



## VITALITY CUISINE

- GLUTEN FREE •
- LACTOSE FREE •
- SUGAR FREE •

All our creations are carefully crafted using seasonal local ingredients sourced from the finest producers and master cheesemongers at the Forville market. They are cooked at low temperatures to preserve all their nutrients.

Our seed bread is gluten-free, flour-free, and yeast-free, made from noble ingredients such as sunflower seeds, flax seeds, chia seeds, thyme, oregano, and more...





## OUR COLD-PRESSED DETOX SPECIALTIES

### COLD-PRESSED JUICES

<b>Green Cleanse</b> .....	12
Intense Skin Hydration and Body Detoxification	
<b>Rejuvenating Glow</b> .....	12
Anti-Aging and Anti-Inflammatory Properties	
<b>Immunity Booster</b> .....	12
Boosting Vitality and Energy	

### ELIXIRS

<b>Ginger &amp; Lemon</b> .....	5
This elixir brings immunity and energy to your body	

### SUPERFOOD SUPPLEMENTS

Each superfood supplement is available for an additional 3.50€

#### Wheat Grass

Rich in fiber, improves digestion, regulates glycemia and cholesterol.

Provides carbohydrates, vitamins C, zinc and iron for all-day energy synthesis

#### Açaï

Rich in vitamins, antioxidants and essential fatty acids.

Protects against oxidative stress and free radicals, stimulates the immune system, anti-aging benefits.

#### Maca Root

Rich in vitamin C and antioxidants.

Stimulates the immune system, balances hormonal levels, aphrodisiac.

#### Spiruline

Rich in essential fatty acids and minerals

Reduces daily fatigue, boosts energy

#### Collagen & Hyaluronic Acid

Rich in protein and essential fatty acids.

Improves skin elasticity, stimulates keratin production, strengthens joints and bones, anti-aging benefits

Net prices including service



## OUR STARTERS

<b>Chef's soup</b> .....	15
According to seasonal vegetables	

## OUR SALADS

	Starter	Meal
<b>Avocado toast &amp; soft boiled egg</b> .....	16	29
Mixed Greens Salad, seasonal vegetables, soft boiled egg, salty granola, seeds & carbon bread		
<b>Salmon Gravlax with fine herbs</b> .....	16	29
Mixed Greens Salad, seasonal vegetables, vegan cheese with 3 citrus fruits crackers, salty granola		

## OUR MEALS

<b>Mediterranean Sea Bass Ceviche</b> .....	35
Sea bass, celery, coriander, mango, pomegranate, ginger, fresh chili	
<b>Beef Tagliatta with truffle</b> .....	35
Mesclun du pays, wholegrain sushi rice, vegetable mayonnaise with sesame oil, julienne of raw vegetables, summer truffle, Japanese vinaigrette, Parmesan cheese	
<b>Chef's Special Dish</b> .....	35
Inspired by the Chef's Creativity	

## OUR DESSERTS

<b>Banana bread</b> .....	15
Served warm with its 70% raw cacao chocolate sauce.	
<b>Energy bowl</b> .....	15
Almond milk, ginger and vanilla, seasonal fruits, salty granola with linen and sunflower seeds, buckwheat and spelled flakes, almonds, hazelnuts, gluten free oat flakes, maple syrup	
<b>Gourmet Coffee</b> .....	15
<b>Dessert of the Day</b> .....	15
Inspired by the Chef's Creativity	

<b>OUR SET MENUS</b>	Starter · Meals or Meals · Dessert	44 €
	Starter · Meals · Dessert	54 €

Net prices including service



## HOT DRINKS

All our drinks can be made Iced

Espresso .....	4
Double Espresso .....	5
Cappuccino* .....	6
Latte* .....	6
Hot Chocolate* .....	7
Matcha Latte* .....	8
*Milk Options	
Cow · Oat · Almond · Coconut	

## SMOOTIES SUPERFOOD

All our smoothies are made with marine collagen & rich in vitamin E

Red berries .....	15
Antioxidant	
Mango .....	15
Moisturizing	

## REFRESHING DRINKS

Ginger ALE .....	8
Agrum' .....	8
Home-made lemonade .....	8

## WATERS & JUICES

Mineral Water .....	50cl - 7€ · 1L - 12
Sparkling Water .....	12
Detox juice of the day .....	9
Pressed juice .....	9
Orange or Lemon	
Juice .....	12
Apple or Pineapple	

Net prices including service



## WINE MENU

<b>CHAMPAGNE</b>	75cl	Verre
Louis Roederer ..... Blanc	115	18
Louis Roederer ..... Brut Rosé	150	20
<b>ROSÉ</b>		
Côte de Provence ..... Minuty Prestige, 2022	115	12
Côte de Provence ..... Ott Château de Selle, 2021	150	-
<b>WHITE</b>		
Côte de Provence ..... Minuty Prestige, 2022	42	12
Vallée de la Loire ..... Pouilly Fumé, Domaine Jonathan Didier Pabiot, 2020	50	-
Côte de Provence ..... OTT Clos Mireille, 2021	75	-
Bourgogne ..... Chablis Fourchaume, 1er Cru Domaine Louis Jadot	90	19
<b>RED</b>		
Côte de Provence ..... Minuty Prestige, 2022	45	12
Côte de Provence ..... Domaine d'Ott, 2020	70	-
Vallée du Rhône ..... Crozes Hermitage, Domaine Guigal, 2020	50	10
Bordeaux ..... Pessac-Léognan, Château Les Hauts de Smith, 2017	95	-

Net prices including service



## HEALTHY DELICACIES TO GO

### OUR WONDERFUL HEALTHY SEED BREAD

Our seed bread is made from noble products such as sunflower seeds, linseeds, chia seeds. It is gluten free and flour free and yeast free and can be kept in the freezer.

<b>Choose between :</b>	<b>300g</b>
Nature .....	<b>15</b>
Plant-Based Charcoal .....	<b>15</b>

### MIGNARDISES

Dairy-free, gluten-free, refined sugar-free, egg-free

	Piece*
Matcha bar .....	2
Banana bread .....	2
Matcha and white chocolate lollipop .....	2
Coconut and 70% dark chocolate lollipop .....	2
70% dark chocolate seed cookie .....	2

\*Create your personalized box of 5 mignardises for €8

### SNACKS

<b>Matcha cereal bars</b> .....	<b>12</b>
Matcha, currants, gluten-free oat flakes, white chocolate coating, and goji berries	
<b>Kale chips 30g</b> .....	<b>7</b>
Dairy-free and fat-free	

Net prices including service