

Menus :

1. Lunch Menu (on weekdays only) 12€

Plat du jour

+ Dessert of your choice

2. Menu « IZBA » 17€

Warm eggplant's salad

+ Steak « Mock-fish » served with rice

+ Dessert of the day

3. Secret garden menu 19€

Duo of goat cheese and beetroot, topped with walnut's sauce

+ Polenta baked with seaweeds served on gaspacho

+ Café gourmand (coffee + vegan biscuit + fruit salad)

4. Russian menu 20€

Cold bortsch (beetroot soup)

Or Layers salad called « White birch »

+ Seitan ball stuffed with caramelized onions, served with buckwheat

+ Blinis (russian pancakes)

Starters

Duo of goat cheese and beetroot, topped with walnut's sauce 8€

Layers salad called « White birch »* 8€

Potatoes, mushrooms, cucumber etc...

Warm eggplant's salad* 5€

Soups

Cold bortsch (beetroot soup) * 7€

Big salads

Salade & samossas stuffed with goat cheese 9€

Salade & mini-falafelles* 9€

Main courses

Plat du jour	8€
Seitan ball stuffed with caramelized onions, served with buckwheat	12€
Steak « Faux-fish » served with rice*	10€
Polenta baked with seaweeds served on the gaspacho	11€
Mushrooms « à la crème » and courgette pancakes*	10€

Desserts

Dessert of the day	5€
Blinis (russian pancakes)	5€
Café gourmand (coffee + vegan biscuit + fruit salad)*	5€

*Vegan or can be vegan on request

Non-alcoholic beverages

Organic bottled fruit juice 25cl	3€
Organic limonade 33cl	3€
Organic cola 33cl	3,5€
Banana lassi 25cl	4,5€
Mineral water (Abatille, 75cl)	2,5€
Coffee (fair trade certified)	1,5€
Non-alcoholic beer	3€
Non-alcoholic spelt wheat panache	4€

Organic and fair trade teas

Small teapot	2,5€
Big teapot	4€

- Black tea Flower Pekoe, Ceylan
- Black tea « 4 spices », Ceylan
- Black tea « Russian flavour » with citrus fruits, China
- Green tea Gunpowder, China
- Mint green tea, Chine
- Green tea « Prestige » from high plateaus, Ceylan
- Green tea « Peach flavour »
- Red tea Rooibos, vanilla flavour
- Herbal tea « Izba » (lavender, thyme, bee balm, mint)
- Herbal teas Yogi in tea bag
- (lotus, rose, ginseng, digestion, green tea-jasmine, energy, relax, classic)

Or

Alcoholic beverages

Organic beer from Dordogne « La Margoutie »	3,5€
Chestnut organic beer	4€
Home-made Kir (white Bergerac wine + blackcurrant, strawberry or peach syrup)	4€
Organic Port-wine	4,5€
Vodka	2€

Organic Wines

	Glass 12 cl	Jug 50cl	Bottle 75cl
White dry Bergerac 2009	3€	7€	11€
Red Bergerac 2009	3€	7€	11€
Rose Bergerac 2009	3€		11€
White Soft C.B. 2009	3€		11€
Bordeaux 2008 "Château Canet"	3,5€		13€
Clairette de Die (sparkling fruit wine)			16€
Gewurztraminer (Elegant and fresh Alsace wine)			19€
Sauignac (Sweet wine with candied fruits flavouring) bottle 50cl			28€