

BREAKFAST

8:00 - 12:00

Menu

3 BIO EGGS	10 €
Fried · Omelette · Scrambled · Poached 1,2,12	
EGGS BENEDICT SALMON	12 €
1,2,7,12	
AVOCADO TOAST	12 €
With poached egg 1,2,12	
NEW YORK ROLL	12 €
With cream cheese, smoked salmon, lettuce, tomatoes 1,2,7,12	
SYRNIKI	20 €
1,2,12	
PORRIDGE	8 €
Sugar-free home-made jam 2	
CHIA SEED PUDDING	8 €
With seasonal fruits	

STARTERS

GUACAMOLE

12 €

With crispy bread

12

TRUFFLE CROQUE-MONSIEUR

15 €

1,2,12

SALMON TARTAR

20 €

With avocado, mango, ponzu

7,8

SOUP BORSCH

20 €

2,12,13

BURRATA SALAD

19 €

2,12

CHICKEN CAESAR SALAD

21 €

1,2,3,7,12

SHRIMP CAESAR SALAD

23 €

1,2,3,5,7,12

QUINOA BOWL

23 €

With smoked salmon

3,7

*Chicken breast (country of origin France)



MAIN COURSE

SUPREME CHICKEN 22 €

With carrot purée, pickled vegetables
2

BLACK ANGUS BURGER 20 €

1,2,3,12

CAUCASIAN SHASHLIK 24 €

3

SALMON WITH PAK-CHOI 26 €

With mango, sweet potato
2,7

**SEA BASS WITH BEURRE
BLANC** 26 €

2,7,13,14

SHRIMP PAD THAI 22 €

1,4,5,6,7,8,9

VEGETARIAN PAD THAI 19 €

1,4,6,8,9

*Chicken breast (country of origin France)

*Beef (country of origin Argentina)



SIDE DISH

RICE 7 €

QUINOA

BUCKWHEAT

SLICED AVOCADO

VEGETABLES

Steamed · Grilled

DESSERTS

SYRNIKI 20 €

1,2,12

CHOCOLATE FONDANT 10 €

Sugar-free

1,2,12

CHIA SEED PUDDING 10 €

With seasonal fruits



ALLERGENS

Menu

- 1 - EGGS
- 2 - MILK
- 3 - MUSTARD
- 4 - PEANUTS
- 5 - CRUSTACEANS
- 6 - MOLLUSCS
- 7 - FISH
- 8 - SESAME
- 9 - SOY
- 10 - SULFITES
- 11 - NUTS
- 12 - GLUTEN
- 13 - CELERY
- 14 - CEREAL

KITCHEN IS OPEN:

Monday - Friday

8:00 - 20:00

Saturday

8:00 - 16:00

A D D R E S S

World Class Fitness Club
6 Avenue Marquet
06320 Cap d'Ail

P H O N E

+33 4 92 09 74 84