## LUNCH



# **Light Bites**

LES AILES POUL

**CHICKEN SATAY** 450 Marinated Chicken, Pickled Cucumbers, Chunky Cashew and Coconut Fitness, Sleep | Nuts, Soya REEF FISH CARPACCIO 500 Reef Fish, Pineapple Salsa, Coconut and Tobiko Fitness | Fish SUMMER ROLLS 400 Summer Greens, Hard Tofu and Peanut-sesame Dipping Sauce Detox, Sleep | Peanuts, Soya, Sesame **GRILLED OCTOPUS** 850 Octopus, Green Beans, Baby Potatoes and Ají Amarillo Fitness | Mollusc **PANI PURI** 450 Green Asparagus, Garden Peas, Enoki Mushrooms and Black Truffle Fitness | Gluten POKE BOWL 500 Bonito Tuna, Quinoa, Edamame, Wakame, Papaya and Sesame Fitness, Detox | Fish, Soya, Sesame

Baked Chicken Drumettes, Creole Bbq Sauce and Sweet Potato Fries



400

All fish is caught locally in a sustainable manner Most vegetables are grown in our organic garden



FATOUSH SALAD 450

Grilled Halloumi Cheese, Tomato, Cucumber, Onion, Peppers and Pita Crisps Fitness | Milk, Gluten

#### **BEETROOT GAZPACHO**

400

Chilled Soup of Pickled Beetroot, Blackberries, Tomato and Sourdough Detox | Gluten

#### WATERMELON SALAD

450

Watermelon, Rocket, Feta Cheese, Red Onions and Pinenut Vinaigrette Detox | Milk, Nuts

HAIL CAESAR! 450

Baby Gems, Bacon, Focaccia Croutons, Anchovies and Parmesan Cheese Fitness | Milk, Gluten, Fish

Add Roast Chicken 550

Fitness | Milk, Gluten, Fish

Add Grilled Shrimps 750

Fitness | Milk, Gluten, Fish, Crustacean

#### ORGANIC GARDEN SALAD

400

Mixed Leaves, Cucumber, Apple, Tomato, Pumpkin, Lady Fingers and Fine Herb Vinaigrette

Detox |

#### SOM TUM PAPAYA SALAD

500

Soft Shell Crab Tempura, Pera Tomatoes, Snake Beans and Dry Shrimps Fitness | Crustaceans



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### From the Deli

Served With Your Choice of Garden Salad, Sweet Potato Fries or French Fries

#### ROYAL OUINOA BURGER

450

Royal Quinoa and Red LentilPatty, Wilted Kale, Vegan Emmental Cheese Fitness | Nuts

#### SICHUAN DUCK BAO

600

Sichuan Roast Duck, Bao Bun, Spring Greens, Hoi Sin and Sesame | Gluten, Fish, Sesame



#### PECKISH PECKER CLUB

600

Seven-Grain Toast, Roast Chicken, Bacon, Emmental Cheese, Lettuce, Tomato and Fried Egg

Fitness | Milk, Gluten, Eggs, Mustard

**ISLAND BURRITO** 

600

Local Tuna Wrap, Avocado, Jalapenos, Ginger and Creole Sour Cream Fitness | Milk, Gluten, Fish

#### CHICKEN BURGER

600

Peri-peri Chicken Patty, Lettuce, Tomato, Gruyere Cheese, Red Onions Fitness | Milk, Gluten, Mustard

**HUMMUS BAGEL** 

600

Chickpea Falafel, Red Pepper Hummus, Chive Crème Cheese, Avocado, Tomato and Red Onions

Sleep | Milk, Gluten

### MUFFOLETTA SANDWICH

Ciabatta, Salami, Prosciutto and Mortadella, Provolone Cheese,

Italian Olive and Artichoke Salad | Milk, Gluten, Mustard

600

BEEF BURGER 700

Black Angus Beef Burger, Cheddar Cheese, Dill Gherkins, Smoked Pancetta | Milk, Gluten, Mustard

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### La Pizza

Gluten-free pizza dough available on request Vegan Emmental cheese available on request

### Bianca

**CARCIOFI** 500

Roast Artichokes, Smoked Scamorza, Pecorino, Wild Garlic and Tapenade Fitness | Milk, Gluten

**ZUCCA** 500

Butternut Squash, Wild Mushrooms, Mozzarella di Buffala, and Black Truffle Fitness | Milk, Gluten

**DOLCELATTE** 500

Organic Kale, Dolcelatte Blue Cheese, Semi-dried Pomodorini and Walnut

Fitness, Sleep | Milk, Gluten, Nuts

## Rossa

DIAVOLA 550

Tomato, Fior di Latte, Spicy Sausage, Black Olives and Red Onions | Milk, Gluten

400 **MARGHERITA** 

Tomato, Mozzarella di Buffala, Basil and Extra Virgin Olive Oil Fitness | Milk, Gluten

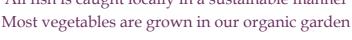
FRUTTI DI MARE 550

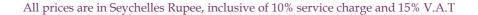
Tomato, Ricotta Cheese, Calamari, Prawns and Smoked Tuna Fitness | Milk, Gluten, Fish, Crustacean

**SPECK** 550

Tomato, Taleggio Cheese, Speck Ham and Ruccola | Milk, Gluten

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CREOLE TUNA KARI KOKO Yellow Fin Tuna, Coconut Curry, Brown Rice and Mango Satini  Fish	550
PHILLY STEAK SANDWICH Angus Beef Steak, Onions, Green Peppers, Mushrooms and Chedd   Milk, Gluten, Mustard	850 ar Cheese
GRILLED PRAWNS Six King Prawns, Cilantro Butter and Romesco Fitness   Milk, Crustacean, Nuts	550
RISOTTO PRIMAVERA Carnaroli Rice, Peas, Asparagus, Carrots, Black Garlic and Pecorine Fitness   Milk	400 o Cheese
PAD THAI Rice Noodles, Bean Sprouts, Firm Tofu, Egg and Peanuts Fitness, Sleep   Soya, Peanuts, Eggs Add Chicken 550 Fitness, Sleep   Soya, Peanuts, Eggs Add Shrimps 750 Fitness, Sleep   Soya, Peanuts, Eggs, Crustacean	450
OCEAN BOUNTY Grilled Local Fish, Garden Caponata and Ratte Potatoes Fitness   Fish	700

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# **Guilty Pleasures**

PECAN PIE Chocolate and Pecan Pie, Seychelles Vanilla Crėmeaux Sleep   Milk, Eggs, Gluten, Nuts	200
FELICITE MANGO Mango Compote and Coconut Dacquoise   Milk, Eggs, Gluten	200
CHOCOLATE CAKE Flourless Dark Chocolate, Orange Confit and Lemon Sorbet   Milk, Eggs	200
AVOCADO AND DATE BROWNIE  Matcha and Yuzu Sorbet  Fitness   Nuts	200
FRUIT PLATTER Seasonal Fruit Platter Detox	200
CRÈME BRÛLÉE OF THE DAY Ask your Host for the Flavour of the Day Fitness   Milk, Eggs	200
ICE CREAMS Selection of Homemade Ice creams	

| Milk, Eggs

**SORBETS** 

Try our Selection of Plant-based Flavours

Detox, Sleep | Nuts

1 scoop 75 2 scoop 120

3 scoop 200

### CHEESE PLATTER

Selection of Four Fine Cheeses with Traditional Accompaniments 800 | Milk, Gluten, Celery



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