


Breakfast & Brunch

servi de 8h à 22h

Açaï bowl baies, banane, granola (lait; céréales)	12.00
Pancakes au sirop d'érable (gluten)	7.00
Egg toast pain grillé, œufs pochés, ciboulette (œuf; gluten; sésame)	7.50
Extra bacon 1.50	
Brioche perdue à la française (lait ; gluten)	8.00
Avocado toast (PB) pain grillé, avocat, sauce vierge (sésame, gluten)	8.00

Entrées & Tapas

Nuggets vegan (V) sauce chili-wonka (Gluten ; céleri ; noix ; moutarde ; sésame ; lait ; œuf ; soja)	8.50
Mimosa de crabe, sucrine & black mayo (poissons)	11.00
Burrata 120g en salade & pesto maison (lait, fruits à coque)	9.00
Saucisse de Toulouse à partager avec moutarde à l'ancienne (Moutarde) 	12.00
Karaage poulet frit sauce ponzu	9.00

Bowls & Grains

Salade César (MP) sucrine, poulet, parmesan, tomates cerises, croûtons, œuf, sauce César (moutarde; soja; gluten; œuf)	16.00
Buddha bowl (MP) avocat, tomates cerises, pois-chiche, chou rouge, oignons, salade	13.00
Poke Bowl (MP) (PB) riz, avocat, tomates cerises, oignons rouges, fèves, salade	
Extra poulet (+ 3.00) ou saumon (+ 3.00) ou avocat (+3.50) ou œuf poché (+1.50) (moutarde; sésame)	13.50
Soupe de carottes, crème de matcha aux amandes (lait, fruits à coque)	8.00

Comfort

Poulpe à la plancha sauce vierge , roquette & patatas bravas (mollusque)	20.00
Coquillettes bio à la truffe et aux éclats de noisettes (gluten; trace de lait)	17.00
Pavé de Thon, purée de pommes de terre et piquillos, beurre de câpres (poisson)	19.00
Tartare de boeuf 180g aux noisettes, roquette, parmesan, pesto maison, frites (moutarde; lait; sésame, fruits à coques)	18.00
Araignée de porc grillée et persillade, frites fraîches et salade (sésame)	16.00

MP = Disponible comme option Mealplan | PB = Plat à base de légumes | V = Plat végétarien. Veuillez noter que tous les ingrédients ne figurent pas dans la description des menus. Si vous souffrez d'une allergie alimentaire, veuillez en informer votre community host avant de commander.

Vous avez besoin de vous connecter au WIFI ? Il suffit de sélectionner TSH Guest !

Food

Burgers & Sandwichs

Servi dans un pain brioché bio/vegan avec des frites fraîches

Burger au boeuf (MP) boeuf 150g, bacon, cheddar, sauce cocktail, oignons, tomates, sucrine et cornichons (moutarde; sésame; lait)	18.00
Burger poulet frit (MP) inspiration thaï, cheddar, sucrine, tomates, oignons & mayo wasabi (moutarde; sésame; gluten; lait)	17.00
Vegan Burger (MP) (PB) steak végété, sauce spicy, sucrine, tomates, oignons et cornichons (moutarde; sésame; gluten; sulfite)	17.00
Chicken baguette , poulet, salade, tomates, sauce cocktail, oignons, servie avec salade	8.00
Veggie baguette (PB) salade, tomates, oignons, salade de chou, sauce cocktail (gluten ; lait ; moutarde ; œuf) , servie avec salade (sésame)	8.00

Accompagnements

Frites (V)	5.50
Frites de patates douces (V)	6.00
Salade (V) (moutarde; sésame)	5.00

servie au choix avec mayonnaise, ketchup, moutarde ou sauce cocktail

Desserts

Café Gourmand (gluten; lait; oeuf; arachide; cereales; fruits à coque)	8.00
Macarons , mousse de citron, mangue et framboise, éclat de meringue	9.00
Moelleux au chocolat glace vanille	8.00
Sorbets & Glaces de saison de chez Gérard Cabiron, 3 boules au choix	7.00
-Glace banane caramel et beurre salé, chocolat , vanille, nougat ou sorbet citron vert	
Salade de fruits frais	7.00

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Food

Breakfast & Brunch

served from 8:00 a.m to 10:00 p.m

Açaí bowl with berries, banana and granola (milk; cereals)	12.00
Pancakes with maple syrup (gluten)	7.00
Egg toast toast, poached eggs, chives (egg; gluten; sesame)	7.50
Brioche perdue in the French style (served all day) (milk; gluten)	8.00
Avocado toast (PB) toasted bread, avocado, sauce vierge (sesame, gluten)	8.00

Bites

Vegan nuggets (V) chili-wonka sauce (Gluten; celery; nuts; mustard; sesame; milk; egg; soya)	8.50
Crab mimosa, sucrine & black mayo (fish)	11.00
Burrata 120g in salad & homemade pesto (milk, nuts)	9.00
Toulouse's Sausage to share with Mostard in the oldway (Mustard) 	12,00
Karaage fried chicken sauce ponzu	9.00

Bowls & Grains

Caesar salad (MP) sucrine, chicken, parmesan, cherry tomatoes, croutons, egg, caesar sauce (mustard; soy; gluten; egg)	16.00
Buddha bowl (MP) avocado, cherry tomatoes, chickpeas, red cabbage, red onions & salad	13.50
Poke Bowl (MP) (PB) rice, avocado, cherry tomatoes, red onions, beans, salad	13.00
Extra chicken (+ 3.00) or salmon (+ 3.00) or avocado (+3.50) or poached egg (+1.50) (mustard; sesame)	
Carrot soup, matcha cream with almonds (milk, nuts)	8.00

Comfort

Grilled Octopus with sauce vierge, arugula & patatas bravas (mollusc)	20.00
Organic coquillettes with truffle and hazelnut slivers (fish)	17.00
Tuna steak, piquillo mashed potatoes, caper butter (fish)	19.00
Beef tartare 180g with hazelnuts, arugula, parmesan, homemade pesto, fries (mustard; milk; sesame, nuts)	18.00
Grilled spider pork with parsley, fresh fries and salad (sesame)	16.00

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Food

Burgers & Sandwichs

Served in an organic/vegan brioche bun with french fries

Beef Burger (MP) beef 150g, bacon, cheddar, cocktail sauce, onions, tomatoes, sucrine & pickles (mustard; sesame; milk)	18.00
Fried Chicken Burger (MP) thai inspiration, cheddar, mayo wasabi, tomatoes, sucrine, onions (mustard; sesame; gluten; milk)	17.00
Vegan Burger (MP) (PB) veggie steak, spicy sauce, sucrine, tomato, onion & pickles (mustard; sesame; gluten; sulphite)	17.00
Chicken baguette , lettuce, tomatoes, cocktail sauce, onions, served with salad	8.00
Veggie baguette (PB) salad, tomatoes, onions, coleslaw, cocktail sauce (gluten; milk; mustard; egg) , served with salad (sesame)	8.00

Sides

Chips (V)	5.50
Sweet potato fries (V)	6.00
Salad (V)	5.00

served with mayonnaise, ketchup, mustard or cocktail sauce

Desserts

Gourmet Coffee (gluten; milk; eggs; peanuts; cereals; nuts)	8.00
Macarons , lemon mousse, fresh mango and fresh raspberry, meringue burst	9.00
Chocolate cake "moelleux" vanilla ice cream (gluten; lait)	8.00
Seasonal sorbets & ice cream from Gérard Cabiron, choice of 3 scoops (gluten) -Caramel and salted butter banana, chocolate, vanilla, nougat ice cream or sorb and lime ice cream	7.00
Fresh fruits salad	7.00

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Food

Vins Blancs

Gaillac AOP, France	5.50 26.00
Cheverny, Cheverny, France	6.00 26.00
Gasco�ne, Saint-Lannes, France	6.50 28.00
Pinot Gris Bio, Pinot de Jo H, France	7.00 32.00

Vins Rouges

Gaillac, le R�bus, France	5.50 26.00
Minervois, Sirus, France	7.40 30.00
St Nicolas de Bourgueil, Les Petits Grains	33.00
Gigondas, Domaine Saint-Damien, France	47.00

Vin Ros 

Charmeuse, France	5.50 24.00
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Les Bulles

Prosecco	7.00 32.00
Champagne	80.00

Eau

Vittel (50cl)	4.20
Vitte (1L)	6.20
San-Pellegrino (50cl)	4.20
San Pellegrino (1L)	6.20
Earth Water (50cl)	2.50

Hot drinks

Espresso	2.20
Double Espresso	3.20
Americano	3.20
Cappuccino	3.80
Latt�	4.00
Caf� glac�	4.50
Chocolat chaud	4.50
Th�	3.00
Caf� long	2.40

Drinks

Aperitifs & Digestifs

Martini	6.00
Peppermint Get27	5.50
Baileys	5.50
Amaretto	8.00
Ricard	3.00
Armagnac Bas Malartic	9.00
Cognac Hennessy VS	9.00

Cocktails

Aperol Spritz	9.50
Campari Spritz	9.50
Moscow Mule	10.50
Jamaican Mule	10.50
Cosmopolitan	10.50
Pina Colada	10.50
Mojito	10.50
Old Fashion	10.50
Margarita	10.50

No & Low

Heineken 0%	4.00
Matécito	5.00
Kombucha	5.00
Thé Glaçé	3.50
Virgin Piña	7.00
Virgin Mojito	7.00

Jus de Fruits

Pago	3.50
ACE / Orange / Pomme / Fraise / Abricot / Ananas / Tomate	

Bières

	25cl	50cl
Caporal Blonde	3.50	6.00
Azimut Blanche	3.70	7.00
Azimut IPA	4.00	7.20
Desperados	7.00	(33cl)
Corona	6.00	(33cl)
Azimut Blonde CAN	7.00	(33cl)
Azimut Blanche CAN	7.00	(33cl)
Azimut IPA CAN	7.50	(33cl)

Spiritueux

Glenfiddich	10.00
Grants Triple Wood Whiskey	7.50
Monkey Shoulder	8.00
Pampero Rhum	7.00
Sailor Jerry's Rhum	8.50
Zubrowka Biala Vodka	7.00
Absolut Blue Vodka	8.00
Tequilla	7.50
Tanqueray Gin	7.00
Beefeater	7.00
Bull Dog Gin	8.00
Hendrix Gin	9.00

Sodas

Coca-Cola	3.50
Coca-Cola Zéro	3.50
Perrier	3.50
Ginger Ale	3.50
Tonic Water	3.50
Limonade	3.50
Sprite	3.50
Fuze Tea	3.50
Oasis	3.50
Tropical / Cassis	
Red Bull	4.50

Drinks

White Wines

Gaillac AOP, France	5.50 26.00
Cheverny, Cheverny, France	6.00 26.00
Gasco�ne, Saint-Lannes, France	6.50 28.00
Pinot Gris Bio, Pinot de Jo H, France	7.00 32.00

Red Wines

Gaillac, le R�bus, France	5.50 26.00
Minervois, Sirus, France	7.40 30.00
St Nicolas de Bourgueil, Les Petits Grains	33.00
Gigondas, Domaine Saint-Damien, France	47.00

Ros  Wines

Charmeuse, France	5.50 24.00
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Sparkling Wines

Prosecco	7.00 32.00
Champagne	80.00

Waters

Vittel (50cl)	4.20
Vitte (1L)	6.20
San-Pellegrino (50cl)	4.20
San Pellegrino (1L)	6.20
Earth Water (50cl)	2.50

Hot drinks

Espresso	2.20
Double Espresso	3.20
Americano	3.20
Cappuccino	3.80
Latt�	4.00
Iced Coffee	4.50
Hot Chocolate	4.50
Tea	3.00
Longo	2.40

Drinks

Aperitifs & Digestives

Martini	6.00
Peppermint Get27	5.50
Baileys	5.50
Amaretto	8.00
Ricard	3.00
Armagnac Bas Malartic	9.00
Cognac Hennessy VS	9.00

Cocktails

Aperol Spritz	9.50
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Moscow Mule	10.50
Jamaican Mule	10.50
Cosmopolitan	10.50
Pina Colada	10.50
Mojito	10.50
Old Fashion	10.50
Margarita	10.50

No & Low

Heineken 0%	4.00
Matécito	5.00
Kombucha	5.00
Iced Tea	3.50
Virgin Piña	7.00
Virgin Mojito	7.00

Fruit juices

Pago	3.50
ACE / Orange / Pomme / Fraise / Abricot / Ananas / Tomate	

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	25cl	50cl
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Pampero Rum	7.00
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Tanqueray Gin	7.00
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Coca-Cola Zéro	3.50
Perrier	3.50
Ginger Ale	3.50
Tonic Water	3.50
Limonade	3.50
Sprite	3.50
Fuze Tea	3.50
Oasis	3.50
Tropical / Cassis	
Red Bull	4.50

Drinks