



NATIV,



K!tchen

HEALTHY FOOD

BREAKFAST

VEGGY 110

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

HEALTHY MOOD 120

Hot drink of your choice
Detox or vitamin juice
Quinoa, avocado and poached egg galette
Chia seed pudding
Banana Bread

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.



GLUTEN FREE



VEGAN

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

TERIYAKI 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



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



GLUTEN FREE



VEGAN

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

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 165

Spinach mousseline risotto, 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

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



GLUTEN FREE



VEGAN

ETC....

FOR THE LITTLE ONES ...

NUGGETS 85

Homemade breaded chicken served with roasted sweet potato fries

BURGER 115

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

OUR DESSERTS



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

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



GLUTEN FREE



VEGAN

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	30
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
Vitamed : Carrot, orange, ginger
Lemonade : Lemon, mint, ginger

ICED COFFEE 40

ICED TEA 40

MATCHA 50

HOT DRINKS

10 DH supplement for veggy milk

Espresso 25
Espresso Decaf 30
Double espresso 38
American coffee 25
Coffee latte 30

Cappuccino 30
Hot chocolate "Valrhona" 40
Teas 30 
Mint tea 30