TROPICAL KITCHEN

LUNCH

EAT WELL. FEEL GOOD. LIVE TROPICAL.

À Tropical Kitchen, le soleil inspire autant la cuisine que l'art de vivre. Des produits frais, des saveurs franches, des influences caribéennes et californiennes. Un petit twist tropical qui fait toute la différence.



At Tropical Kitchen, the sun inspires both the food and the lifestyle. Fresh ingredients, bold flavors, and Caribbean and Californian influences come together, with a tropical twist that makes all the difference.

SUN-GROWN CUISINE

LUNCH

RAW & FRESH

CARIBBEAN HUMMUS 23
Patate douce, pois chiches, épices jerk, pita maison
Sweet potatoes, chick peas, jerk spices, homemade pita bread

SUN-KISSED TOMATOES BURRATA 30
Tomates, basilic, pesto roquette,
burrata, croutons, pignons de pin
Tomatoes, basil, arugula pesto,
burrata, croutons, pine nuts

CAJUN TUNA TARTAR 34
Thon, crème de maïs épicée, épices cajun, chips de tortilla
Tuna, spicy cream corn,cajun spice, tortilla chips

TROPICAL CEVICHE 32
Pêche du jour, leche de tigre, coriandre,
radis, concombre, grenade, tobiko
Catch of the day, leche de tigre, coriander,
radish, cucumber, pomegranate, tobiko

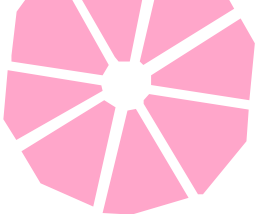
CALI CAULI TACOS 2pc 24
Choux-fleurs grillés, guacamole, pico de gallo, coriandre
Charred cauliflower, guacamole, pico de gallo, coriander

BRIGHT BOWLS

KALE CAESAR BOWL 20
Chou Kale, parmesan, crumble de pain, sauce césar
Kale, parmesan, bread crumbs,caesar dressing
***Sup poulet croustillant** - add on crispy chicken +12*

TK'S BOWL 36
Thon, riz, concombre, carottes, edamame, radis,
vinaigrette passion-soja
Tuna, rice, cucumber, carrots, edamame, radish,
passion fruit-soy dressing

Prix en euros & service inclus. Si vous souffrez d'une allergie, merci d'en informer notre équipe. Demandez la liste des allergènes.
Prices in euros & service included If you have any allergies, please let our team know. The list of allergens is available upon request.





ISLAND BOWL 38
Poisson du jour, riz coco, mangue, avocat, patate douce, piment végétarien, sauce aux herbes
Catch of the day, coconut rice, mango, avocado, sweet potato, vegetarian pepper,herbs sauce

ROLLS

Tous nos rolls sont accompagnés de frites de patates douces.
All our rolls come with sweet potatoes fries.

KALE CAESAR ROLL 34
Poulet croustillant, chou kale, parmesan, sauce césar
Crispy chicken, kale, parmesan, caesar dressing

TUNA ROLL 36
Thon, avocat, patate douce, mangue,roquette, vinaigrette coco
Tuna, avocado, sweet potato, mango,aragula salad coconut dressing

COCO PRAWN ROLL 36
Crevette, avocat, patate douce, mangue, roquette vinaigrette coco
Prawn, avocado, sweet potato, mango,aragula salad coconut dressing

FALAFEL CRUNCH ROLL 34
Falafels maison, chou kale, parmesan, sauce césar
Homemade falafels, kale, parmesan, ceasar dressing,

MAINS

CHICKEN GRILLED LEMON 38
Filet Poulet, broccolinis, sauce citron, dukka épicé
Chicken breast, broccolinis, lemon sauce, spicy dukka

CITRUS MAHI-MAHI 39
Mahi-mahi, salade de roquette & fenouil,sarrasin, sauce carotte, agrumes
Pan seared mahi-mahi, arugula salad & fennel, buckwheat, carrot sauce, citrus

TROPICAL FALAFEL BURGER 34
Falafels maison, chou rouge, feta salsa de tomates, frites de patate douce, sauce tahini
Home made falafels, red cabbage, feta cheese, tomatoes salsa, sweet potatoe fries, tahini dressing

SWEET POTATO STEAK 32
Steak de patate douce, crème coco-cajou, jus vegan, taboulé végétal
Sweet potato steak, coconut-cashew cream, vegan jus, plant-based tabbouleh

SIDES & EXTRA

FETA & OREGANO SWEET POTATO FRIES	12
KALE SALAD, CITRUS VINAIGRETTE	8
GRILLED BROCCOLINIS, ALMONDS	12
PARSLEY & GARLIC SAUTEED VEGGIES	10
FURIKAKE RICE	9
SESAME SEAWEED SALAD	12
COCONUT RICE	11
PITA BREAD	6

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DESSERTS

BLUEBERRY CHEESECAKE 15
Sablé breton vegan, mousse cajou, gelée de myrtilles
Vegan biscuit, cashew mousse, blueberry curd

MOUSSE CHOCO AVOCADO CRUSH 15
Chocolat 64%, avocat, crumble chocolat, huile d'olive,piment
Dark chocolat 64%, avocado, chocolat crumble, olive oil, chili

MANGO STICKY RICE 15
Riz gluant, mangue, sauce coco
Sticky rice, mango, coconut sauce

ICE CREAM 6
Chocolat, vanille, banane, cookie
Chocolate, vanilla, banana, cookie

SORBET 6
Basilic-citron, mangue-passion, framboise, noix de coco
Lemon basil, mango-passionfruit, raspberry, coconut

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