

Raw Starters

Sattvic Dishes (*Sattvic are vegetarian or vegan dishes*) :

Cream of fresh and dried mango with Brazil nut and vanilla, fresh red berries, slices of fresh apple (frugivorous dish) **15 €**



Raw soup of purslane, avocado, coriander and Calabrian olive oil, julienne of carrots, almonds, sprouted grains, seeds and Essenian bread (garlic-free dish) **15 €**



Salad of raw vegetables and seasonal greens, cream of carrots, almonds and citrus fruits, dried tomato sauce, selection of sprouted grains, seeds and Essenian bread (garlic-free dish) **17 €**



Fennel and avocado tartare with avocado and tarragon, pink berries, dill and argan oil, mustard leaves, Espelette pepper, seasonal greens, seeds and sprouted grains (garlic-free dish) **17 €**



“Faux-gras” of lentils, mushroom and rice miso, stuffed with dried mango, salad of kale, lamb’s lettuce and endive, raw ginger and green pepper sauce with "quatuor" oil, light cashew nut lacto-fermented cream **18 €**

Radjasic Dishes (*Radjasic are meat or fish dishes*) :

Ceviche of sea bass marinated in lime and coriander, cream with avocado and wasabi, raw sauce of shallots and lemon-grass, sprouted seeds, and dried vegetables chips **22 €**



Tartare of yellow tail with tarragon, dill, chive, and argan oil, sliced fennel, cream of avocado and arugula, raw sauce with dried tomato, seeds and sprouted grains (garlic-free dish) **22 €**



Raw sliced scallops, avocado and parsley cream, raw sauce of ‘Quatuor’ oil flavored with ginger and green pepper, slices of grapefruit (dish without garlic) **23 €**



Lukewarm salad of hen pheasant marinated in Orient flavours, sliced fennel, cream of celeriac and cashew nuts, dried mushroom and blueberry sauce, seasonal greens and sprouted grains **23 €**



Tartare of Ardennes Beef marinated with dried tomato, mash avocado and arugula with Calabrian olive oil, balsamic cream with truffle flavoured oil, mushroom salad, sprouted grains and seeds **24 €**

Cooked Main Dishes

Sattvic Dishes (*Sattvic are vegetarian or vegan dishes*) :

“Chispiolas” of sprouted green peas with celeriac and candied lemon, “breaded” with almonds and dried beetroot, cream of sweet potato with saffron and olive oil, raw sauce with fresh herbs **23 €**



Tofu pearls and Jerusalem artichoke with dried tomato, “breaded” with white sesame and chia, rutabaga and mashed cashews cream with cardamom, steamed seasonal vegetables, capers and parsley raw sauce **23 €**



Fondant of autumn vegetables stuffed with romanesco sauce and candied lemon, “béarnaise” of squash and mashed cashews, crushed sprouted chickpeas, raw sauce with turmeric and currants **23 €**



Soft steamed Araucana eggs, steamed seasonal vegetables, cream of Portobello mushroom, almond and green pepper, raw sauce with capers, fresh tomato and lemon peel **24 €**

Radjasic Dishes (*Radjasic are meat or fish dishes*) :

Solettes marinated in fresh turmeric and shallot, cooked at low temperature, steamed seasonal vegetables and shiitake, rutabaga and mashed cashews cream with cardamom, tamari and olive oil raw sauce **25 €**



Marinated salmon steak with Thai flavors, cream of celery root and almond puree with star anise, steamed seasonal vegetables, raw sauce with tamari and sesame oil **29 €**



Turbot fillet marinated in green olivade, steamed seasonal vegetables, “béarnaise” of squash and mashed cashews with tarragon, fresh herbs raw sauce **31 €**



Hen pheasant marinated with eastern spices cooked during 7h at low temperature, steamed autumn vegetables, cream of yellow turnip, sweet potato and saffron, raw sauce with colza oil and tamari **28 €**



Doe rib marinated with thyme and rosemary, sweet pepper and herbs, epigram of autumn vegetables, cream of Portobello mushroom, almond and green pepper, raw sauce with provencal herbs (cooking time 30 min) **29 €**



Venison ribs marinated with thyme and rosemary, sweet pepper and herbs, epigram of seasonal vegetables, cream of celery root and almond puree with star anise, raw sauce with provencal herbs (cooking time 25 min) **29 €**