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BALM is a place where you feel like home. The restaurant is open at lunch and diner, everyday of the week.

You will be welcomed by our friendly team while our Chef will cook you some local products turned into international recipes.

BALM is a place where you can gather, laugh, drink and eat. But above all, where you want to come back and enjoy some more!

«Chez BALM, on rigole, on boit, on mange mais par dessus tout on revient.»

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## WELCOME TO BALM

RESTAURANT MENU



RETURN TO MENUS

## STARTERS

**BURRATA - STRAWBERRIES - HEIRLOOM TOMATOES / 13€** 🍽️

Madagascan wild pepper – avocado – basil

**FISH CEVICHE - LECHE DE TIGRE - PASSION / 12€**

Capers – lime – dried tomatoes

**BEEF TARTARE - THAI BASILIC - COMBAWA / 11€**

Coriander – peanuts – sesame – Sichuan pepper

**SLOW COOKING EGG / 14€**

Squid – chicken and truffle bouillon

*By Yorann Vandriessche, Chef 1\* Michelin « de l'Arbre au Soleil » au Lavandou*

## SALADS

**NICE-LOS ANGELES (LA) / 16€** ☀️ 🍽️

Chicken – bacon – romaine lettuce – peanuts – avocado – cheddar

**NICE-BANGKOK (BKK) / 16€** ☀️ 🍽️

Marinated salmon with soy – mixed salad – mango – avocado – sesame oil – Grenade

**NICE-LIMA (LIM) / 16€** ☀️ 🍽️

Quinoa – arugula – Fresh herbs – zucchini – raspberry – apple – grenade – pine nuts



Net prices including | VAT in € and service

(10% VAT excluding alcoholic beverage 20%)

Abuse of alcohol is dangerous for the health, drink with moderation

## MAINS

### **TAGLIATA OF IBERIAN PORK / 19€**

Sweet and sour apple sauce – oatmeal and hazelnuts granola

### **COD – GREEN ASPARAGUS / 19€**

Vinaigrette with eggs

*par Yorann Vandriessche, Chef 1\* Michelin de l'Arbre au Soleil au Lavandou*

### **CHICKEN BREAST IN LOW COOKING / 15€**

Peppers – olives – socca crisps

### **GRILLED BEEF / 19€**

Candied shallots – homemade béarnaise

### **ROASTED SWORDFISH / 16€**

Green ketchup – Thai and ginger herbs

### **SEAFOOD LINGUINE / 19€**

Wakamé seaweed emulsion



## SIDES / 5€

BALMS Fries

Homemade mashed potatoes (add truffle +5€)

Steamed seasonal vegetables

Pasta risotto – Parmesan cream

Mixed salad – Fresh Herbs

Quinoa with hazelnuts

## DESSERTS

### **CHOCOLATE SABLÉ – SALTED CARAMEL / 8€**

Brazil nut – Alunga chocolate

### **PAVLOVA / 7€**

Meringue – mascarpone cream – lemon – basilic

### **FRESH FRUIT SALAD / 7€ ☀**

Fresh fruits

### **GALAK® WHITE CHOCOLATE PANACOTTA / 9€**

Red fruits – strawberry Soup

*By Yorann Vandriessche, Chef 1\* Michelin « de l'Arbre au Soleil » au Lavandou*

### **COFFEE SERVED WITH SWEET TREATS / 8€ ☀**

Chocolate shortbread - lemon pavlova - yogurt ice cream



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## ICE CREAMS & SORBETS

COMPOSE YOUR FROZEN DESSERT / 8€ ☀

**2 flavors of your choice + 1 topping sauce + 1 topping**

### Ice creams

Bourbon vanilla - Jivara chocolate & brownie - Savoy milk yogurt - milk jam

### Sorbets

Coteaux Lyonnais vineyard peach - strawberry - sicilian lemon - mango

### Topping sauce

Chocolate - red fruit coulis - caramel sauce & salted butter

### Topping

Home made meringue - pink pralines - M&M's - speculoos



**Fast & Fresh** : Served in less than 15 min



Continuous service **from 12 p.m. to 10:30 p.m.**

Bovine meat of **French origin**



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THANKS FOR JOINING US !  
ALSO FIND US ON SOCIAL NETWORKS