



STARTER

CALIFORNIA ROLLS 375 
Omelet rolls with sushi rice, spinach and creole sauce

BUTTERNUT CREAM SOUP 375 
Butternut cream with coconut milk garnished with feta Seeds, served with homemade toast

FRESH WATERMELON SALAD 425 
Watermelon salad with feta and mint

CHICKEN SATAY 395
Grilled chicken skewers with peanut dipping sauce

PALMISTE SALAD 495 
Palm heart with salad, celery, orange, apple, strawberry, With cream and almond sauce

VEGAN



POLENTA FRIES 295
Polenta fries with beet humus sauce

SPRING ROLLS 355
Fresh rolls with cabbage, mango or papaya, tofu, cucumber carrot, and mint. tahini sauce with candied ginger

SCRAMBLE TOFU 495
Scramble tofu marinated with ginger and soy sauce, pâtisson, avocado and roasted carrot


PINK AVOCADO PANCAKE 525
3 buckwheat pancakes with beet hummus, avocado, grenades, seeds, onions and young plants


BUDDHA BOWL * 525
Carrot, beet, mango or papaya, red cabbage, avocado, lentils, coriander, seeds


VEGAN BURGER 595
Plant based burger, vegan cheese, tomato, onions and beet hummus accompanied with beet chips and salad


MAIN


CHICKEN TACOS 495
2 Whole-wheat tacos filled with marinated chicken, avocado, tomato, salad and cheese. Served with creamy sauce.

MAURITIAN BURRITO 495 
Whole-wheat farata filled with scrambled eggs, avocado, tomato and cabbage. Served with butternut sauce.

AVOCADO TOAST 495 
Homemade cereals bread with avocado, fresh cheese, onions, grenades, seeds, served with cabbage and carrot salad
Add egg +30

BEET HUMMUS TOAST 525 
Homemade cereals bread with beet hummus, spinach, seeds, grenades, feta cheese and one poached egg

SOBA NODDLES 550 
Soba noodles accompanied with chouchou, pâtisson Cream and ginger soy sauce

THE GOOD BURGER 595 
Plant based burger, cheddar cheese, tomato, onions beet hummus accompanied with beet chips and salad

SUMMER POKE BOWL * 625
Fresh tuna, sushi rice, avocado, mango or papaya, carrot, cabbage, beet, coriander

SEARED TUNA 625
Fresh seared tuna coriander & sesame, red cabbage, polenta and beet, with peanut sauce

All our dishes are homemade and prepared on the spot with fresh products
Some dishes may take time to cook :)

DESSERTS

CHEESECAKE 325
Cottage cheese cake with seasonal fruits


CHOCOLATE CAKE 325
Chocolate cake with vanilla ice cream

FRUITS LOVER 325
Fruits of the moment served with hot chocolate & whipped cream

PAVLOVA "Eton Mess" 325
Homemade meringue topped with red berries and whipped cream

ICE CREAM 295
2 scoops of ice cream with fruits


FLUFFY TATIN 415
Fluffy pancake with caramelized apples, vanilla ice cream
whipped cream
Gluten-free +40

VEGAN PANCAKES 455 
3 vegan pancakes, homemade syrup & blueberries or banana

BLUEBERRY PUDDING 325 
Vanilla chia pudding with blueberry coulis, homemade granola and seasonal fruits


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ALL DAY BRUNCH


FLUFFY PANCAKES
3 really fluffy pancakes, whipped cream & homemade syrup
- Blueberries 455
- Salted butter caramel 455
- Black chocolate 455
- Banana chocolate 475
Gluten-free option +40 


FRENCH TOAST "PAIN PERDU"
Homemade brioche, whipped cream & crunchy homemade granola
- Blueberries 475
- Salted butter caramel 475
- Chocolate 475


KEEP HEALTHY
Greek yogurt, homemade granola and chia pudding
- Fruit & compote 425
- Chocolate 425 

THE ENGLISH 395 
2 eggs any style: scrambled, fried or omelet
Add tomatoes, onion or cheese served with homemade bread

GOOD MORNING PANCAKES 475 
3 fluffy buckwheat pancakes
Tomato, eggs and young plants with mint whipped cream
Add avocado +60

AVOCADO TOAST 495 
Homemade cereals bread with avocado, fresh cheese, onions, grenades, seeds, served with cabbage and carrot salad
Add egg +30

BEET HUMMUS TOAST 525 
Homemade cereals bread with beet hummus, spinach, seeds, grenades, feta cheese and one poached egg

BENEDICT BUN 495 
Homemade brioche, avocado, poached egg, benedict sauce
Served with cabbage

DRINKS

WATER

Crystal, still water, 1l	100
S.Pellegrino, sparkling water, 75cl	250

MOCKTAILS

Kefir: homemade fermented fruit kefir	195
Iced tea: lemon or vanilla	250
Citronnade: Lemon and mint	250
Minty Berry: Icy mint syrup and red berries	250

FRESH JUICES

Green detox: cucumber, apple, lemon & mint	250
Island booster: carrot, pineapple, orange & ginger	
Red kiss: red fruits, pineapple, orange & coriander	

SMOOTHIES

Pineapple delicious: pineapple, apple, and papaya	285
Island vibes: mango, banana, vanilla and coconut	
Acai: red berries, banana	
Sweet Banana: banana, ice cream, peanut butter	
Milkshake: vanilla, coconuts or chocolate	

Organic milk	+40
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TEA AND COFFEE

Bois Cheri selection	100
Organic Tea or infusion	125
Hot Chocolate	150
Espresso	100
Americano	110
Latte	150
Cappuccino	150
Iced Coffee / Latte	150
Double shot	+40
Organic milk	+40

The Good Life



MAURITIUS

Open Tuesday to Saturday
from 8am until 3pm

Phone : 5489 2663