

Organic  
Vegan  
Gluten Free  
Cooking



Eat-in  
or take-away  
Tuesday to Sunday:  
lunch from 12am to 4 pm  
dinner from 19pm to 22pm

## DAY'S MENU

### MENUS

<b>DISH OF THE DAY MENU</b> (Variations through seasons) Dish of the Day Drink of your Choice Dessert of your Choice (except *)	23,50 €
<b>WHOLE RAW MENU</b> (Variations through seasons) Whole Raw Plate Drink of your Choice Dessert of your Choice (except*)	21,00 €
<b>WHOLE FOOD SOUP MENU</b> (Variations through seasons) Whole Food Soup Drink of your Choice Dessert of your Choice (except *)	19,50 €

### DISHES

<b>The Dish of the Day</b> Our speciality: cereal of the day, salad, raw veggies, season cooked vegetables, legumes, oleaginous plants caviar, liven up with superfoods.	15,50 €
<b>The Whole Raw Plate</b> A large plate with raw veggies, salad, fruits, season vegetables, oleaginous plants caviar, liven up with superfoods.	14,00 €

### SOUPS

 <b>Comfort Mix</b> Cumin, Peruvian carob	
 <b>Energy Mix</b> Spirulina, ginge	
 <b>Detox Mix</b> Cat's claw, nopal, cardamom	
 <b>Vital Mix</b> Turmeric, maca	
<b>Simple Soup</b> 20cl Small soup with fresh herbs and stock based on one of our Mixes (to choose above)	4,50 €
<b>Whole Food Soup</b> A large soup with cereals of the day, vegetables and legumes, seasoned with fresh herbs, and stock based on one of our Mixes (to choose above)	11,00 €

### BOWLS

<b>The SuperBowl</b> A bowl with cereal of the day, salad and crudités, legume, vegan cream. Additional seasonal vegetables or soup of the day € 3.50	11,00 €
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### FRESH DRINKS

<b>Blue Like You</b> HIGHLIGHTED SPIRIT! 20cl  Water, Klamath, mint, cardamom	5,00 €
<b>Apple-Green</b> NITRITIOUS & VITAMINED! 20cl  Organic apple juice, spirulina, acerola	5,00 €
<b>Green Detox</b> SIMPLE DETOX 20cl  Organic apple juice, chlorella	5,00 €
<b>Magic Potion</b> MAGIC! 20cl  Organic apple juice, acerola, cat's claw	5,00 €
<b>Supermilk!</b> 20cl Rice milk + one superaliment (except micro seaweed)	5,00 €

### HOT DRINKS

<b>Cat's Claw</b> 20cl  medicinal amazonian liana decoction extra guarana or acerola: + 0,50	4,00 €
<b>Home Made Tea</b> Tea pot 40cl  Yerba mate tea with purple corn  Green tea with raw cocoa nibs	5,50 €
<b>Guarana Boost</b>  The power of guarana meets cocoa aroma, rich in caffeine, it will give you a nice boost!	2,50 €

### DESSERTS

<b>Raw Cocoa Delicacy</b>  The gourmet raw cocoa dessert	5,90 €
<b>Lucuma Delicacy</b>  Season fruits salad with Lucuma	5,90 €
<b>Smooth Coconut</b>  Fine coconut rice creme with citrus fruits, ginger, and maca	5,90 €
<b>Banana and Carob Cake</b>  Made with buckwheat and almonds	5,90 €
<b>Banana Açai*</b> (not in the menu)  Banana creme, Açai, cinnamon, tonka bean and a pinch of sechuan pepper!	7,00 €
<b>Açai Bowl*</b> (not in the menu)  Iconic dessert or breakfast based on Banana Açai, and the famous Sol Semilla Ti'dej, with fresh fruits	9,00 €
<b>Assorted desserts*</b> (not in the menu)	9,00 €

The compulsory allergens list that our meals contain are on your demand.

23 rue des Vinaigriers, Paris 10<sup>e</sup>, 01 42 01 03 44

www.sol-semilla.fr

WiFi : sol semilla, mot de passe : espritdusoleil

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## NIGHT'S MENU

### MENUS

- DISCOVERY MENU** 28,00 €  
(Variations through seasons)  
Starter: The Raw Experience  
Dish of the Night  
Creative dessert of the Night, or dessert in the menu
- WHOLE RAW MENU** 26,50 €  
(Variations through seasons)  
Starter: The Raw Experience  
Whole Raw Plate  
Creative dessert of the Night, or dessert in the menu
- WHOLE FOOD SOUP MENU** 23,50 €  
(Variations through seasons)  
Starter: The Raw Experience  
Whole Food Soup  
Creative dessert of the Night, or dessert in the menu

### STARTER

- The Raw Experience** 7,00 €  
Colorful assorted raw vegetables, aromatic herbs....let's follow the chef's inspiration!

### DISHES

- The Dish of the Night** 17,00 €  
Our speciality: cereal of the day, salad, raw veggies, season cooked vegetables, legumes, oleaginous plants caviar, liven up with superfoods.
- The Whole Raw Plate** 15,50 €  
A large plate with raw veggies, salad, fruits, season vegetables, oleaginous plants caviar, liven up with superfoods.

### SOUPS

-  **Comfort Mix** Cumin, Peruvian carob
-  **Energy Mix** Spirulina, ginger
-  **Detox Mix** Cat's claw, nopal, cardamom
-  **Vital Mix** Turmeric, maca
- Simple Soup** 20cl 4,50 €  
Small soup with fresh herbs and stock based on one of our Mixes (to choose above)
- Whole Food Soup** 13,00 €  
A large soup with cereals of the day, vegetables and legumes, seasoned with fresh herbs, and stock based on one of our Mixes (to choose above)

### FRESH DRINKS

- Blue Like You** HIGHLIGHTED SPIRIT! 20cl 5,00 €  
 Water, Klamath, mint, cardamom
- Apple-Green** NITRITIOUS & VITAMINED! 20cl 5,00 €  
 Organic apple juice, spirulina, acerola
- Green Detox** SIMPLE DETOX 20cl 5,00 €  
 Organic apple juice, chlorella
- Magic Potion** MAGIC! 20cl 5,00 €  
 Organic apple juice, acerola, cat's claw
- Supermilk!** 20cl 5,00 €  
Rice milk + one superaliment (except micro seaweed)

### HOT DRINKS

- Cat's Claw** 20cl 4,00 €  
 medicinal amazonian liana decoction  
extra guarana or acerola: + 0,50
- Home Made Tea** Tea pot 40cl 5,50 €  
 Yerba mate tea with purple corn  
 Green tea with raw cocoa nibs
- Guarana Boost** 2,50 €  
 The power of guarana meets cocoa aroma, rich in caffeine, it will give you a nice boost!

### DESSERTS

- Raw Cocoa Delicacy** 7,00 €  
 The gourmet raw cocoa dessert
- Lucuma Delicacy** 7,00 €  
 Season fruits salad with Lucuma
- Smooth Coconut** 7,00 €  
 Fine coconut rice creme with citrus fruits, ginger, and maca
- Apple and Carob Cake** 7,00 €  
 Made with buckwheat and almonds
- Banana Açaï\*** 7,00 €  
 Banana creme, Açaï, cinnamon, tonka bean and a pinch of sechuan pepper!
- Açaï Bowl\*** (not in the menu) 9,00 €  
 Iconic dessert or breakfast based on BananaAçaï, and the famous Sol Semilla Ti'dej, with fresh fruits
- Assorted desserts\*** (not in the menu) 9,00 €

The compulsory allergens list that our meals contain are on your demand.

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