

BREAKFAST

8:00 AM - 11:30 AM

Menu

3 BIO EGGS YOUR WAY	10 €
Fried/Omelette/Scrambled/Poached 1,2	
EGGS BENEDICT SALMON	12 €
1,2,6,11	
EGGS BENEDICT CECINA	12 €
1,2,11,14	
AVOCADO TOAST	12 €
With poached egg 1,2,11	
NEW YORK ROLL	12 €
With cream cheese, smoked salmon, lettuce, tomatoes 1,2,6,11	
SYRNIKI	20 €
1,2,11	
PORRIDGE	8 €
Sugar-free home-made jam 2,11,13	
CHIA PUDDING	8 €
GOLD MANGO	15 €

STARTERS



GUACAMOLE	12 €
With crispy bread 11	
TRUFFLE CROQUE-MONSIEUR	15 €
1,2,11,14	
SALMON TARTAR	20 €
With avocado, mango, ponzu 6,7,8	
BEEF TARTAR	20 €
With knife-chopped smoked capers, cornichons, shallot 1,3,11,14	
SOUP BORSCH	20 €
2,12,14	
BUFFALO MOZZARELLA CAPRESE	19 €
2,11	
CHICKEN CAESAR SALAD	21 €
1,2,3,6,11	
SHRIMP CAESAR SALAD	23 €
1,2,3,5,6,11	
QUINOA BOWL	23 €
With smoked salmon 3,12	

*Beef (country of origin Argentina)

MAIN COURSE

SUPREME CHICKEN 22 €

With carrot purée, pickled vegetables

2

BLACK ANGUS BURGER 20 €

1,2,3,11,14

CAUCASIAN SHASHLIK 24 €

3,14

SALMON WITH PAK-CHOI 26 €

With mango, sweet potato

2,6

**SEA BASS WITH BEURRE
BLANC** 26 €

2,6,12

SHRIMP PAD THAI 22 €

1,4,5,6,7,8,11,12,13

VEGETARIAN PAD THAI 19 €

1,2,3,6,11

*Chicken breast (country of origin France)

*Beef (country of origin Argentina)

Menu

DESSERTS

CHOCOLATE FONDANT

10 €

Sugar-free

1,2,11

CHIA SEED PUDDING

10 €

With seasonal fruits

GOLD MANGO

15 €

Mentha

ALLERGENS

Menu

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

WORKING HOURS

8:00 - 16:00

ADDRESS

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

PHONE

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