

## Breakfast & Brunch

served from 8:00 to 11:30

Açaí bowl with berries, banana and granola (milk; cereals)	12.00
Pancakes with maple syrup (gluten)	7.00
Egg toast toast, poached eggs, chives (egg; gluten; sesame)	7.50
Extra bacon 1.50	

## Bites

Homemade mackerel rillettes condiments, Yuzu Ponzy Shibanima sauce, sesame toast (sesame, fish)	8.00
Burrata 120g in salad & homemade pesto (milk, nuts)	9.00
Courgette gazpacho with basil, pine nuts and feta cheese (milk)	8.00
Avocado toast (PB) toasted bread, avocado, sauce vierge (sesame, gluten )	8.00

## Bowls & Grains

Caesar salad (MP) sucrine, chicken, parmesan, cherry tomatoes, croutons, egg, caesar sauce (mustard; soy; gluten; egg)	15.00
Buddha bowl (MP) avocado, cherry tomatoes, chickpeas, red cabbage, red onion & salad	13.00
Poke Bowl (MP) (PB) rice, avocado, cherry tomatoes, red onion, beans, salad Extra chicken (+ 3.00) or salmon (+ 3.00) (mustard; sesame)	13.00

## Comfort

Grilled octopus sauce vierge, rocket salad & patatas bravas (mollusc)	20.00
Beef carpaccio 200gr rucola, parmesan, home made pesto, french fries (gluten; trace of milk)	18.00
Organic coquillettes with truffle and hazelnut slivers (fish; mustard)	16.00
Grilled codfish & summer vegetables, aioli (mustard; milk; sesame)	17.00

MP = Available as Mealplan option | PB = Vegetable dish | V = Vegan dish. Please note that not all ingredients are listed in the menu descriptions. If you have a food allergy, please inform your community host before ordering.  
Need to connect to WIFI? Just select TSH Guest!

# Food

## Burgers

Served in an organic/vegan brioche bun with french fries

<b>Beef Burger (MP)</b> Black Angus beef 150g, bacon, cheddar, cocktail sauce, onion, tomato, sucrine & pickles (mustard; sesame; milk)	17.00
<b>Fried Chicken Burger (MP)</b> thai inspiration, cheddar, mayo wasabi, tomato, sucrine, onion (mustard; sesame; gluten; milk)	16.00
<b>Vegan Burger (MP) (PB)</b> veggïe steak, spicy sauce, sucrine, tomato, onion & pickles (mustard; sesame; gluten; sulphite)	15.00

## Soup & Sandwiches

<b>Soup &amp; Sandwich (MP)</b> Chicken or Veggïe baguette and courgette gaspacho (gluten; milk)	12.00
<b>Chicken baguette</b> chicken, lettuce, tomato, cocktail sauce, onion	6.50
<b>Veggïe baguette (PB)</b> salad, tomato, onion, coleslaw, cocktail sauce (gluten; milk; mustard; egg)	6.50

## Sides

<b>Chips (V)</b>	5.00
<b>Sweet potato fries (V)</b>	5.00
<b>Salad (V)</b>	5.00

served with mayonnaise, ketchup, mustard or cocktail sauce

## Desserts

<b>Gourmet Coffee</b>	8.00
<b>Strawberries</b> with mascarpone, verbena syrup and almond crumble	7.00
<b>Chocolate cake "moelleux"</b> ice cream milk jam with carmargue salt	8.00
<b>Seasonal sorbets &amp; ice cream</b> from Gérard Cabiron, choice of 3 scoops	6.00
-Caramel and salted butter banana, chocolate, vanilla, nougat ice cream or sorb and lime ice cream	

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# Food

## White Wines

Gaillac AOP, France	5.40   26.00
Cheverny, Cheverny, France	5.40   26.00
Gascoigne, Saint-Lannes, France	5.50   27.00
Pinot Gris Bio, Pinot de Jo H, France	6.00   30.00

## Red Wines

Gaillac, le Rébus, France	5.40   26.00
Minervois, Sirus, France	7.40   34.00
St Nicolas de Bourgueil, Les Petits Grains	33.00
Gigondas, Domaine Saint-Damien, France	47.00

## Rosé

Charmeuse, France	5.40   26.00
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## Bubbles

Prosecco	7.00   32.00
Champagne	70.00

## Waters

Volvic (50cl)	4.20
Volvic (1L)	6.20
San-Pellegrino (50cl)	4.20
San Pellegrino (1L)	6.20

## Hot drinks

Espresso	2.20
Double Espresso	3.20
Americano	3.20
Cappuccino	4.00
Latté	4.00
Iced Coffee	4.50
Hot Chocolate	4.50
Mint Tea	3.50
Tea	3.50

# Drinks

## Aperitifs / Digestifs

Martini	5.00
Peppermint Get27	5.50
Baileys	5.50

## Cocktails

Aperol Spritz	9.50
Campari Spritz	9.50
Moscow Mule	10.50
Jamaican Mule	10.50
Cosmopolitan	10.50
Pina Colada	10.50
Mojito	10.50
Old Fashion	10.50
Margarita	10.50

## Fruit juices

PAGO	3.80
Orange/Apple/ Apricot/Strawberry/ ACE/Tropical/ Pineapple/Mango	

## Beers

		25cl	50cl
Caporal	Blonde	3.50	6.50
Caporal	IPA	4.00	7.60

## Spirits

Armagnac Bas Malartic	8.00
Cognac Hennessy VS	9.00
Glenfiddich	9.00
Grants Triple Wood Whiskey	7.00
Monkey Shoulder	8.00
Pampero Rum	6.50
Wyborowa Vodka	7.00
Absolut Blue Vodka	8.00
Tequilla	7.50
Sailor Jerry's Rum	8.50
Bull Dog Gin	8.00
Tanquery Gin	7.00

## Sodas

Coca-Cola	3.50
Coca-Cola Zéro	3.50
Perrier	3.50
Ginger Ale	3.50
Tonic Water	3.50
Limonade	3.50
Mate Cito	5.00

# Drinks

## Breakfast & Brunch

servi de 8h à 11h30

Açaï bowl baies, banane, granola (lait; céréales)	12.00
Pancakes au sirop d'érable (gluten)	7.00
Egg toast pain grillé, œufs pochés, ciboulette (œuf; gluten; sésame)	7.50
Extra bacon 1.50	

## Entrées

Rillettes de maquereaux maison condiments, sauce Yuzu Ponzy Shibanima, toasts au sésame (sésame, poissons)	8.00
Burrata 120g en salade & pesto maison (lait, fruits à coques)	9.00
Gaspacho de courgettes au basilic, pignons et dès de feta (lait)	8.00
Avocado toast (PB) pain grillé, avocat, sauce vierge (sésame, gluten)	8.00

## Bowls & Grains

Salade César (MP) sucrine, poulet, parmesan, tomates cerises, croûtons, œuf, sauce César (moutarde; soja; gluten; œuf)	15.00
Buddha bowl (MP) avocat, tomates cerises, pois-chiche, choux rouge, oignon, salade	13.00
Poke Bowl (MP) (PB) riz, avocat, tomates cerises, oignon rouge, fèves, salade	13.00
Extra poulet (+ 3.00) ou saumon (+ 3.00) (moutarde; sésame)	

## Plats

Poulpe à la plancha sauce vierge, roquette & patatas bravas (mollusque)	20.00
Coquillettes bio à la truffe et aux éclats de noisettes (gluten; trace de lait)	16.00
Pavé de morue & légumes d'été grillés, aïoli (poisson; moutarde)	17.00
Carpaccio de boeuf 200g roquette, parmesan, pesto maison, frites (moutarde; lait; sésame)	18.00

MP = Disponible comme option Mealplan | PB = Plat à base de légumes | V = Plat végan. Veuillez noter que tous les ingrédients ne figurent pas dans la description des menus. Si vous souffrez d'une allergie alimentaire, veuillez en informer votre community host avant de commander.

Vous avez besoin de vous connecter au WIFI ? Il suffit de sélectionner TSH Guest !

# Food

## Burgers

Servi dans un pain brioché bio/vegan avec des frites fraîches

<b>Burger au boeuf (MP)</b> boeuf Black Angus 150g, bacon, cheddar, sauce cocktail, oignon, tomate, sucrine et cornichon (moutarde; sésame; lait)	17.00
<b>Burger poulet frit (MP)</b> inspiration thaï, cheddar, sucrine, tomate, oignon & mayo wasabi (moutarde; sésame; gluten; lait)	16.00
<b>Vegan Burger (MP) (PB)</b> steak végété, sauce spicy, sucrine, tomate, oignon et cornichon (moutarde; sésame; gluten; sulfite)	15.00

## Soupe & Sandwichs

<b>Soupe &amp; Sandwich (MP)</b> Chicken ou Veggie baguette et gaspacho de courgettes au basilic (gluten; lait)	12.00
<b>Chicken baguette</b> poulet, sucrine, tomate, sauce cocktail, oignon rouge	6.50
<b>Veggie baguette (PB)</b> salade, tomate, oignon, coleslaw, sauce cocktail (gluten; lait; moutarde; oeuf)	6.50

## Accompagnements

<b>Frites (V)</b>	5.00
<b>Frites de patates douces (V)</b>	5.00
<b>Salade (V)</b> (moutarde; sésame)	5.00

servi au choix avec mayonnaise, ketchup, moutarde ou sauce cocktail

## Desserts

<b>Café Gourmand</b> (gluten; lait; oeuf; arachide; cereales; fruits à coques)	8.00
<b>Fraises</b> au mascarpone, sirop de verveine et crumble aux amandes	7.00
<b>Moelleux au chocolat</b> glace "confiture de lait au sel de carmargue"	8.00
<b>Sorbets &amp; Glaces</b> de saison de chez Gérard Cabiron, 3 boules au choix	6.00
-Glace banane caramel et beurre salé, chocolat, vanille, nougat ou sorbet citron vert	

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# Food

## Blancs

Gaillac AOP, France	5.40   26.00
Cheverny, Cheverny, France	5.40   26.00
Gascoigne, Saint-Lannes, France	5.50   27.00
Pinot Gris Bio, Pinot de Jo H, France	6.00   30.00

## Rouges

Gaillac, le Rébus, France	5.40   26.00
Minervois, Sirus, France	7.40   34.00
St Nicolas de Bourgueil, Les Petits Grains	33.00
Gigondas, Domaine Saint-Damien, France	47.00

## Rosé

Charmeuse, France	5.40   26.00
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## Les Bulles

Prosecco	7.00   32.00
Champagne	70.00

## Eaux

Volvic (50cl)	4.20
Volvic (1L)	6.20
San-Pellegrino (50cl)	4.20
San Pellegrino (1L)	6.20

## Boissons chaudes

Espresso	2.20
Double Espresso	3.20
Americano	3.20
Cappuccino	4.00
Café Latté	4.00
Café glacée	4.50
Chocolat Chaud	4.50
Thé à la menthe	3.50
Thé	3.50

# Drinks

## Aperitifs / Digestifs

Martini	5.00
Peppermint Get27	5.50
Baileys	5.50

## Cocktails

Aperol Spritz	9.50
Campari Spritz	9.50
Moscow Mule	10.50
Jamaican Mule	10.50
Cosmopolitan	10.50
Pina Colada	10.50
Mojito	10.50
Old Fashion	10.50
Margarita	10.50

## Jus de fruits

Pago	3.80
ACE / Orange / Pomme /	
Fraise / Abricot / Ananas/	
Mango/Tropical/Tomate	

## Bières

	25cl	50cl
Corporal Blonde	3.50	6.50
Corporal IPA	4.00	7.60

## Spiriteux

Armagnac Bas Malartic	8.00
Cognac Hennessy VS	9.00
Glenfiddich	9.00
Grants Triple Wood Whiskey	7.00
Monkey Shoulder	8.00
Pampero Rum	6.50
Wyborowa Vodka	7.00
Absolut Blue Vodka	8.00
Tequilla	7.50
Sailor Jerry's Rum	8.50
Bull Dog Gin	8.00
Tanquery Gin	7.00

## Sodas

Coca-Cola	3.50
Coca-Cola Zéro	3.50
Perrier	3.50
Ginger Ale	3.50
Tonic Water	3.50
Limonade	3.50
Mato Cito	5.00