tero
bruxelles

RESTAURANT

Responsible sourcing for shared pleasure

from our farms to our table

Ferme des Rabanisse
Rue des Rabanisse, 1 - 5580 Rochefort
Ferme Magerotte
Rue de Lahaut, 11 - 6950 Nassogne

"Producing our own ingredients connects us directly with the realities of farming and the time it takes."

Our vegetable growers and livestock farmers Julien, Antoine, Bernard and their team grow fruit, vegetables and herbs and raise Parthenais cows, Duroc pigs and laying hens in an animal- and environmentally friendly way. They also produce artisanal honey.

Sébastien and his own team of butchers and charcutiers take over from Jean-Charles to process our meats and manufacture our famous Ardennes cured meats.

We attach great importance to producing our own food, as it enables us to guarantee both quality and taste. When we are unable to supply all our ingredients, we give preference to local artisans and producers.

As we believe pleasure is for sharing, we don't serve starters and mains, but a series of small plates we encourage people to share and explore a range of cross-cultural flavours.

Interesting in finding out more about our project and our producer partners? Take a look at the last page of this menu!

first things first

snacks

HUMMUS OF THE DAY *with home-made zaatar (v)*   9.00
* soy, nuts, sesame, coconut, garlic

CURED MEATS FROM OUR FARM *aged for 12 months, piccalilli*   13.00
* onion

FOCACCIA *smoked ricotta, radish, kalamata (up)*   10.00
* gluten, lactose, pine nuts

POULTRY CROMESQUIS *tarragon, violet mustard*   13.00
* gluten, egg, mustard, garlic, onion, celery

HAKE FRITTERS *shellfish mayonnaise*   12.00
* fish, gluten, egg, garlic, onion, shellfish, celery

our plates

Our cuisine showcases each product individually, whether animal or vegetable.

Depending on your appetite, we advise you to order 5 to 7 plates for 2 people.

lunch 26

VEGETARIAN
vegetables, cereal, legume (v)
or
MEAT
vegetables, cereal, meat from our farm

---

cold plates

---

radish 16

mushrooms, hazelnuts, curry, chervil (v)

* nuts, onion, mustard

burrata 18

Bella Puglia, beetroot, fennel, zaatar (up)

* lactose, nuts, garlic, coconut, sesame

langoustine 20

as ceviche, pomelo, verbena

* shellfish, onion, coconut, fish, celery

parthenais veal 19

green asparagus, yoghurt, buckwheat

* lactose

---

warm plates

---

turnip 19

In ravioli, peas, fresh goat's cheese, mint (up)

* lactose, onion

carrots 18

tatin style, lemongrass, coriander, lime

* nuts, lactose, gluten

63° egg 16

button mushrooms, potato cream, cashew

* nuts, lactose, egg

duroc pork 23

tonkatsu style, kimchi, black sesame, teriyaki

* onion, gluten, egg, sesame, garlic, soy

broccoli 16

sauteed, candied garlic, jalapenos, fresh herb vegan yoghurt (v)

* garlic, soy, onion

small spelt 19

as a risotto, cime di rapa, monk's head, spring onions (up)

* lactose, garlic, onion, gluten, celery

parthenais beef 22

braised brisket, squash gnocchi, hazelnut gremolata, sage jus

* nuts, gluten, egg, garlic, onion

fish of the day 23

white asparagus, lemon hazelnut butter

* fish, lactose, egg

finishing touch

rhubarb 12

tartlet, thyme, pollen, lemon ganache

* lactose, egg, nuts

chocolate tero 12

white sesame cream, cocoa nibs (v)

* nuts, sesame, gluten, soy

chocolate éclair 11

with praline, kinako caramel and peanuts

* peanut, lactose, egg, gluten, soy, nuts

coffees

RISTRETTO / ESPRESSO / LUNGO *houseblend 'Or coffee'*	4.00
MACCHIATO *houseblend 'Or coffee'*	5.00
DOUBLE ESPRESSO *houseblend 'Or coffee'*	6.00
CAPPUCINO *houseblend 'Or coffee' with cow's or non-dairy milk*	6.00
LATTE MACCHIATO *houseblend 'Or coffee'*	6.00
TERO BAILEYS *whisy, kahlua, espresso, cream*	14.00
IRISH / ITALIAN COFFEE *whisky / amaretto, espresso, cream*	14.00

teas

GREEN TEA WITH FRESH MINT	6.50
GENMAICHA YUKIHIME *'cha-hû-thé' green tea with puffed rice*	6.00
PRECIOUS SLIM TIME *'cha-hû-thé' green tea and maté*	6.00
MASALA BLACK *'cha-hû-thé' black tea*	6.00
CHILL-OUT *'cha-hû-thé' oolong with notes of dried fig*	6.00

infusions

DETOX INFUSION *ginger, lemon and honey from our farm*	6.00
MADAGASCAR *'cha-hû-thé' rooibos flavoured with dates and Madagascar vanilla*	6.00
DIGEST TIME *'cha-hû-thé' infusion of fennel, anise, cumin and nettle*	6.00
CITRUS MOON *'cha-hû-thé' lemon infusion*	6.00
AFTER MISTRAL *'cha-hû-thé' infusion of thyme, verbena, rosemary and lavender*	6.00

liqueurs and spirits

BRHUM *Dada Chapel Gand (4cl)*	10.00
WHISKY *Belgian Owl (4cl)*	12.00
BELGIAN LIMONCELLO *2240 Social Club (4cl)*	8.00
BELGIAN AMARETTO *Noblesse (4cl)*	8.00
FRIMAS D'ARDENNES *Winter apple nectar (4cl)*	8.00
HIERBAS DE LAS DUNAS *Wild herbs from the North Sea (4cl)*	8.00
ELDERFLOWER LIQUEUR *Vixie Local (4cl)*	8.00
GRAPPA PISONI *de Moscato Bio (4cl)*	8.00

ending word(s)

Our restaurants are part of the Tero Group, which offers team-building activities, event venues, lodges, sports clubs and the organisation of major sporting events.
What do they all have in common? The ability to provide you with memorable experiences and generate authenticity through sharing!
www.tero.be

our restaurants

tero bruxelles
Rue Saint-Bernard, 1 - 1060 Brussels

bistro17
Rue du Nord, 17 - 2229 Luxembourg

our partner producers

fruits and vegetables : *Ferme des Rabanisse, Ferme des Peupliers*

meat : *Ferme des Rabanisse, Ferme Magerotte*

fish : *BIGH (aquaponic farm)*

dairy products and eggs : *Bella Puglia, La fromagerie du Gros Chêne*
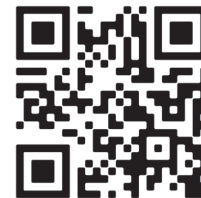
shoots : *ECLO, Symbiose*

spices : *Ingrédients du Monde*

dry goods : *So' Bake It, Bio Naturel, nOk, Pain de François, Vajra*

our farming projet

Find out more about the way in which we grow our organic vegetables and raise our own livestock in natural pastures.

our venues

Do you require a venue for an event, seminar or team-building exercise? Our restaurants have fully equipped, modular meeting rooms.

MICHELIN BIB GOURMAND

Gault&Millau

we're smart.
with GREENYARD