



POIVRE & SEL

R I S T O R A N T E



3 Rue Victor Schoelcher, Sainte-Luce

05 96 69 49 05

Repas sur place et vente à emporter



POIVRE & SEL

TO START YOUR MEAL

MOZZARELLA CHEESE MELTED 10.00 €

AUBERGINE PARMIGIANA 12.00 €

ASSIETTE ROMAINE 16.00€
Coppa, prociuto de Parma, bresaola, mozzarella, burata des Pouilles, roquette, cherry tomatoes, parmesan

ROASTED MARROW BONE 13.00 €

PLATE OF FRIED SEAFOOD 15.00 €

FISH SLIVERS WITH HOMEMADE BUTTER 14.00€
just seized with the flame

BEEF CARPACCIO 15.50 €
Olive oil, balsamic cream, pesto, onions, roquette, parmesan

CAESAR SALAD 15.00 €
Chicken, roasted bacon, croutons, cesar sauce, tomatoes

GOAT'S CHEESE SALAD 15.00 €
Bacon, honey

IT'S UP TO YOU...

BRAISED BEEF 23.00 €
Cep cream

RAVIOLES WITH MUSHROOM 24.00 €
Pancetta, truffle oil

BEEF FILLET ROSSINI 28.00 €

SEMI-COOKED TUNA WITH LEMON CREAM 24.00 €

RISOTTO WITH SHELLFISH 24.00 €
Palourdes de Martinique, couteaux, gambas
Lemon, leek and parmesan

ROASTED OCTOPUS (CHATROU) WITH NDUJA 23.00 €

TAGLIATELLES WITH TRUFFLE AND GUANCIALE 23.00 €
Italian bacon

Trattoria



POIVRE & SEL

Pizzas

CLASSIC

- MARGHERITA** 12.50 €
Tomato sauce, basil, mozzarella, olives
- RÉGINA** 14.50 €
Tomato sauce, mozzarella, ham, olives
- SICILIENNE** 12.50 €
Tomato sauce, olives, mozzarella, anchovies, capers
- REINE** 15.50 €
Tomato sauce, mozzarella, ham, mushrooms, olives, egg
- ORIENTALE** 16.50 €
Tomato sauce, mozzarella, merguez, peppers, onions, olives
- MADININA** 15.50 €
Tomato sauce, mozzarella, ham, pineapple, olives
- QUATRO FORMAGGI** 17.50 €
Tomato sauce, mozzarella, goat, raclette cheese, gorgonzola, olives
- CALZONE** 17.50 €
Tomato sauce, mozzarella, ham, fresh mushrooms, egg, olives
- VÉGÉTARIENNE** 15.50 €
Tomato sauce, mozzarella, peppers, onions, fresh mushrooms, artichoke, olives, roquette salad
- 4 SAISONS** 16.50 €
Tomato sauce, mozzarella, peppers, ham, fresh mushrooms, artichoke, olives
- POIVRE & SEL** 18.50 €
Tomato sauce, mozzarella, ham, olives, merguez, bacon, chorizo, onions
- CHEVRE MIEL** 15.50 €
Tomato sauce, mozzarella, goat, honey, aragula
- RACLETTE** 18.50 €
Tomato sauce, mozzarella, ham, potatoes, raclette cheese, prosciutto di parma, onions

**AMERICAN****SUPRÊME CHICKEN BB 16.50 €**

BBQ sauce, mozzarella, chicken, cheddar, bacon, onions

SUPRÊME BBQ 16.50 €

BBQ sauce, mozzarella, beef, cheddar, bacon, onions

CREAM BASE**NORVÉGIENNE 19.50 €**

Cream, mozzarella, smoked salmon, tomatoes, roquette salad, olives

MAGRET DE CANARD 19.50 €

Cream, mozzarella, mushrooms, duck breast, arugala, onions

FRUITTI DI MAR 19.50 €

Cream, mozzarella, garlic sauce, mussels, shrimp, gambas, lemon

FLAMME 15.50 €

Cream, mozzarella, pancettas, ham, onions

CESAR 16.50 €

Cream, mozzarella, chicken, bacon, parmesan, roquette salad

CREATIONS**GENOVESE 16.50 €**

Pesto cream, mozzarella, goat, tomatoes, roquette salad, parmesan

ITALIENNE 18.50 €

Pesto Cream, mozzarella, prosciutto di parma, roquette salad, parmesan, onions

DELIZIOSA 18.50 €

Cream, mozzarella, gorgonzola, coppa, cherry tomatoes, roquette salad, onions, parmesan

TRUFFE 20.00 €

Tomato sauce, mozzarella, mushrooms, truffle, truffle oil, roquette salad, parmesan

BURATTA 20.00 €

Tomato sauce, mozzarella, buratta, basil, italian ham



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Pastas

Pierrades

PENNE AL 3 FROMAGGI	14.00 €
Gorgonzola, mozzarella, parmesan	
TAGLIATELE ALLA BOLOGNESE	15.00 €
Meat cooked for 6h, tomato sauce, onions, garlic	
PENNE CARBONARA	15.00 €
Bacon cream sauce, ham, egg yolk, parmesan	
TAGLIATELE FRUTI DI MAR	18.00 €
Shrimps, mussels with garlic, cream, tomatoes	
TAGLIATELE AL SALMON	18.00 €
Garlic cream sauce, parmesan, salmon	



BEEF (bavette d'loyau)	20.00 €
CHICKEN	19.00 €
DUCK	22.00 €
SEA (fish of the day, shrimp)	22.00 €
THE TRIO (beef, chicken, duck)	22.00 €
THE LAND AND SEA (beef, chicken, shrimp, fish)	24.00 €

The pierrade is served with french fries and green salad
Choice of sauce : pepper, roquefort, honey, cumin



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Desserts

BRIOCHE PERDUE 8.00 €
Caramel and salted butter ice cream

TIRAMISU TRADITIONNEL 8.50 €

CREAM BRÛLÉE COCONUT RHUM VIEUX 7.50 €

RAVIOLES PINEAPPLE, MANGO, PASSION 7.00 €

**CHOCOLATE LINGOTS RED FRUITS
VANILLA ICE CREAM** 8.00 €

COFFEE GOURMAND
Mixture of small desserts served with coffee 10.00 €

WEST INDIES COFFEE
Coffee rum vieux and chantilly cream 9.00 €

MAKE YOUR OWN ICE CREAM CUP

The ball 3.50 €

**OUR FRAGRANCES : CHOCOLATE, SUPER COCONUT, RHUM RAISIN,
VANILLE, VANILLE PACANE, LIME**

**NOS TOPPING - 1€ L'UNITÉ : CHOCOLATE SAUCE, Caramel SAUCE,
CHANTILLY CREAM**



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Cocktails

ALCOOL

MOJITO : lemon, mint, Havana Club ou Rhum Trois-Rivières, Sprite 10€	10.00 €
CAIPIRINHA : lime, cachaça, sugar	10.00 €
CUBA LIBRE : Havana Club 3ans, coca, lemon	8.50 €
PLANTEUR : fruit mix, rhum, cannelle	9.00 €
HAVANITO : pineapple, mango, fresh mint, Havana Club	10.00 €
PINEAPPLE : coconut, pineapple, coconut milk , rhum, sirop canne	9.50 €
BRESILIEN : caïpirinha, pineapple, grenadine	9.50 €
DESPRINHA / DESPIRITO : caïpirinha ou mojito + desperados	12.00 €
DAIQUIRI : rhum, lemon, suger, shaker, crushed ice	9.50 €
DAIQUIRI fruits	10.00 €
VODKA ou TEQUILA SUNRISE	9.00 €

OUR SPECIALITIES

APEROL SPRITZ : liquor orange, Prosecco, sparkling water	9.00 €
AMERICANO : Martini red, Campari, soda, zeste agrume	7.50 €
GARIBALDI : Campari, orange juice	8.50 €
PINK PEPPER : Schweppes Martini rosé, lemon	7.50 €

WITHOUT ALCOOL

VIRGIN MOJITO : lemon, mint, Sprite	6.50 €
LE RIO : lemon, orange juice, Sprite, grenadine	6.50 €
VIRGIN PINEAPPLE COCO : coconut milk, pineapple juice, sirop de canne	6.50 €



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Apéritifs

PUNCH Coconut maison	6.00 €
KIR WHITE WINE	5.00 €
RICARD	4.00 €
TI PUNCH White: Trois-Rivières ou HSE	3.00 €
TI PUNCH white : Neisson	4.00 €
LE PUNCH'O : Ti punch, honey, vanille, ice	5.00 €
WHISKY JB ou Clan Campbell	6.00 €
WHISKY Ballantine's	7.00 €
RHUM Vieux : Trois-Rivières, La Mauny, HSE	7.00 €
GIN, VODKA, TEQUILA	5.00 €
MARTNI : white, red	

Beers

LORRAINE : pression blonde	25cl	3.00 €	50cl	6.00 €
AFFLIGEN : pression blonde	25cl	4.00 €	50cl	8.00 €
LEFFE				5.50 €
DRAGON STUP : jamaican dark beer classic or stawberry syrup				5.00 €
MONACO ou TANGO	25cl	3.50 €	50cl	7.00 €
HEINEKEN	25cl			3.00 €
DESPARADOS : Classic, Red	33cl			4.90 €
B A M : Petite Brasserie Martiniquaise				4.90 €
MORETTI : italian beer				4.90 €
CORONA				4.90 €



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Softs

FRUIT JUICE to the glass

Orange, Passion, Goyave Pineapple Cocktail 25cl **4.00 €**

MONT PELE Refresh : Red fruits, Tropical 50cl **3.00 €**

CHANFLOR tea peach, **COCA COLA,** **3.00 €**
SPRITE, ORANGINA, SHWEPPEES-TONIC 50cl

CHANFLOR Still water 50cl **2.50 €**

DIDIER Fizzy water : Nature, Lemon 50cl **3.00 €**

CHANFLOR, DIDIER 1L **4.00 €**

ACQUA PANNA, SAN PELLÉGRINO **5.00 €**

Children's menu

For the children under 8 years of age

PASTA BOLOGNAISE OU CARBONARA OU BUTTER

OR

1 PIZZA RÉGINA OU NAPOLITAINE

In children's version

14.00 €

1SCOOP OF ICE CREAM

WATER, FRUIT JUICE, SYRUP



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wine

WINE RED

	75CL	VERRE
LOUP DANS LA BERGERIE	27.00 €	6.00 €
VALPOLICELLA SUPERIEURE	39.00 €	
CHIANTI ALBOLA	39.00 €	
BORDEAUX CHATEAU DE GOËLANE	31.00 €	
MERLOT	27.00 €	
PINOT NOIR	24.00 €	
ST NICOLAS DE BOURGUEIL	35.00 €	
CÔTES DU RHONE BIO	28.50 €	7.00 €

WINE ROSE

COTEAUX D'AIX BIO	32.00 €	
ROSE DES S	25.00 €	
SAINT TROPEZ	21.00 €	6.00 €
PLAISIR'OSE	23.00 €	

WINE WHITE

PINOT GRIGIO	29.00 €	
MUSCADET	21.00 €	
COTE DE GASCOGNE N°3	21.00 €	
CHARDONNAY	29.50 €	6.00 €
PROSECO	35.00 €	8.00 €

CHAMPAGNE

65.00 €



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Coffee – Tea – Brandy

COFFEE, COFFEE ALLONGÉ, COFFEE WITH CREAM 2.50 €

ITALIAN COFFEE

Café, chantilly, Amaretto

6.70 €

GREEN TEA NATURE / **BLACK TEA** EARL GREY

3.00 €

Amaretto, Vieux, Peppermint, Limoncello

5.00 €

GRAPPA

Italian brandy

7.00 €

RHUMS :

SAINT JAMES Excellence, LA MAUNY XO

8.00 €

TROIS RIVIERES, VSOP, JM VO, CLEMENT VO

7.00 €

HSE

6.00 €



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GOOD TO KNOW

Welcom,

The majority of our products come from Italy.

The cold cuts come from small producers,

The fish comes from local fishermen,

The meat is European,

Our flour is organic from ITALY.

All our dishes are prepared when you order.

The cooks do their best to satisfy you.

The means of payment available to you are :

- CB

- Cash

- Tickets Restaurant (maximum amount of 19€)

We do not take cheques.

An additional 5€ may be charged for each additional place setting in case of non-use.

Service is not included.

Tell us about your allergies...

***Our dishes may contain gluten, peanuts
shellfish and eggs***