

PLAGE DU LARVOTTO  
AVENUE PRINCESSE GRACE, 98000 MONACO

*Caffè*  
**LA ROSE DES VENTS**

## SWEET BITES

|                                                                                                                     |      |
|---------------------------------------------------------------------------------------------------------------------|------|
| <b>MATCHA WAFFLE</b><br><i>Fluffy waffle infused with Japanese matcha, served with fresh cream &amp; red fruits</i> | 14   |
| <b>PANCAKE PROTEICO</b><br><i>Protein pancake with red fruits and maple sirup</i>                                   | 14   |
| <b>YOGURT GRECO</b><br><i>Greek yoghurt with granola, honey and red fruits</i>                                      | 16   |
| <b>AÇAÍ BOWL</b><br><i>With almond milk, honey, banana, red berries and granola</i>                                 | 16   |
| <b>PANE INTEGRALE CON BURRO E MARMELLATA</b><br><i>Whole wheat bread with butter and jam</i>                        | 8    |
| <b>CROISSANT FRANCESE</b><br><i>Empty French Croissant</i>                                                          | 2.5  |
| <b>BRIOCHE ITALIANA</b><br><i>Empty Italian Brioche</i>                                                             | 2.5  |
| <b>BRIOCHE RIPIENA</b><br><i>Apricot - Cream - Chocolate - Pistachio</i>                                            | 3    |
| <b>PAIN AU CHOCOLAT</b><br><i>Pain au Chocolat</i>                                                                  | 3    |
| <b>SASHIMI FRUTTA</b><br><i>Fresh fruit sashimi</i>                                                                 | 16.5 |

## Gluten-Free Cakes

|                                                                                                 |    |
|-------------------------------------------------------------------------------------------------|----|
| <b>MATCHA CAKE</b><br><i>Matcha with red fruit coulis</i>                                       | 10 |
| <b>CARROT CAKE</b><br><i>Grated carrots, walnuts, and spices</i>                                | 10 |
| <b>BANANA BREAD</b><br><i>Gluten-free banana bread with almond flour and a hint of cinnamon</i> | 10 |

*From morning coffee to  
evening bites, an all-day  
escape by the sea.  
A mindful approach to  
flavour — where taste  
meets pleasure.*

## DESSERTS

### FETTA DI TORTA DELLA CASA

14

*Selection of our homemade cakes - by the slice*

### *"Crunch Flavour Seeds"*

Personalizza il tuo piatto con una selezione di semi nutrienti:  
CHIA | LINO | ZUCCA | GIRASOLE | SESAMO

*Un modo semplice per arricchire ogni  
boccone con sapore e salute!*

Personalise your dish with a selection of nutritious seeds:  
CHIA | FLAX | PUMPKIN | SUNFLOWER | SESAME

*A simple way to add extra texture, flavour,  
and a healthy boost to your plate!*

## SALTY BITES

**TRAMEZZINO INTEGRALE CON POLLO  
E AVOCADO** 10

*Whole wheat bread with grilled chicken and avocado*

**CROISSANT SALATO CON TACCHINO  
E FORMAGGIO** 10

*Salty croissant with turkey ham and cheese*

**TOSTINO CON PROSCIUTTO COTTO  
E FORMAGGIO** 8

*Bread with melted cheese & cured ham*

**PANE AI CEREALI CON SALMONE AFFUMICATO  
E CREAM CHEESE** 12

*Multigrain bread topped with smoked salmon and  
cream cheese*

**AVOCADO SU PANE TOSTATO** 19

*Avocado toast*

*With optional addition :*

- Poached Egg 2€
- Smoked Salmon 5€

## EGGS

**UOVA ALLA BENEDETTINA** 21

*Tomato bun, kale, bacon, poached egg and Béarnaise  
sauce*

**OMELETTE BIANCA** 18

*White omelette*

**OMELETTE AL NATURALE** 18

*Plain omelette*

**UOVA STRAPAZZATE** 18

*Plain scrambled eggs*

## SALADS

|                                                                                                                                          |    |
|------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>INSALATA QUINOA CON VERDURE E AVOCADO</b><br><i>Quinoa salad with seasonal vegetables and avocado</i>                                 | 23 |
| <b>INSALATA GRECA</b><br><i>Belgian and red endives, black olives, feta cheese, cherry tomatoes, cucumber and caramelised pecan nuts</i> | 22 |
| <b>CAESAR SALAD</b><br><i>Romaine lettuce, grilled chicken, hard-boiled egg, bacon, parmesan and anchovies</i>                           | 25 |
| <b>CAESAR KALE SALAD</b><br><i>Kale, grilled chicken, hard-boiled egg, bacon, parmesan and anchovies</i>                                 | 25 |
| <b>SALMON KALE</b><br><i>Kale, grilled salmon, caesar dressing and pomegranate</i>                                                       | 28 |

## Poke Bowl

A base di:

*Riso venere, avocado, edamame, carote, alga wakame, cetriolo*

|                                                                  |    |
|------------------------------------------------------------------|----|
| <b>TONNO</b><br><i>Diced red tuna marinated in sesame</i>        | 24 |
| <b>SALMONE</b><br><i>Fresh salmon marinated in lime and soya</i> | 24 |
| <b>POLLO</b><br><i>Grilled teriyaki chicken</i>                  | 20 |
| <b>TOFU</b><br><i>Marinated tofu</i>                             | 20 |

## Hamburger Selection

A base di:

*Pomodoro, lattuga, cheddar*

|                                                    |    |
|----------------------------------------------------|----|
| <b>BUN NERO</b><br><i>Charcoal bun with Beef</i>   | 24 |
| <b>BUN ROSSO</b><br><i>Tomato bun with Chicken</i> | 20 |

## SIDES

|                                                                               |   |
|-------------------------------------------------------------------------------|---|
| <b>VERDURE GRIGLiate   INSALATA</b><br><i>Grilled vegetables, green salad</i> | 8 |
|-------------------------------------------------------------------------------|---|

## SPECIALS

|                                                                                                                      |    |
|----------------------------------------------------------------------------------------------------------------------|----|
| <b>NEW YORK STYLE PASTRAMI</b><br><i>Beef brisket slow-smoked, spice rub, rye bread, mustard, pickles</i>            | 28 |
| <b>CLUB SANDWICH CON TACCHINO</b><br><i>Turkey ham, bacon, lettuce, tomato, boiled-egg, mayonnaise</i>               | 24 |
| <b>BAGEL AL SALMONE AFFUMICATO</b><br><i>Bagel, cream cheese, smoked salmon, red onion, capers, dill, lemon zest</i> | 22 |
| <b>PAILLARD DI POLLO CON INSALATA MISTA</b><br><i>Chicken Paillard with mixed salad</i>                              | 24 |

## If you are on your cheat day

|                                                                                                  |    |
|--------------------------------------------------------------------------------------------------|----|
| <b>SPAGHETTI ALLE VONGOLE</b><br><i>Spaghetti with clams</i>                                     | 39 |
| <b>TAGLIOLINO RAGÙ ALLA BOLOGNESE</b><br><i>Fresh tagliolino with traditional Bolognese ragù</i> | 34 |