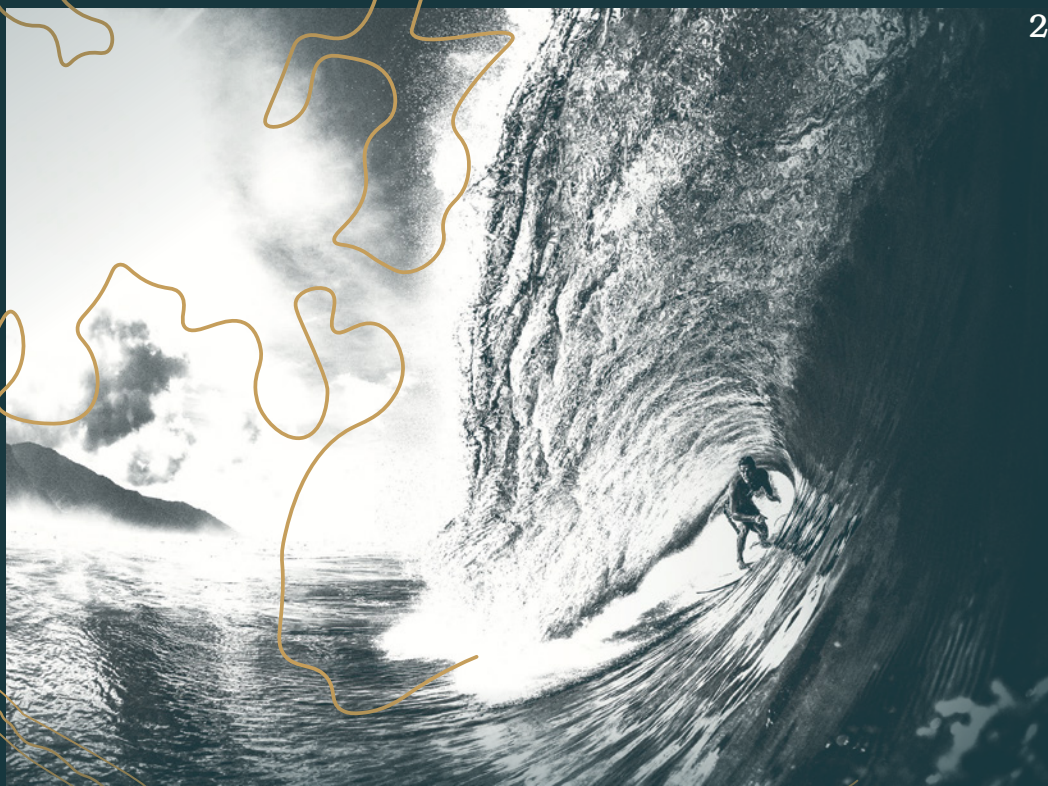


The Slab

— AFTER SURF —
RESTAURANT

47° 13' 56" N
2° 20' 58" W



The Slab

AFTER SURF
RESTAURANT

To Share

SALT COD FRITTERS • 12

(10 pieces), spicy mango ketchup

PORK NACHOS • 12

Pulled Breton pork, guacamole, cheddar

VEGGIE NACHOS • 10

Guacamole, red onions, sour cream, cheddar

Burgers

Classics

SLAB CHEESE • 20

Beef patty, cheddar, caramelized onions, lettuce, tomato, Slab sauce

BACON SLAB • 21

Beef patty, aged cheddar, grilled bacon, pickles, lettuce, tomato, creamy mustard sauce

CLASSIC BBQ • 21

Beef patty, aged cheddar, sweet-and-sour pickles, crispy onions, lettuce, tomato, homemade BBQ sauce

Ocean

BLACK TUNA • 25

Black bun, seared tuna, avocado, homemade pickles, lettuce, tomato, kaffir lime mayonnaise

BLUEFIN SMASH • 23

Local white fish in panko crust, lemon confit, pickled red onions, lettuce, tomato, homemade tartar sauce

Veggie

GREEN WAVE • 18

Veggie patty (chickpeas & black beans), avocado, arugula, tomato, tzatziki

Gourmet Burgers

SAVOYARD MELT • 23

Beef steak, smoked raclette cheese, caramelized onions, rösti potatoes, lettuce, tomato, whole-grain mustard

BASQUE FIRE • 23

Beef steak, sheep's milk tomme cheese, grilled ventrèche (thick bacon), black cherry compote with Espelette chili, lettuce, tomato, pepper sauce

BREIZH PULLED PORK • 23

Brittany pulled pork slow-cooked 7 hours in cider, Curé Nantais cheese, lettuce, tomato, homemade BBQ sauce

LE HAVRE • 23

Beef steak, half a Camembert, onion compote with cider vinegar, pickled apples, lettuce, Normandy sauce

Options

→ **DOUBLE UP** +4

Double patty et double fries

→ **MENU** +3

One soft drink of your choice

All burgers are served with homemade fries or seasonal vegetables.
Our buns come from EMMA Bakery

Poké Bowls & Salads

FISH SURF POKÉ • 21

Raw salmon, black rice, bean sprouts, mango, carrots, cucumber, radish, spring onions, edamames, wakames

POKÉ DES MARAIS • 24

Seared local fish, sushi rice, Breton seaweed, seasonal crunchy vegetables, homemade pickles, light beurre blanc vinaigrette

OCTOPUS BOWL • 21

Grilled octopus, black rice, piquillo peppers, cucumber, kale, edamames, wakames, lemon-ginger dressing

SPICY AHI POKÉ • 24

Salmon or tuna (depending on catch), avocado, crispy onions, mango, radish, carrots, chioggia beet, pickled ginger, wakames, homemade spicy mayo

VEGGIE WAVE POKÉ • 17

Seared halloumi or smoked tofu, quinoa, avocado, broccoli, radish, red cabbage, piquillos, pomegranate

MEAT KARAAGE POKÉ • 20

Karaage chicken, sushi rice, pineapple, chioggia beet, mushrooms, red cabbage, wakames, cashews, homemade teriyaki sauce

SALADE SIGNATURE *medium • 19 large • 22*

Baby greens, burrata, seasonal vegetables, walnuts, homemade pickles, Slab vinaigrette

SUPER-FOOD SALAD *medium • 19 large • 22*

Kale, bean sprouts, quinoa, roasted chickpeas, avocado, pomegranate, lemon-herb yogurt dressing

Main Dishes

Light

AVOCADO TOAST • 19

Seeded bread, lemon guacamole, feta or gravlax salmon

SEASONAL RISOTTO • 20

Prepared with market vegetables

Tartares

MARSHLAND TARTARE • 20

Hand-chopped beef, fresh samphire & Breton seaweed

CHIMICHURRI TARTARE • 20

Hand-chopped beef, homemade mild-chili chimichurri

Indulgent

CHICKEN SHAWARMA • 21

Marinated chicken, homemade pita, tzatziki, aji sauce

SEARED OCTOPUS • 24

Seared octopus, seasonal vegetable purée

Kid's Menu • 12

MAIN

- Fish fillet & fries
- Cheeseburger & fries
- Breaded chicken fillet & fries

DESSERT

- Ice cream cup
Vanilla / Chocolate / Strawberry /
Lemon / Caramel
- Brownie
- Banana bread

BOISSON

- Diluted syrup
- Diabolo

47° 13' 56" N
2° 20' 58" W

Homemade Desserts

Dine in

Classics

COOKIE • 3

BROWNIE • 5

BANANA BREAD • 5

GRANDMA PRINQUIAU'S FLAN • 5

Traditional baked egg custard

BRETON SHORTBREAD CAKE • 5

Soft butter-sugar center

FRESH FRUIT SALAD • 5

Seasonal fruits with whipped fromage blanc

RUSTIC TARTE TATIN • 8

Caramelized apples, vanilla cream

KEY LIME CHEESECAKE • 8

No-bake cheesecake, speculoos biscuit base

AUTHENTIC CARROT CAKE • 8

Spices, walnuts, homemade caramel

Signatures

CHOCOLATE SLAB • 10

Dark (70%) & milk (40%) chocolate double mousse on homemade crispy brownie

MANGO-GINGER CHOUX • 10

Homemade choux pastry, crunchy streusel, fresh mango compote, light ginger cream

Coffee & Desserts Combos

COFFEE WITH A SELECTION OF MINI DESSERTS • 10

Large assortment of homemade desserts
Double coffee / cream / tea option • 2

CAFLAN • 8

Coffee and homemade egg custard pie
Double coffee / cream / tea option • 2

Homemade Desserts

Take-Away

COOKIE • 3

BROWNIE • 3,5

BANANA BREAD • 3,5

Other homemade desserts may appear on the menu depending on season and the chef's inspiration.



Homemade

List of allergens on demand



Eco-labelled Ocean Friendly Restaurant



Fresh and local

Service hours:

Lunch service: **12:00 PM - 15:00 PM**
Afternoon service: **15:00 PM - 18:30 PM**

Accepted payment methods:

Cash | Credit Card | Restaurant Vouchers | Checks
All prices in Euros, service included.

**All our meats come from
the French sector**

Beef • Pork • Chicken • Lamb

The Slab

— AFTER SURF —
RESTAURANT

Drinks menu



Homemade

LEMONADE WITH LEMON (25 cl) • 5,5

ICED TEA (25 cl) • 5

SQUEEZED LEMON • 5

SQUEEZED ORANGE • 5,5

FRESH BLENDED FRUITS • 7

- Carrot, Apple, Ginger
- Pineapple, Apple, Kiwi
- Fruits of the moment

Softs

WATER SYRUP • 1,50

Strawberry / Raspberry / Passion fruit / Grenadine / Peach / Mint / Lime / Violet / Banana-kiwi / Hibiscus / Pink grapefruit / Watermelon / Peach-apricot / Cucumber / Lemon rantcho / Orgeat / Basil

DIABOLO (25 cl) • 3,50

COLD DRINKS • 4

Coca-Cola (25 cl) / Coca-Cola Zéro (25 cl) / Orangina (25 cl) / Oasis Tropical (25 cl) / Schweppes Tonic (25 cl) / Schweppes agrumes (25 cl) / Schweppes ginger beer (20 cl)

GRANINI JUICE (25 cl) • 4

Orange / Apple / Apricot / Tomato / Grapefruit / Pineapple

KOMBUCHA DAXTA (30 cl) • 5

PERRIER (33 cl) • 3,5

PLANCOËT WATER (50 cl) • 3

Still or sparkling

PLANCOËT WATER (1L) • 5

Still or sparkling

Syrup / Slice supplement • 0,30

Beers & Ciders

Draft beer

BLOND LAGER (25 cl) • 4 (50 cl) • 7,5

Lager, LAB Brewery

BEER OF THE MOMENT (25 cl) • 4,5 (50 cl) • 8,5

WHITE (25 cl) • 4,5 (50 cl) • 8,5

Hefeweizen, LAB Brewery

IPA (25 cl) • 4,5 (50 cl) • 8,5

Exocet, LAB Brewery

MONACO (25 cl) • 4,20 (50cl) • 8

PANACHÉ (25 cl) • 4,20 (50cl) • 8

PICON (25 cl) • 5,20 (50cl) • 9,20

Bottled beer

HINANO (33 cl) • 6,50

Tahiti blond beer

DESPERADOS (33 cl) • 6

DESPERADOS ALCOHOL FREE (33 cl) • 4

DREMWELL SANS ALCOHOL FREE (33 cl) • 4

Cider

RAW CIDER (25 cl) • 3,50 (75 cl) • 10

Le Terroir

BRETON KIR (12,5 cl) • 4,50

Raw cider

Aperitifs & Digestives

RICARD (2 cl) • 3,50

KIR (12,5 cl) • 4,50

Blackberry / Blackcurrant / Peach

SPARKLING KIR (12,5 cl) • 6,50

MARTINI BIANCO / ROSSO (5 cl) • 5,50

CAMPARI (5 cl) • 5,50

ALMOND COGNAC LIQUEUR (5 cl) • 6,00

PEPPERMINT LIQUEUR (5 cl) • 6,00

MENTHE-PASTILLE (5 cl) • 6,00

HENDRICK'S GIN (5 cl) • 12,00

PLYMOUTH GIN (5 cl) • 12,00

CLÉMENT VSOP RUM (5 cl) • 11,00

DIPLOMATICO RUM (5 cl) • 12,50

GLENFIDDISH WHISKY 12 YEARS (5 cl) • 11,50

Hot Drinks

COFFEE, DECAF, LONG • 2

HAZELNUT • 2,10

Espresso, milk*

DOUBLE COFFEE • 3,90

COFFEE CREAM • 2,40

Double espresso, hot milk*

LARGE COFFEE CREAM • 4,50

Double espresso, hot milk*

LATTE COFFEE • 5

Espresso, milk foam, cocoa

Syrup supplement • 0,30

Chococookie / Vanilla / Salted butter caramel

VIENNESE COFFEE • 3,50

Long, whipped cream, cocoa

CAPPUCCINO • 5

Double ristretto, milk foam, cocoa

MOCHACCINO • 5

Espresso, hot chocolate, cocoa

ICED COFFEE • 4,50

Double espresso, cane sugar, ice cubes

ICED LATTE • 5

Espresso, cold milk*, ice cubes

IRISH COFFEE • 10

HOMEMADE HOT CHOCOLATE • 4,50

VIENNESE CHOCOLATE • 5,50

Chocolate, whipped cream, cocoa

KUSMI TEA TEAS • 4

English Breakfast / Earl grey / Ceylan /
Kashmir Thai / Jasmine / Mint green /
Four red fruits / Mint-cucumber green /
White Anastasia / Anastasia / Detox

KUSMI TEA INFUSIONS • 4

Verbena / Verbena-Mint / Camomile /
Be cool / Aqua rosa

*Animal or vegetable milk

Cocktails

MOJITO • 10

Havana rum (4 cl), lime, mint, brown sugar, sparkling water, a drop of Angostura

Fruit purée supplement • 1

Red fruit / Passion fruit / Strawberry

TI PUNCH • 6

Trois Rivières rum (4 cl), lime, brown sugar

CAÏPIRINHA • 7

Cachaça (4 cl), lime, brown sugar

Fruit purée supplement • 1

Red fruit / Passion fruit / Strawberry

PORNSTAR MARTINI • 10

Vodka (5 cl), passion fruit liqueur (2 cl), passion fruit purée, lime, vanilla syrup, prosecco

APÉROL SPRITZ • 8,50

Apérol (4 cl), prosecco (6 cl), sparkling water, orange slice

EDERFLOWER SPRITZ • 9,50

Elderflower liqueur (4 cl), prosecco (6 cl), sparkling water, lemon slice

PEACH BREAK • 7

White wine (9 cl), peach liqueur (2 cl), lime juice, ginger beer

MOSCOW MULE • 9,50

Vodka (4 cl), ginger beer (7 cl), lime, a drop of Angostura on demand

LONDON MULE • 9,50

Gin (4 cl), ginger beer (7 cl), lime, a drop of Angostura on demand

JAMAÏCAN MULE • 9,50

Rum (4 cl), ginger beer (7 cl), lime, a drop of Angostura on demand

PIÑA COLADA • 12

White rum (2 cl), dark rum (2 cl), pineapple juice (10 cl) and coconut cream (2 cl)

AMERICANO • 9

Red Martini (2 cl), Campari (3 cl), Dry Martini (2 cl) and sparkling water (5 cl)

ESPRESSO MARTINI • 10

Vodka (5 cl), coffee liqueur (3 cl), an espresso, sugar syrup, egg white

Mocktails

GONG HEALTH'ENERGY® • 7

Sparkling water, fresh lemon juice, honey, ginseng, fresh mint, collagen

VIRGIN MOJITO • 7,50

Monin syrup rum flavour (3 cl), lime, mint, sparkling water

Fruit purée supplement • 1

Red fruit / Passion fruit / Strawberry

VIRGIN ELDERFLOWER SPRITZ • 7,50

Non-alcoholic elderflower liqueur (4 cl), apple juice, sparkling water

VIRGIN PIÑA COLADA • 8,50

Monin syrup rum flavour (2 cl), coconut milk (2 cl) and pineapple juice

SURFBERRY POP • 7

Strawberry purée, lime juice, mint, Perrier sparkling water

ELDERFLOWER CUCUMBER FIZZ • 7,50

Elderflower, cucumber syrup, Perrier, mint leaves, cucumber slices

47° 17' 9" N
2° 18' 16" W

Accepted payment methods:
Cash | Credit Card | Restaurant Vouchers | Checks
All prices in Euros, service included.

Wine List

All our wines are served by the glass (12,5 cl) or by the bottle (75 cl)

White

OURS BLANC • 4,50 • 21

Les animaux, AOC Luberon

MENETOU SALON • 5 • 26

Domaine Beaurepaire

PIERRE FRITE • 5 • 30

Le Pas Saint-Martin, AOC Saumur

CHARDONNAY • 4,50 • 25

Domaine de l'Épinay

COTEAUX DU LAYON • 5,50 • 33

Les Marcottes, domaine Pierre Chauvin

CASTELLU DI BARICCI • 52

AOC Sartène, Corse

BORN TO BE FREE, ALCOHOL FREE • 4 • 20

Chardonnay, Famille Pugibet

Rosé

ÉLÉPHANT ROSE • 4,50 • 21

Les animaux, AOC Luberon

NÉNETTE • 5 • 23

IGP Bouches du Rhône

TSH • 5,50 • 27

AOC Côte de Provence

CASTELLU DI BARICCI • 45

AOC Sartène, Corse

BORN TO BE FREE, ALCOHOL FREE • 4 • 20

Famille Pugibet

Red

FOURMI ROUGE • 4,50 • 21

Les animaux, AOC Luberon

CÔTES DU RHÔNE • 4,50 • 21

Cuvée des Galets

MENETOU-SALON • 5 • 26

Domaine Beaurepaire

CUVÉE DOMAINE • 5,50 • 32

Domaine des Roches Neuves,
AOC Saumur-Champigny

CROZES-HERMITAGE • 40

Guigal

CÔTE-RÔTIE BRUNE & BLONDE • 85

Guigal

BORN TO BE FREE, ALCOHOL FREE • 4 • 20

Merlot Cabernet, Famille Pugibet

Accepted payment methods:
Cash | Credit Card | Restaurant Vouchers | Checks
All prices in Euros, service included.

Snack Break

From 3:00 pm to 6:30 pm

Sweet snacks

COOKIE • 3

BROWNIE • 5

BANANA BREAD • 5

AÇAÏ BOWL *medium • 9 large • 12*

Açaï purée, fruits, granola,
dark chocolate (70%), homemade caramel

Gourmet coffee

**COFFEE WITH A SELECTION
OF MINI DESSERTS • 10**

Large assortment of homemade desserts

Double coffee / Cream / Tea option • 2

CAFLAN • 8

Coffee and homemade egg custard pie

Double coffee / Cream / Tea option • 2

Homemade | Fresh and local | Eco-labelled

Accepted payment methods:

Cash | Credit Card | Restaurant Vouchers | Checks

All prices in Euros, service included.