

SHALN  
YOGN

# La Cantine des yogis



# TO DRINK

## HOT BEVERAGE

|  |    |
|--|----|
| Espresso                                     | 30 |
| Espresso macchiato                           | 30 |
| Decaffeinated                                | 30 |
| Double espresso                              | 40 |
| Cappuccino                                   | 40 |
| Latte; extended espresso with milk           | 40 |
| Matcha latte; matcha, milk and vanilla       | 50 |
| Hot chocolate                                | 40 |
| Moroccan Gunpowder green tea with fresh mint | 30 |

### Green Tea

|                                      |    |
|--------------------------------------|----|
| Jasmine haze / ginger and lemongrass | 40 |
| Sencha zen / green tea               | 40 |

### Black Tea

|  |    |
|--|----|
| Masala Chaï / cinnamon, black pepper and cardamom              | 40 |
| 1001 nights / black tea, rose petals and orange blossom petals | 40 |

### Herbal Infusions

|  |    |
|--|----|
| Louisa   | 40 |
| verbena leaves from the mountains                                  |    |
| Ginger Calm  | 40 |
| ginger, licorice, lemongrass, lavender, chamomile, and rose petals |    |
| Camomille Breeze   | 40 |
| chamomile, hibiscus, rosehip, orange blossom, mint, and lemongrass |    |

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## COLD BEVERAGE

|  |    |
|--|----|
| Still or sparkling water                     | 40 |
| Freshly home-made juices, from the extractor |    |
| Skinjbir cucumber, celery, ginger, lemon     | 70 |
| Bnine banana, milk, almonds and dates        | 70 |
| Limoun orange, carrot, grapefruit and mango  | 70 |
| Ginger shot                                  | 70 |

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We offer cow's milk, oat milk, almond milk, soy milk, and coconut milk.  
Feel free to share your preference.

# TO EAT

## Home-made daily “Shhiwates”

|                         |    |
|-------------------------|----|
| 2 Energy balls          | 40 |
| 1 Chocolate cookie      | 40 |
| Homemade crispy rackers | 40 |

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## Sabah Ennor

|   |    |
|---|----|
| Sunflower and pumpkin seeds omelette  | 70 |
| Scrambled eggs with olives-stuffed “harcha” (*) (**)  | 80 |
| Oat bran pancake with avocado, cottage cheese and a squeeze of lemon                        | 80 |
| Red fruits chia pudding with almond milk, grated coconut and a gourmet coulis               | 90 |
| Granola Bowl: plain yogurt, homemade granola, roasted figs, fresh mango, turmeric and honey | 90 |

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## Bissaha Starting from noon

|   |     |
|---|-----|
| Seasonal soup; celery, cardamom, coriander seeds, and pistachios  | 90  |
| Beetroot tartare, avocado, grapefruit and feta cheese   | 110 |
| Quinoa salad with mango, avocado, endives, sesame seeds and fresh coriander                               | 110 |
| Wild herb salad; roasted cauliflower, feta cheese, grilled tofu, cucumber, radishes and chimichurri sauce | 110 |
| Chicken escalope on whole meal bread, candied tomatoes, fresh goat cheese and pesto (*) (**)              | 180 |
| Tempeh burger with roasted sweet potatoes   | 180 |
| Shala-bowl / rice, wakame seaweed, carrots, gravlax salmon, cabbage, snow peas, edamame and soy           | 180 |

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## Halawiyates

|  |    |
|--|----|
| Seasoned fresh fruits                  | 70 |
| Mango Lassi                            | 70 |
| Chocolate and banana fondant with nuts | 90 |
| Coconut cream and blueberry cake       | 90 |
| Pistachio cheesecake                   | 90 |

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All our recipes are made from gluten-free flour, except those marked with (\*)

All our recipes are vegetarian except those marked with (\*\*)

(\*): contains gluten

(\*\*): non-vegetarian



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