



## Before you start ...

"THE CHEF'S SNACKS" 16.00€.

## Salads as a meal or to share

### VEGGIE ET FALAFEL 15.00€

ASSORTED FRESH FRUITS AND VEGETABLES, FALAFELS, EXOTIC COCONUT DRESSING

### POKE BOWL 16.00€

MARINATED YELLOWFIN TUNA CUBES, ASSORTED RAW VEGETABLES, QUINOA, CHICKPEAS, ROASTED SEEDS, MANGO, PASSION FRUIT AND ASIATIC FLAVOURS

### DESTRUCTURED SHRIMP NEM 16.00€

FRESH MARINATED SHRIMPS, ASSORTED RAW VEGETABLES, RICE CAKE, VERMICELLI & ASIATIC FLAVORS

### BÖLMO SASHIMI 19.00€

SIMPLY THE BEST SALMON FROM NORWAY...EXOTIC FRUITS, RADISH, CUCUMBER AND SESAME SEEDS WITH KIMCHI

### BURRATA 14.00€

MOZZARELLA BURRATA, HEIRLOOM & BEEF HEART TOMATOES, HOMEMADE PESTO

### L'ITALIENNE 16.00€

SALAD, CROUTONS WITH OLIVE OIL, BURRATA CHEESE, PARMA HAM, MELON

### CAESAR SALAD 14.00€

BREADED CHICKEN BREAST, ROMAINE SALAD, CROUTONS, PARMESAN SHAVINGS AND CAESAR SAUCE

 PLATS VÉGÉTARIENS •  PLATS VEGAN

le Jardin  
des  
Sablons

+ 33 6 20 89 97 24



## *Main course*

**SKEWER OF ONGLET, GREEN PEPPER SAUCE 19.00€**

**BUTCHER'S PIECE OF THE DAY**

**BURGER DES SABLONS 18.00€**

RUSTIC BREAD, GROUND BEEF (VBF), LETTUCE, TOMATO, BACON, CANDIED ONIONS,  
CHEDDAR CHEESE, HOMEMADE TARTAR SAUCE

**FRESH BEEF CARPACCIO VBF (200GR) 21.00€**

FINE CUT VEGETABLES, PARMIGIANO REGGIANO, CAPRONS, FRENCH FRIES

**BOWL POULET COCO 18.00€**

CHICKEN, CHINESE RICE NOODLES, STIR-FRIED VEGETABLES, COCONUT MILK, ROASTED SEEDS,  
CORIANDER AND SOY SAUCE

**BOWL LÉGUMES COCO 15.00€** 🌱

CHINESE RICE NOODLES, STIR-FRIED VEGETABLES, COCONUT MILK,  
ROASTED SEEDS, CORIANDER AND SOY SAUCE

**CURRY DE LÉGUMES 15.00€** 🌱

VARIOUS VEGETABLES, CHICKPEAS, BASMATI RICE, FRESH HERBS,  
HOME-MADE CURRY AND ALMOND MILK

**ROUILLE DE SEICHE À LA SÉTOISE 17.00€**

STEW LIKE CUTTLEFISH, TOMATO COMPOTE, POTATO,  
PAPRIKA, LIGHTLY SPICED ROUILLE SAUCE

**TATAKI DE THON ALBACORE 22.00€**

SEARED YELLOWFIN TUNA WITH SESAME SEEDS AND ITS BEAUTIFUL EXOTIC SALAD

**FRESH FISH FILLET OF THE DAY 22.00€**

GRILLED À LA PLANCHA, FINE CUT VEGETABLES AND SPRING BLEND

**RISOTTO, SEAFOOD AND PRAWNS 23.00€**

**CHILDREN'S MENU 10.00€**

WATER WITH SYRUP

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ORGANIC GROUND BEEF PATTY, FRIES OR VEGETABLES  
OR CORN FLAKES BREADED CHICKEN FILET, FRIES OR VEGETABLES  
OR FRESH FISH FILET, RICE & VEGETABLES

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FRUIT COMPOTE OR ICE CREAM OR FRESH FRUIT SALAD

*le*  
*Jardin*  
*des*  
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