

BĂLȚĂ

# CARTE BALM RESTAURANT



# INSTANT FRAÎCHEUR | REFRESHING DELIGHTS

## BURRATA CRÉMEUSE | CREAMY BURRATA 13

Tomate ancienne – Framboise – Menthe – Crumble au pavot bleu  
*Heirloom tomatoes – Raspberries – Mint – Blue poppy seed crumble*

## TIRADITO DE SAUMON | SALMON TIRADITO 15

Lait de coco – Citron vert – Piment doux – Mangue – Grenade – Coriandre – Gingembre  
*Coconut milk – Lime – Sweet chili – Mango – Pomegranate – Coriander – Ginger*

## AUBERGINE "NASU DENGAKU" | NASU DENGAKU EGGPLANT 12

Laquée au miso – Sésame blanc – Oignon cébette – Yaourt grec – Herbe fraîche  
*Miso-glazed – White sesame – Spring onions – Greek yogurt – Fresh herbs*

## GASPACHO VERT AU JALAPEÑO ET CRABE | GREEN JALAPEÑO GAZPACHO WITH CRAB 14

Concombre – Tomate verte – Avocat – Piment jalapeño doux – Chair de tourteau – Coriandre – Crème de paprika  
*Cucumber – Green tomato – Avocado – Mild jalapeño – Crab meat – Coriander – Paprika cream*

# LES PLATS SIGNATURES | SIGNATURE DISHES

## KEFTA DE BŒUF | BEEF KEFTA 21 🍷

Brochettes de viande – Féta – Menthe – Coriandre – Sauce yaourt, citron, aneth – Houmous  
*Beef Skewers – Feta – Mint – Coriander – Yogurt, lemon & dill sauce – Hummus*

## PLUMA IBÉRIQUE | PLUMA IBÉRICA | 180G 27 🌱 🍷

Laqué aigre-doux de balsamique – Grenade – Mousseline de patates douces aux épices  
*Sweet & sour balsamic glaze – Pomegranate – Spiced sweet potato mousseline*

## POULET KARAAGE | KARAAGE CHICKEN 23 🍷

Sauce sucrée au citron jaune – Gingembre  
*Sweet lemon sauce – Ginger*

## BAVETTE DE BŒUF | FLANKSTEAK | 200G 29 🌱

Sauce chimichurri – Mesclun niçois  
*Chimichurri sauce – Mesclun*

## PAVÉ DE SAUMON | SALMON FILLET 22 🌱 🍷 🍴

Laqué au miso blanc sucré & citron yuzu – Aubergine grillée  
*Sweet white miso & Yuzu glaze – Grilled eggplant*

## FILET DE MAIGRE CUIT SUR LA PEAU

### | CROAKERFILLET, SKIN-ON 25 🌱

Sauce vierge exotique  
*Exotic virgin sauce*

## CARI DE CALAMAR À LA MAURICIENNE

### | MAURITIAN-STYLE SQUID CURRY 21 🌱

Oignon – Ail – Tomate – Coriandre  
*Onion – Garlic – Tomatoe – Coriander*

## LINGUINE À LA TRUFFE D’ÉTÉ

### | MAURITIAN-STYLE SQUID CURRY 23 🌱 🍴

Crèmeau parmesan – Brisure de truffe  
*Light parmesan cheese cream – Truffle shavings*

## GRATIN D’AUBERGINE À LA PARMIGIANA

### | EGGPLANT PARMIGIANA GRATIN 20 🌱 🍷 🍴

Gratin d’aubergine – Sauce tomate – Fromage – Basilic  
*Eggplant roasted – Tomato sauce – Cheese – Basil*

# SALADES VOYAGEUSES | SALADS FROM AROUND THE WORLD

## NICE | MARRAKECH 20 🌿🌱🥥👐

Falafels croustillants – Taboulé oriental de quinoa – Houmous au cumin – Tomate – Concombre – Persil – Menthe  
– Sauce sésame au miel

*Crispy falafels – Oriental quinoa tabouleh – Cumin hummus – Tomatoes – Cucumber – Parsley – Mint – Honey & sesame dressing*

## NICE | ATHÈNES 20 🌾🌿👐

Halloumi grillé – Tomate ancienne – Concombre – Olive –Câpre – Oignon rouge – Pastèque – Huile d'olive  
*Grilled halloumi – Heirloom tomatoes – Cucumber – Olives – Capers – Red onion – Watermelon – Extra virgin olive oil*

## NICE | HANOÏ 20 🥥👐

Vermicelles de riz – Sauté de bœuf au soja & citronnelle – Nems aux légumes – Laitue – Concombre – Carotte – Cacahuète  
– Sauce nuoc-mâm

*Rice vermicelli – Soy and lemongrass beef stir-fry – Vegetable spring rolls – Lettuce – Cucumber – Carrots – Peanuts – Nuoc-mam dressing*

## NICE | LOS ANGELES 20 🥥👐

Poulet – Bacon au miel – Cheddar – Avocat – Cacahuète – Oignon croustillant  
*Chicken – Honey bacon – Cheddar – Avocado – Peanut – Crispy onion*

# SÉLECTION BALM | BALM SELECTION

## CHEESEBURGER BALM 23 🍷

Sauce burger – Cheddar – Steak – Bacon – Oignon confit – Tomate – Frites BALM – Mesclun  
*Burger sauce – Cheddar – Steak-Bacon – Caramelized onions – Tomatoe – French fries – Salad*

## VEGGIE BURGER 23 🌿🍷

Sauce burger – Cheddar – Steak végétal – Oignon confit – Tomate – Frites BALM – Mesclun  
*Burger sauce – Cheddar – Plant-based patty – Caramelized onions – Tomatoe – French fries – Salad*

## SHRIMP ROLL BRIOCHE | SHRIMP ROLL BRIOCHE 21 🍷

Crevettes roses – Mayonnaise citronnée au tabasco vert – Radis « Red meat » – Pain brioché toasté au beurre  
*Pink shrimps – Lemon mayonnaise with green tabasco sauce – Red meat radishes – Toasted brioche bread with butter*

## AVOCADO TOAST 22 🍷

Saumon fumé – Guacamole épicé – Oeuf poché – Mesclun  
*Smoked salmon – Spicy guacamole – Poached egg – Salad*

# PLAISIRS SUCRÉS | SWEET TREATS

## SÉLECTION DE FROMAGE | CHEESE SELECTION 11 🌾

Confiture et mesclun

*Jam – Salad*

## PAVLOVA EXOTIQUE | EXOTIC PAVLOVA 13 🌾 🍷

Meringue croquante–Chantilly vanille – Sorbet mangue  
– Passion & kiwi frais – Coulis exotique

*Crunchy meringue – Vanilla whipped cream – Mango sorbet  
– Fresh passion fruit & Kiwi – Exotic coulis*

## MOCHIS ET NAGE DE FRAISES

### | MOCHI AND STRAWBERRY SOUP 13 🌿

Duo de mochis – Nage de fraises fraîches – Menthe

*Mochi duo – Fresh strawberry soup – Mint*

## CARPACCIO D'ANANAS | PINEAPPLE CARPACCIO 11 🌾 🌿 🍷 🍹

Ananas infusé au rhum – Sorbet coco artisanal

*Pineapple infused with rum – Artisanal coconut sorbet*

## LE TOUT CHOCOLAT | ALL CHOCOLATE 10MIN 12 🌿 🍫

Moelleux au chocolat noir–Cœur coulant caramel –  
cacahuète – Glace vanille – Éclats de cacahuètes salées  
*Soft dark chocolate cake – Homemade caramel peanut lava  
core – Vanilla ice cream – Salted peanut crumble*

## TIRAMISU PISTACHE ET ABRICOT

### | PISTACHIO AND APRICOT TIRAMISU 12 🌿 🍷

Biscuit au sirop cardamome – Mascarpone – Abricot frais  
– Brisures de pistaches caramélisées

*Cardamom syrup biscuits – Mascarpone – Fresh apricot  
– Caramelized pistachio crumble*

# VINS BLANCS | WHITE WINES

|                                                                                                   | 15 cl | 75 cl |
|---------------------------------------------------------------------------------------------------|-------|-------|
| <b>CHARDONNAY «Domaine Grand Calcaire»</b><br>AOP Petit Chablis<br>Mineral – Elegant – Refreshing | 11    | 61    |
| <b>CHARDONNAY «Domaine Chartron &amp; Trebuchet»</b><br>AOP Rully 1er Cru<br>Refined – Round      | –     | 90    |
| <b>ROLLE «Domaine Château Ste Roseline» – La Perle</b><br>IGP Méditerranée<br>Fresh – Flora       | 8.5   | 38    |
| <b>GRENACHE NOIR «Domaine Secret de Lunès»</b><br>Vin de France<br>Rich – Velvety                 | 9.5   | 44    |
| <b>SAUVIGNON BLANC «Domaine Charles Pierre»</b><br>AOP Sancerre<br>Crisp – Crunchy – Aromatic     | 11    | 59    |

# VINS ROSÉS | ROSÉ WINES

|                                                                                                     | 15 cl | 75 cl |
|-----------------------------------------------------------------------------------------------------|-------|-------|
| <b>«Domaine Château Ste Roseline» – La Perle</b><br>IGP Méditerranée<br>Light – Fruity              | 8.5   | 38    |
| <b>GRENACHE   CINSAULT   SYRAH – Murmure</b><br>AOP Côtes de Provence<br>Floral – Elegant – Tart    | 9.5   | 42    |
| <b>«Domaine Château Ste Roseline» – Lampe de méduse</b><br>AOP Côte de Provence<br>Elegant – Floral | –     | 48    |



# VINS ROUGES | RED WINES

|                                                                                                     | 15 cl | 75 cl |                                                                                         | 15 cl | 75 cl |
|-----------------------------------------------------------------------------------------------------|-------|-------|-----------------------------------------------------------------------------------------|-------|-------|
| <b>CABERNET   MERLOT «Domaine Château Villotte»</b><br>Bordeaux Supérieur<br>Round And Rich         | 8.5   | 42    | <b>GAMAY «Domaine Les Capréoles»</b><br>AOP Régnié Beaujolais<br>Light – Fruity – Fresh | 10    | 45    |
| <b>CABERNET   MERLOT «Domaine La croix Montlabert»</b><br>ST Emilion Grand Cru<br>Velvety – Intense | –     | 97    | <b>SYRAH</b><br>AOC Côte Rôtie<br>Powerful – Deep                                       | –     | 94    |
| <b>PINOT NOIR «Domaine St Germain»</b><br>AOP Bourgogne<br>Delicate – Wood                          | 10    | 48    | <b>SYRAH «Domaine Les Vins de Vienne»</b><br>AOP Crozes Hermitage<br>Spicy – Silky      | –     | 60    |
| <b>SYRAH   CABERNET «Château Ste Roseline» – La Perle</b><br>IGP Méditerranée<br>Light – Fruity     | 8.5   | 38    |                                                                                         |       |       |



Prix nets en € TTC service compris. TVA 10% hors  
boissons alcoolisées 20%

Net prices in € including VAT and service (10% VAT  
excluding alcoholic beverage 20%)

SODAS | SOFTS

- Coca-Cola, Coca-Cola Zero | 33cl 6.20€
- Schweppes, Orangina, Fuze Tea Pêche, Sprite, Fanta orange, Limonade | 25cl 6.20€
- Diabolo | 25cl 6.50€
- Red bull | 25cl 7€
- Fever Tree Ginger Beer, Fever Tree Ginger Ale, Fever Tree Tonic Water | 20cl 7€

JUS DE FRUITS | FRUIT JUICES

- Orange, Pomme, Ananas, Tomate, Fraise, Abricot, Pamplemousse  
| Orange, Apple, Pineapple, Tomato, Strawberry, Apricot, Grapefruit | 25cl 6.20€
- Fruits pressés : Orange, Citron, Pamplemousse  
| Freshly Squeezed Fruits: Orange, Lemon, Grapefruit| 7.50€

BOISSONS CHAUDES | HOT DRINKS

- Espresso | Espresso 3.65€
- Café Noisette | Coffee with milk 3.75€
- Café allongé | Long coffee 3.85€
- Double Espresso, Café crème | Double Espresso, Coffee with cream 5.10€
- Cappuccino 5.6€
- Chocolat chaud, Flat white, Café latte | Hot chocolate, Flat white, Latte coffee, Ice coffee, Ice latte 7€
- Matcha latte, Cappuccino Soja | Amande | Matcha latte, Soy | Almond Cappuccino 7€
- Sélection de thés & infusions | Selection of teas & herbal teas 6€

Thés Kusmi : Earl Grey | Thé Vert Menthe (Mint green tea) | 4 fruits rouges (berries) | Noir anastasia | Thé vert (Green tea) | English breakfast  
Infusions : Verveine (Verbena) – Menthe | Camomille (Mint | Chamomile)

EAUX MINÉRALES | MINERAL WATERS

- Evian | 50 cl 5.50€
- Evian | 100 cl 7.20€
- Badoit | 50 cl 5.50€
- Badoit | 100 cl 7.20€
- Perrier | 33 cl 6.20€

BIÈRES | BEERS

- Tuborg 4.6% | 25 cl 6€
- Tuborg 4.6% | 50 cl 11€
- Bière sirop | Syrup beer | 25 cl 6.5€
- Bière sirop | Syrup beer | 50cl 11€
- Grimbergen Blonde 6.7% | 25 cl 7€
- Grimbergen Blonde 6.7% | 50 cl 11€
- IPA La Sentinelle 5.5% | 25 cl 8€
- IPA La Sentinelle | 50 cl 12€