



# Saine & Sauve

Biarritz, France

**We are a Southwest France based catering company offering services for private events, weddings & health/yoga retreats.**

We select quality food from local organic farmers and producers. Specialising in vegetarian food, we are sensitive to any specific dietary needs such as gluten or dairy free. We can also provide fish and meat options from local fishing or quality breeding farms.

Saine et Sauve is inspired by different cultures, Ayurvedic cooking, nature and the rhythm of the seasons.





## Sweet Breakfast

15 €

**This menu is composed of your choice of 3 options below:**

Pankakes with maple syrup and seasonal fruits

Dairy free porridge with spices, nuts, fresh and dry fruits

Banana bread

Bircher muesli with home made granola & fruits

Yogourt with home made granola and fruits

French Croissant and Chocolatine from local organic bakery

## Brunch

25 €

**This menu is composed of your choice of 5 options below:**

Pancakes with maple syrup and seasonal fruits

Dairy free porridge with spices, nuts, fresh and dry fruits

Banana bread

Bircher muesli with home made granola & fruits

Yoghurt with home made granola & fruits

French Croissant & Chocolatine from local organic bakery

Avocado toast on whole wheat bread, with marinated egg, soft cheese & dukkah

Green seasonal salad

Ayurvedic scramble eggs and spices

French smoked trout on whole wheat bread with ghee and fresh herbs

Seasonal grilled vegetables bruschetta with soft cheese

Charcuterie plate with bread & butter

*All menus come with flavored water :  
cucumber & mint, lemon & ginger, rose water & rosemary*

Additional drinks option includes fresh juices & organic tea or coffee: 5€ /pers

## Grazing Table

35 €

**Our grazing table is composed of quality organic food according to your preferences. The table is beautifully decorated with seasonal flowers and leaves.**

**Options include :**

Locally sourced farm cheeses

Hummous and beetroot dips

Crackers

Whole wheat and dry fruit bread

Savoury muffins or cake

Raw seasonal vegetables

Seasonal fruits and berries

Dry fruits and nuts

Seasonal bruschettas

Focaccia toast

Quality charcuterie

Italian olives



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www.sainetsauve.com