

our Salads

NAME :

E-MAIL :

Creation PAPAS SALAD' **7,95 €**

1 BASE : RICE • PASTA • SPINACH SHOOTS • SALAD
+ 4 INGREDIENTS
+ 1 TOPPING + 1 SAUCE

Complet PAPAS SALAD' **9,95 €**

1 BASE : RICE • PASTA • SPINACH SHOOTS • SALAD
+ 4 INGREDIENTS
+ 1 TOPPING + 1 SAUCE
+ 1 DESSERT
+ 1 CLASSIC DRINK
+2€ FOR ORANGE JUICE / DETOX / ENERGY

xxl PAPAS SALAD' **12,95 €**

1 BASE : RICE • PASTA • SPINACH SHOOTS • SALAD
+ 6 INGREDIENTS
+ 1 TOPPING + 1 SAUCE
+ 1 DESSERT
+ 1 CLASSIC DRINK OR JUICE

BASIC INGREDIENTS



RICE



PASTA



SPINACH SHOOTS



GREEN SALAD

LIST OF INGREDIENTS

CHOOSE 4 OR 6 ACCORDING TO MENU

POSSIBILITY TO CHOOSE EXTRA INGREDIENTS (Price in €)

- EXTRA + 0,50€**
- BROCOLIS
 - CARROT
 - RED CHOUL
 - CUCUMBER
 - COURGETTE
 - EDANAME
 - CORN
 - EGG
 - RED ONION
 - SWEET TOMATO
 - POTATO
 - TOMATO

- EXTRA + 1,00€**
- SHRIMPS
 - AVOCADO
 - DRY HAM
 - OLIVES
 - CHICKEN
 - SALMON
 - TUNA
 - FETA
 - CANARIAN CHEESE
 - PARMESAN
 - WHITE BREAD + 1,00€
 - WHOLEGRAIN BREAD + 1,00€

- TOPPING**
- ALMONDS
 - NUTS
 - MIXED SEEDS

- HOMEMADE SAUCES OF CHOICE**
- CAESAR LIGHT
 - VIRGIN OLIVE OIL
 - HONEY / MUSTARD
 - BALSAMIC OLIVE OIL
 - PONZU YUZU (JAPAN)
 - BALSAMIC CREAM
 - SOJA

PAYMENT: CB CASH

our "Signature" Salads

Montagnarde

SALAD • WARM GOAT CHEESE ON TOASTED BREAD • TOMATO • NUTS • HONEY
LIGHT CAESAR SAUCE

- SMALL 10,95 €
- LARGE 13,95 €

Méditerranéenne

SALAD • TUNA • TOMATO • CORN • ANCHOVIES
EGG • OLIVES BLACK/GREEN • RED ONION
BALSAMIC VINEGAR SAUCEA

- SMALL 10,95 €
- LARGE 13,95 €

our Sandwiches

4,50 €

PAPAS SANDWICH

PREPARED ACCORDING TO THE CHEF'S INSPIRATION
WITH A BRIOCHE BURGER BUN

- hot
- cold



our Deserts

3,50 €

DESSERT OF THE DAY

ACCORDING TO THE CHEF'S INSPIRATION

included in the Complet & XXL menus



BANOFFEE

BANANAS, MILK JAM,
WHIPPED CREAM, SPECULO



FRESH FRUIT SALAD

LOCAL FRUIT,
HOME-MADE RECIPE

HOMEMADE DESSERTS MADE WITH FRESH SEASONAL AND LOCAL FRUIT

our Drinks

2,00 €

included in the Complet & XXL menus

- STILL MINERAL WATER
- SPARKLING MINERAL WATER
- DETOX INFUSION
BASIL, CUCUMBER, LIME

our Fresh Juices

3,50 €

Included in XXL / +2,00€ Complet menu

- NATURAL DETOX JUICE
CUCUMBER, SPINACH, PEAR, GINGER
- NATURAL ENERGY JUICE
CARROT, ORANGE, LEMON, GINGER, CURCUMIN

Coffee NESPRESSO

1,50 €

Off the menu

- EXPRESSO
- AMERICANO
- DECAFFEINATED COFFEE
- NOISETTE 2,00€

included in the Complet & XXL menus

2,75 €

- COCA-COLA
- COCA-COLA LIGHT
- BEER
- APRICOT JUICE
- FRESH ORANGE JUICE + 2,00€ complet menu

Soup

3,50 €

Off the menu

- SOUP OF THE DAY 400ml
MADE WITH FRESH VEGETABLES IN SEASON,
DEPENDING ON THE MARKET



PAYMENT: CB CASH