

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

Starters

Cod fritters (10 pcs), spicy mango ketchup	15,00 €
 Basil & sun-dried tomato hummus	10,00 €
Homemade fish rillettes	12,00 €
Marinated octopus bowl	12,00 €
Creamy house chorizo dip	12,00 €

Charcuterie and cheese board	
Based on supply from our producer - La Maison Beillevaire	18,00 €
 Veggie Nachos	2 PERS
Guacamole, red onions, sour cream, cheddar	14,00 €
Beef Nachos	
Shredded veal, guacamole, cheddar	15,00 €

Pokes & salads

 Veggie poke bowl	17,00 €	Meat poke bowl	19,90 €	Fish poke bowl	21,00 €
Grilled halloumi, sushi rice, carrot, radish, cucumber, mango, pineapple, edamame, wakame, pomegranate			Caramelized chicken, sushi rice, carrot, cucumber, mango, pineapple, radish, edamame, wakame, pomegranate		
			Sea bream ceviche, sushi rice, carrot, cucumber, mango, pineapple, radish, edamame, wakame, pomegranate		

Dishes

 Stracciatella toast	19,00 €	 Burrata Salad	19,90 €	Seared Octopus	24,00 €
Seeded bread toast, stracciatella cheese, tomatoes, grilled vegetables and pesto		Burrata, tomatoes, strawberries, peaches, parmesan crumble		Octopus, roasted corn, carrot & ginger purée, herb vinaigrette	
 Avocado Toast with Feta	19,00 €	Beef Tartare – Marshland Style	19,90 €	 Summer Vegetable Curry	20,00 €
Seeded bread toast, guacamole, feta cheese		180g beef, seasoned with fresh sea asparagus and Breton seaweed		Zucchini, eggplant, tomatoes, green beans, cashews, coconut milk. Served with a multigrain mix.	
Avocado Toast with Salmon	19,90 €	Beef Tartare with Chorizo	19,90 €	Nasi Goreng with Chicken	21,00 €
Seeded bread toast, salmon tatak, horseradish cream, lemon guacamole		180g beef, seasoned with chipotle and diced chorizo		Rice, satay sauce, carrots, zucchini, chinese cabbage, coriander, onions	
 Fresh Salad	19,90 €	Chicken shawarma	21,00 €		
Buckwheat, feta, melon, watermelon, basil vinaigrette		Marinated chicken, pita bread, tzatziki, aji sauce			

Burgers

 Veggie burger*	18,00 €	Fish burger*	20,00 €
Homemade plant-based patty, tzatziki		House fish patty, mango ketchup	
Cheese burger*	19,90 €	Double cheese burger*	23,00 €
Beef patty, onion compote, cheddar, creamy mustard sauce		Beef patty, onion compote, cheddar, creamy mustard sauce	
Burger milanais*	20,00 €		
Shredded veal, parmesan shavings, tomato pesto 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
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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	
Raspberry Flankie	9,50 €
Raspberry flan on white chocolate cookie base	
Strawberry Cheesecake	9,50 €
No-bake, vanilla, speculoos base	
Apricot Almond Tart	9,50 €
With whipped quark mousse	
Pavlova-style Berry Mix	10,00 €
Berries with meringue bits	
	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 (yellow fruit panna cotta, raspberry flankie, strawberry 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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Homemade | Fresh & Local | Eco-labelled

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Accepted payment methods:

Credit Card | Restaurant vouchers | Checks

All prices in Euros, service included.

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 ranch • 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 • Kashmiri • 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 €
NEIPA DRAFT		
Flavoured light beer: mango and papaya - 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 €		

Vins

BLANCS 12,5 cl 75 cl

Ours Blanc 4,50 € 21,00 €	
Les animals, 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 animals, 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	

ROUGES 12,5 cl 75 cl

Fourmi rouge 4,50 € 21,00 €	
Les animals, 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 €
Havana rum (4 cl), lime, mint, brown sugar, sparkling water, a drop of angostura	
⊕ Red fruit or passion fruit puré	11,00 €
Ti Punch	6,00 €
Trois Rivières rum (4 cl), lime, brown sugar	
Caïpirinha	7,00 €
Cachaça (4 cl), lime, brown sugar	
⊕ Red fruit or passion fruit puré	8,00 €
Pornstar Martini	10,00 €
Vodka (5 cl), passion fruit liqueur (2 cl), passion fruit purée, lime, vanilla syrup, prosecco	
Apérol Spritz	8,50 €
Aperol (4 cl), prosecco (6 cl), sparkling water (2 cl), orange slice	
Elderflower Spritz	9,50 €
Elderflower liqueur (4 cl), prosecco (6 cl), sparkling water (2 cl), lemon slice	
Moscow Mule	9,50 €
Vodka (4 cl), Ginger Beer (7 cl), lime, a drop of angostura on demand	
Peach Break	7,00 €
White wine (9 cl), peach liqueur (2 cl), lime juice, ginger beer	
Piña Colada	12,00 €
White rum (2 cl), dark rum (2 cl), pineapple juice (10 cl) and coconut cream (2 cl)	
Americano	9,00 €
Red Martini (2 cl), Campari (3 cl), Dry Martini (2 cl) and sparkling water (5 cl)	
Espresso Martini	8,00 €
Vodka (5 cl), coffee liqueur (3 cl), an espresso, sugar syrup, egg white	

Mocktails

GONG Health'energy®	7,00 €
Sparkling water, fresh lemon juice, honey, ginseng, fresh mint, collagen	
Virgin Mojito	7,50 €
Monin syrup rum flavour (3 cl), lime, mint, sparkling water	
⊕ Red fruit or passion fruit puré	8,50 €
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	7,00 €
Strawberry purée, lime juice, mint, Perrier sparkling water	
Elderflower Cucumber Fizz	7,50 €
Elderflower, cucumber syrup, Perrier, mint leaves, cucumber slices	

The Slab

AFTER SURF
RESTAURANT

Allergens



GLUTEN



SOYA



PEANUTS



NUTS



SESAME



MUSTARD



SHELLFISH



FISH



EGG



MILK

TO SHARE

Cod fritters	•					•	•	•	•	•
Basil & sun-dried tomato hummus	•	•			•					•
Homemade fish rillettes	•						•	•		•
Marinated octopus bowl							•	•		
Creamy house chorizo dip	•									•
Veggie Nachos										•
Beef Nachos										•

MAINS

Veggie poke bowl		•			•					•
Meat poke bowl		•			•					
Fish poke bowl		•			•	•		•		
Stracciatella toast	•				•				•	•
Avocado Toast with Feta	•				•				•	•
Avocado Toast with Salmon	•				•	•	•	•	•	•
Fresh Salad						•				•
Burrata Salad	•					•				•
Beef Tartare – Marshland Style						•				
Beef Tartare with Chorizo						•			•	
Chicken shawarma	•					•			•	•
Seared Octopus					•		•			•
Summer Vegetable Curry				•	•					•
Nasi Goreng with Chicken		•	•	•	•	•				
Veggie burger	•								•	•
Cheese burger	•					•			•	•
Double cheese burger	•					•			•	•
Fish burger	•					•	•	•	•	•
Milanese Burger	•					•			•	•

DESSERTS & SWEET SNACKS

Cheese assortment plate						•				•
Breton shortbread cake	•								•	•
Le Flan by Mémé Prinquiau	•								•	•
Raspberry Flankie	•								•	•
Strawberry Cheesecake	•	•							•	•
Apricot Almond Tart	•			•					•	•
Pavlova-style Berry Mix										•
Açaï bowl	•	•	•	•						•
Gourmet Coffee	•								•	•
Café	•								•	•
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!

