

The Slab

— AFTER SURF —
RESTAURANT

12h - 15h



*In this place of sharing,
you are invited to come on a trip between local and tropical.
A true consecration of our desires, a cuisine that represents us:
quality at a reasonable price to have a good time.
My grandmother's flan is as simple as it is good, without fuss.
I wanted to share with you the memories of my childhood.
As for Mamie Loqueffret's shortbread, I invite you to Google the spot:
in the heart of Monts d'Arrée where my grandfather's farm was located.
We are happy to take you with us on this journey for simple,
natural and fresh delights.*

Patrice Guénolé, L'Ours



*We are committed to offering an eco-friendly experience.
We focus on the local circuit, organic food, freshness and seasonality of our products
We don't use frozen products, everything is fresh!*

Frédéric Ardouin, Chef of the Slab



Our commitments



Homemade



Eco-labelled



Fresh and local

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Our new menu focuses on your favorite dishes, offering you even more choices and variety in the daily specials. Check out our board



Starters

Cod fritters (10 pièces), dog sauce	15,00 €
Carrot hummus and pickled cauliflower	10,00 €
Homemade fish rillettes	10,00 €
Charcuterie and cheese board from Maison Beillevaire	
Depending on our producer's arrivals	18,00 €



Veggie nachos

2 PERS

Guacamole, red onions, sour cream, cheddar 14,00 €

Beef nachos

Slow-cooked beef cheek, guacamole, cheddar 14,00 €

Pokes & salads

Veggie poke bowl	17,00 €
Grilled halloumi, sushi rice, carrot, radish, cucumber, mango, pineapple, edamame, wakame, pomegranate	
Meat poke bowl	19,90 €
Caramelized pork, riz sushi, sushi rice, carrot, radish, cucumber, mango, pineapple, edamame, wakame, pomegranate	

Fish poke bowl 19,90 €

Salmon tataki, sushi rice, carrots, radish, cucumber, mango, pineapple, edamame, wakame, pomegranate

Thai squid salad 21,00 €

Chinese cabbage salad with squid, carrots, spring onions, mustard sprouts, vermicelli and satay dressing

Dishes

Avocado toast with feta 19,00 €
Seeded bread toast, guacamole, feta

Avocado Toast with salmon 19,90 €
Seeded bread toast, thin slices of gravlax salmon, lemony guacamole

Thai beef tartare 19,90 €
Beef (180g), lemongrass, ginger, red chili, peanuts

Indian beef tartare 19,90 €
Beef (180g) spiced with curry, turmeric, raisins, and roasted chickpeas

Veggie Roll 19,00 €
Hot dog bun, leek compote, egg mimosa, curry mayo

Crabe Roll 22,00 €
Hot dog bun, crab meat, vadouvan mayo, seasonal toppings

Lamb Wrap 21,00 €
Slow-cooked lamb, tzatziki, dill and lemon

Chicken meatballs 21,00 €
Chicken, Chinese cabbage, peanut butter and red curry sauce

Green vegetable curry 19,00 €
Soba noodles, vegetables, cashew nuts, wild garlic sheep's cheese espuma

Filet mignon tiradito 23,00 €
Tender slow-cooked slices with zesty lime vierge sauce

Seared red sea bream 24,00 €
Baby potatoes and light herb foam

Sea bream ceviche 24,00 €
Fresh aguachile-marinated sea bream with lime, cucumbers and pickles

Burgers

Veggie burger* 17,00 €
Homemade plant-based patty, honey mustard

Cheese burger* 19,90 €
Ground beef patty, onion compote, cheddar, creamy mustard sauce

Blue bacon burger* 20,00 €
Slow-cooked beef cheek, bacon, Bleu d'Auvergne sauce, lettuce, tomato, caramelized onions

Fish burger* 20,00 €
Salmon steak, ginger teriyaki mayo, coleslaw

Double cheese burger* 23,00 €
Ground beef patty, onion compote, cheddar, creamy mustard sauce

Children's menu

12,00 €

Chopped steak or fish fillet

French fries or seasonal vegetables
or lettuce

Brownie or Banana bread or Ice cream

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

Service hours:
Lunch service: 12:00 PM - 3:00 PM
Afternoon service: 3:00 PM - 6:30 PM



Vegetarian dishes

*Side dish of your choice: Homemade french fries or seasonal vegetables from our local producers.

Desserts

Cheese assortment plate from Maison Beillevaire	11,00 €	
4 cheeses depending on availability		
Breton shortbread cake by Mamie Loqueffret	6,50 €	
Butter-sugar fondant heart		
Le Flan by Mémé Prinquiau	6,50 €	
Traditional egg flan		
Praline Flankie	9,50 €	
Praline flan on a cookie base		
Tropical cheesecake	9,50 €	
No-bake cheesecake with passion fruit on a Breton shortbread base		
Chocolate Mousse	9,50 €	
Chocolate mousse, cocoa crumble, coffee oil & tangy cream		
Fresh fruit salad	6,50 €	
Seasonal fruits with a white cheese mousse		
	MEDIUM	LARGE
Acai bowl	9,00 €	12,00 €
Acai puree, muesli, dark chocolate, caramel, red fruits, bananas		

Sweet snacks

Cookie	3,00 €
Brownie	5,00 €
Banana bread	5,00 €

Gourmet coffee

Gourmet coffee	10,50 €
Selection of our homemade cakes (Coconut panna cotta, praline Flankie, tropical cheesecake, brownie)	
☛ With a double coffee, a coffee cream or a tea	12,50 €
Caflan	8,00 €
Coffee served with a flan	
☛ With a double coffee, a coffee cream or a tea	11,00 €

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Our Commitments:

Homemade | Fresh & Local | Eco-labelled

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Pressed juices Mixed juices

Squeezed lemon	5,50 €
Squeezed orange	5,50 €
Mixed fruits	9,50 €

Softs

Water syrup of your choice	1,50 €
Strawberry • Raspberry • Grenadine • Peach • Mint • Lime • Banana-Kiwi • Violet • Pink grapefruit • Hibiscus • Cucumber • Basil • Passion fruit • Orgeat • Peach-apricot • Lemon rantcho • Watermelon	
Diabolo (25 cl)	3,50 €
Perrier (33 cl)	4,00 €
Coca-Cola / Coca-Cola Zéro (25 cl)	4,00 €
Orangina (25 cl)	4,00 €
Oasis Tropical (25 cl)	4,00 €
Schweppes (25 cl)	4,00 €
Tonic (25 cl), citrus fruits (25 cl), ginger beer (20 cl)	
Granini juice of your choice (25 cl)	4,00 €
Orange • Apple • Tomato • Grapefruit • Apricot	
Homemade lemonade with lemon (25 cl)	5,50 €
Homemade iced tea (25 cl)	5,00 €
	50 cl 100 cl
Plancoët water still or sparkling	3,00 € 5,00 €
Syrup / Slice Supplement	0,30 €

Hot drinks

Coffee, decaf, long	2,00 €
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	5,00 €
Espresso, milk foam, cocoa	
☛ Syrup supplement of your choice	5,30 €
Chococookie - Vanilla - Salted butter caramel	
Viennese coffee	3,50 €
Long, whipped cream, cocoa	
Cappuccino	5,00 €
Double ristretto, milk foam, cocoa	
Mochaccino	5,00 €
Espresso, hot chocolate, cocoa	
Iced coffee	4,50 €
Double espresso, cane sugar, ice cubes	
Iced latte	5,00 €
Espresso, cold milk*, ice cubes	
Homemade hot chocolate	4,50 €
Viennese chocolate	5,50 €
Chocolate, whipped cream, cocoa	
Kusmi Tea teas of your choice	4,00 €
English Breakfast • Earl grey • Ceylan • Kashmir Thai • Jasmine • Detox • Anastasia • White Anastasia • Green • Mint green • Mint-cucumber green • Four red fruits	
Kusmi Tea infusions of your choice	4,00 €
Verbena • Verbena-Mint • Camomile • Be cool • Aqua rosa	

*Option: animal or vegetable milk

Beers and ciders

	25 cl	50 cl
BLOND DRAFT LAGER		
Lager - LAB Brewery	4,00 €	7,50 €
SCÉLÉRATE DRAFT		
Strong amber beer - LAB Brewery	4,50 €	8,50 €
WHITE DRAFT		
Hefeweizen - LAB Brewery	4,50 €	8,50 €
BLOND IPA DRAFT		
Exocet - LAB Brewery	4,50 €	8,50 €
PANACHÉ, MONACO, PICON BEER		
Monaco / Sirup	4,20 €	8,00 €
Panaché	4,20 €	8,00 €
Picon	5,20 €	9,20 €
BOTTLED BEER		
Desperados (33 cl)		6,00 €
Dremwell (alcohol free) (25 cl)		4,00 €
CIDER		
Glass of cider, Le Terroir (25 cl)		3,50 €
Bottle of cider, Le Terroir (75 cl)		10,00 €

Aperitifs & Digestives

Ricard (2 cl)	3,50 €	Hendrick's gin (5 cl)	12,00 €
White / Red / Campari Martini (5 cl)	5,50 €	Plymouth gin (5 cl)	12,00 €
Floreal / Vibrante Martini alcohol-free (5 cl)	4,00 €	Clément VSOP rum (5 cl)	11,00 €
Kir (12,5 cl)	4,50 €	Diplomatico rum (5 cl)	12,50 €
Blackberry • Blackcurrant • Peach		Glenfiddish Whisky 12 years (5 cl)	11,50 €
Kir breton raw cider (12,5 cl)	4,50 €	Menthe-Pastille (5 cl)	9,00 €
Kir sparkling (12,5 cl)	6,50 €		

Wines

WHITE WINES 12,5 cl 75 cl

Ours Blanc 4,50 € 21,00 € Les animaux, AOC Luberon	
Menetou Salon 5,00 € 26,00 € Domaine Beaurepaire	
Pierre Frite, AOC Saumur 5,00 € 30,00 € Le Pas Saint-Martin	
Chardonnay 4,50 € 25,00 € Domaine de l'Epinay	
Coteaux du Layon 5,50 € 33,00 € Les Marcottes, domaine Pierre Chauvin	
Castellu Di Baricci 52,00 € AOC Sartène, Corse	

ROSÉS 12,5 cl 75 cl

Éléphant rose 4,50 € 21,00 € Les animaux, AOC Luberon	
Nénette 5,00 € 23,00 € IGP Bouches du Rhône	
TSH 5,50 € 27,00 € AOC Côte de Provence	
Bandol 39,00 € AOC Côte de Provence	
Castellu Di Baricci 45,00 € AOC Sartène, Corse	

RED WINES 12,5 cl 75 cl

Fourmi rouge 4,50 € 21,00 € Les animaux, AOC Luberon	
Côtes du Rhône 4,50 € 21,00 € Cuvée des Galets	
Menetou-Salon 5,00 € 26,00 € Domaine de Beaurepaire	
Cuvée Domaine AOC Saumur-Champigny 5,50 € 32,00 € Domaine des Roches Neuves	
Crozes-Hermitage 40,00 € Guigal	
Châteauneuf-du-Pape 65,00 € Guigal	
Côte-Rôtie Brune & Blonde 85,00 € Guigal	

CHAMPAGNE

Ruinart brut 75,00 €	
Ruinart Rosé 120,00 €	

Cocktails

Mojito	10,00 €
4 cl of Havana rum, lime, mint, brown sugar, sparkling water, a drop of angostura	
⊕ Red fruit or passion fruit puré	11,00 €
Ti Punch	6,00 €
4 cl of Trois Rivières rum, lime, brown sugar	
Caipirinha	7,00 €
4 cl of cachaça, lime, brown sugar	
⊕ Red fruit or passion fruit puré	8,00 €
Caipirovska	7,00 €
4 cl of vodka, lime, brown sugar	
⊕ Red fruit or passion fruit puré	8,00 €
Apérol Spritz	8,50 €
4 cl of Aperol, 6 cl of prosecco, 2 cl of sparkling water, orange slice	
Elderflower Spritz	9,50 €
4 cl of elderflower liqueur, 6 cl of prosecco, 2 cl of sparkling water, lemon slice	
Moscow Mule	9,50 €
4 cl of vodka, 7 cl of Ginger Beer, lime, a drop of angostura on demand	
Jamaican Mule	9,50 €
4 cl of dark rum, 7 cl of Ginger Beer, lime, a drop of angostura on demand	
Piña Colada	12,00 €
2 cl of white rum, 2 cl of dark rum, 10 cl of pineapple juice and 2 cl of coconut cream	
Americano	9,00 €
2 cl of Red Martini, 3 cl of Campari, 2 cl of Dry Martini and 5 cl of sparkling water	
Negroni	9,50 €
3 cl of Red Martini, 3 cl of Campari, 3 cl of gin	

Mocktails

GONG Health'energy®	7,00 €
Sparkling water, fresh lemon juice, honey, ginseng, fresh mint, collagen	
Virgin Mojito	7,50 €
3 cl of Monin syrup rum flavour, lime, mint, sparkling water	
⊕ Red fruit or passion fruit puré	8,50 €
Virgin Elderflower spritz	7,50 €
4 cl of non-alcoholic elderflower liqueur, apple juice, sparkling water	
Virgin Piña Colada	8,50 €
2 cl of Monin syrup rum flavour, 2 cl of coconut milk and 10 cl of pineapple juice	
Virgin Vibrante Spritz	7,00 €
4 cl of Vibrante Martini, 4 cl of orange juice and 2 cl of sparkling water	

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Allergens



GLUTEN



SOYA



PEANUTS



NUTS



SESAME



MUSTARD



SHELLFISH



FISH



EGG



MILK

TO SHARE

Cod fritters	•					•		•	•	•
Carrot hummus and pickled cauliflower					•					
Homemade fish rillettes	•	•				•		•		•
Charcuterie and cheese board	•									•
Nachos veggie		•		•						•
Nachos bœuf						•				•

MAINS

Veggie poke bowl		•			•					•
Meat poke bowl		•			•	•				
Fish poke bowl		•			•			•		
Thai squid salad	•	•	•	•	•	•	•			
Avocado toast with feta	•	•		•	•	•			•	•
Avocado toast with salmon	•	•		•	•	•		•		•
Green vegetable curry		•	•	•	•					•
Thai beef tartare		•	•		•	•		•		
Indian beef tartare						•			•	•
Lamb Wrap	•								•	•
Chicken meatballs with peanut butte	•	•	•	•	•	•				•
Veggie Roll	•				•	•			•	•
Crabe Roll	•				•	•	•		•	•
Filet mignon tiradito		•	•	•	•	•				
Seared red sea bream		•			•	•		•		•
Sea bream ceviche		•			•	•		•		•
Veggie burger	•	•			•	•			•	•
Cheese burger	•					•			•	•
Double cheese burger	•					•			•	•
Blue bacao burger	•					•			•	•
Fish burger	•	•			•	•		•	•	•

DESSERTS & SWEET SNACKS

Cheese assortment plate	•					•				•
Breton shortbread cake	•								•	•
Le Flan by Mémé Prinquiau	•								•	•
Praline Flankie	•			•					•	•
Tropical cheesecake	•								•	•
Chocolate Mousse, cocoa crumble	•								•	•
Fresh fruit salad									•	•
Açaï bowl	•			•					•	•
Gourmet coffee	•			•					•	•
Caflan	•								•	•
Cookie	•								•	•
Brownie	•								•	•
Banana Bread	•								•	•

Origin of meats

All our meats come from the **French sector**.
Beef • Pork • Chicken • Lamb



Ocean Friendly Restaurant

Certified by **Surfrider Foundation** for its eco-responsible management which complies with the **Ocean Friendly Restaurant** charter!

