

TROPICAL KITCHEN

LUNCH

EAT WELL. FEEL GOOD. LIVE TROPICAL.

SUN-GROWN

LUNCH

CUISINE

RAW & FRESH

CARRIBEAN HUMMUS

23

Patate douce pois chiche, épice jerk, pita maison
Sweet potatoes, chick peas, jerk spice, homemade
pita bread

SUN-KISSED BURRATA

30

Patate douce pois chiche, épice jerk, pita maison
Sweet potatoes, chick peas, jerk spice, homemade
pita bread

CAJUN TUNA TARTAR

32

Thon, crème de maïs épicée, épices cajun,
chips de tortilla
Tuna , spicy cream corn, cajun spice, tortilla chips

MAHI MAHI CEVICHE

32

Mahi-mahi, leche de tigre, coriandre, radis,
concombre, grenade, tobikko
Mahi mahi, leche de tigre, coriander, radish,
cucumber, pomegranate, tobikko

BRIGHT BOWLS

KALE CAESAR BOWL

20

Kale salade, sauce césar, parmesan, crumble de pain
Kale salad, caesar dressing, parmesan, bread crumbs

TK'S BOWL

36

Thon, riz, concombre, carottes, edamame, radis,
Tuna, rice, cucumber, carrots, edamame, radish,

ISLAND BOWL

38

Riz coco, mangue, avocat, patate douce, mahi-mahi,
chutney d'herbes, piment végétarien
Coconut rice, mango, avocado, sweet potatoes, mahi-mahi,
herbs chutney, caribbean seasoning pepper



ROLLS

CALI CAULI TACOS

24

Choux fleur grillé, guacamole, pico de gallo, coriandre
Charred califlower, guacamole, picco de gallo, coriander

KALE CEASAR ROLL

34

Poulet croustillant, kale, sauce césar, parmesan
Crispy chicken, kale, ceasar dressing, parmesan

TUNA ROLL

36

Thon, avocat, patate douce, mangue, roquette,
vinaigrette coco
Tuna, avocado, sweet potatoe, mango, rocket salad,
coconut dressing

COCO PRAWN ROLL

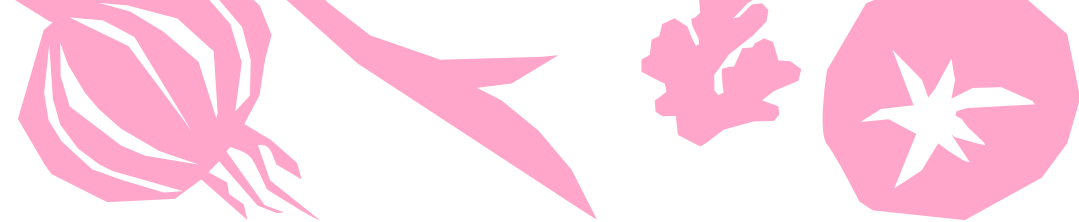
36

Crevette, avocat, patate douce, mangue, roquette,
vinaigrette coco
Prawn, avocado, sweet potatoe, mango, rocket salad,
coconut dressing

FALAFEL CRUNCH ROLL

34

Falafel maison, kale, sauce césar, parmesan
Homemade falafel, kale, ceasar dressing, parmesan



MAINS

CHICKEN GRILLED LEMON 38

Poulet, broccolini, sauce citron
& citron confit, dukka épicé
Chicken breast, broccolini, citrus sauce
& lemon confit, spicy dukka

CITRUS MAHI-MAHI 39

Mahi-mahi, salade roquette fenouil, sarrasin
soufflé, sauce orange & carottes, agrumes
Pan seared mahi-mahi, arugula salad, fennel, puffed
buckwheat, orange and carrot sauce, citrus

TROPICAL FALAFEL BURGER 34

Falafels maison, sauce tahini, chou rouge, salsa de
tomates, frite de patate douce
Home made falafels, tahini dressing, red cabbage,
tomatoes salsa, sweet potatoes fries

SWEET POTATO STEAK 32

Steak de patate douce, yaourt coco,
jus vegan, pois chiche soufflé,
Sweet potatoes steak, coconut yoghurt,
vegan jus, puffed chickpeas

SIDES & EXTRA

FETA & OREGANO SWEET POTATO FRIES 12

- FRITES DE PATATE DOUCE FETA ORIGAN

KALE SALAD - KALE SALADE 8

GRILLED BROCCOLINI - BROCCOLONI GRILLÉS 12

SAUTÉED VEGGIES - LÉGUMES SAUTÉS 10

FURIKAKE RICE - RIZ FURIKAKE 9

SEAWEED SALAD - SALADE D'ALGUES 12

COCO RICE - RIZ COCO 11

PITA BREAD - PAIN PITA 6



DESSERTS

BLUEBERRIES CHEESCAKE	15
Sablé breton vegan, mousse cajou, gelée de myrtilles Brown butter biscuit, cashew mousse, blueberry curd	
MOUSSCHOCO AVOCADO CRUSH	15
Chocolat 64%, avocat frais, crumble chocolat, huile d'olive, piment Dark chocolat 64%, fresh avocado, chocolat crumble, olive oil, chili	
MANGO STICKY RICE	15
Riz gluant, mangue, sauce noix de coco vanille Sticky rice, mango, coconut vanilla dressing	
*ICE CREAM	6
Chocolat, vanille, banane, cookie chocolat Dark chocolate, vanilla, yogurt, banana, chocolat cookie	
*SORBET	6
Basilic citron, mangue-passion, framboise, noix de coco Lemon basil, mango-passionfruit, raspberry, coconut	

La sélection marquée par un * est
disponible de 15h à 19h.
The selection with an * is available
from 3pm until 7pm.