WITH ASIAN FLAVORS 195**

Marinated beef tenderloin cooked low temperature, yuzu sauce, mousseline sweet potato and pan-fried seasonal vegetables

#### **ALL SHRIMPS** 220 New!

Shrimp gyoza, seared prawns, shellfish bisque

## **EXTRAS**

Salad and its little vinaigrette 35

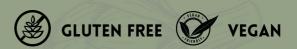
Basmati rice 35

Pan-fried seasonal vegetables 35

Roasted Sweet Potato Fries 35

Falafel with tahini sauce 35

Hummus 40





## FOR THE LITTLE ONES ...

#### **NUGGETS 85**

Homemade breaded chicken served with roasted sweet potato

#### BURGER 115

Beetroot bread, beef steak, melted cheese, salad sprouts, pickles, house ketchup, served with roasted sweet potato fries



#### PANACOTTA 75

Coconut milk and passion fruit

#### **CHIA PUDDING 75**

Almond milk, macha tea and topping of the moment

#### **ICED ACAI BOWL 95**

Acai, seasonal fruits and toppings

#### **CHOCOLATE MOUSSE 75**

Egg-free, refined sugar-free

#### **RIZ AU LAIT 75**

Vegetable milk, vanilla and salted butter caramel (no butter, no refined sugar)

## **OUR TREATS**

#### TEA TIME 195

from 4:00 p.m. to 7:00 p.m.

Serving tray 2 levels

Savory: 2 slices of toast and 1 verrine of the season

Sweets: 1 carrot cake, 1 chia pudding verrine, 1 vegan chocolate mousse

1 drink of your choice

#### **COOKIES AND POWER BOWL Between 10 and 45**

Energy, chocolate, caramel, liquorice...

BANANA BREAD 55 (இ)

Soft banana cake, homemade vegan caramel

**VEGAN CHOCOLATE CAKE 55** (🔌)



Without butter, dairy, eggs, refined sugar

#### **CARAMEL PANCAKES 75**

Pancakes, banana, crushed almonds and walnuts, red fruits and homemade vegan caramel

#### **CARROT CAKE 55**

Carrot and spice cake, 0% cheese glaze and date honey



# THE DRINKS

## **WATER & SOFT DRINKS**

Still water Sidi Ali 75cl 30 Still water Sidi Ali 33cl 15 Sparkling water Oulmes 75cl 35 Sparkling water Oulmes 25cl 15 San Pellegrino 25cl 30 San Pellegrino 75cl 60 Coca-Cola / Coca-Cola Zero 25 Schweppes Tonic Schweppes Mojito 35

## **JUICE & SMOOTHIES**

#### CLASSIC 45

Fresh squeezed orange juice Fresh squeezed grapefruit juice Carrot juice

#### **DETOX 60**

Green detox: Celery, cucumber, apple, spinach, lemon, kiwi
Red Energy: Beetroot, carrot, apple, lemon
Vitamined: Carrot, orange, ginger
Lemonade: Lemon, mint, ginger

ICED COFFEE 40
ICED TEA 40
MATCHA 50

## **HOT DRINKS**

10 DH supplement for vegay milk

Expresso 25
Expresso Decaf 30
Double expresso 38
American coffee 25
Coffee latte 30

Cappuccino 30

Hot chocolate "Valrhona" 40

Teas 30 SAYRA

Mint tea 30