

## **Raw Starters**

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

Cream of dried apricot and cashew nuts, with orange flower water, garnished with dried red fruits and grated apple (frugivorous dish) **15 €**



Raw spinach soup with avocado, coriander seeds and Calabrian olive oil, garnished with a carrot julienne, sprouted seeds and grains and Essene bread (garlic-free dish) **15 €**



Salad of raw vegetables and seasonal greens, pistachio and pumpkin seeds cream, tamarind, ginger and coriander raw sauce, selection of sprouted grains, seeds and Essenian bread **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 €**



Raw milk goats cheese, spring salad of spinach, red radish and spring onions marinated with miso, raw dried fig and rapeseed oil sauce, sprouted grains and seeds (dish without garlic) **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 **23 €**



Tartare of salmon and sea bass with tarragon, pink berries dill and argan oil, sliced fennel and avocado and mashed avocado, seeds and sprouted grains (garlic-free dish) **24 €**



Fine slices of yellowtail marinated with lime, oyster mayonnaise with Calabrian olive oil, shallot, chervil and dill sauce, shiso seeds **27 €**



Lukewarm salad of duck marinated with rosemary, slow-cooked, sliced fennel and young spinach marinated in miso, mushroom and dried blueberry in “quatuor” oil **24 €**



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

## Cooked Main Dishes

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

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



Sicilian truffles of whole grain rice and pink lentils, filled with vegetables and sweet pepper, yellow turnip and sweet potato cream with saffron, steamed seasonal vegetables, fresh herbs, capers and lemon confit raw sauce **23 €**



Coral lentils balls with saffron and cocoa butter, Portobello mushroom cream paprika and green pepper, steamed candied season roots, raw herb sauce flavored with walnut oil **23 €**



Soft steamed Araucana eggs, steamed asparagus, cream of turnip, shallot and charcoal with cinnamon and hazelnut oil, raw sauce with shallot, chervil and dill (garlic-free dish) **24 €**

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

Salmon steak marinated with oriental spices and cooked at low temperature, red sweet potato and peanuts cream, steamed seasonal vegetables, shoyu and colza oil raw sauce **26 €**



Yellowtail fillet marinated with shallot, chervil and dill, cooked at low temperature, steamed candied season roots, cream of turnip, shallot and charcoal with cinnamon and hazelnut oil, raw sauce with fresh herbs **29 €**



Turbot fillet marinated in green “olivade”, steamed seasonal vegetables, white asparagus and cashews cream with cardamom, fresh herbs raw sauce **31 €**



Guinea fowl marinated with eastern spices cooked at low temperature, steamed spring vegetables, cream of yellow turnip, sweet potato and saffron, raw sauce with colza oil and tamari **27 €**



Mulard duck breast with orange, steamed spring vegetables, cream of white carrots and cashew nut, perfumed with Chinese badian and hazelnut oil, kumquat raw sauce, citrus zest and juniper berries (garlic-free dish) (35 min cooking) **29 €**



Rumsteak of lamb marinated with southern green pesto, steamed seasonal vegetables, Portobello mushroom, green pepper and paprika cream, raw chimichurri sauce with thyme, tarragon and rosemary (35 min cooking) **29 €**