



MENU

Autumn 2024

Together with our nutritionist, we drew up 6 criteria so that you can enjoy carefree food with us. Our "Better Choices" (symbol heart) meet at least 5 of the 6 criteria.

Organic Bread

BAKER'S BREAD BASKET	733 kcal
PORTION OF BAGUETTE	162 kcal
SOURDOUGH BREAD ROLL	172 kcal
OMEGA 3 SOURDOUGH BREAD ROLL	288 kcal
HAZELNUT & RAISIN FLUTE	252 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
4/6		v	v		v	v
3/6			v	v		v
3/6			v	v		v
4/6			v	v	v	v
4/6			v	v	v	v

Breakfast

LE PAIN QUOTIDIEN BREAKFAST with or without a soft-boiled egg	834 kcal/878 kcal
HAM & CHEESE CROISSANT	369 kcal
PAIN PERDU	742 kcal
MINI PANCAKES	502 kcal
BREAKFAST BOWL	575 kcal
MANHATTAN BREAKFAST	605 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
3/6	v		v			v
1/6						v
2/6	v					v
3/6	v		v	v		v
6/6	v	v	v	v	v	v
3/6		v			v	v

Cereals, Fresh Fruit & Yoghurt

GRANOLA PARFAIT - Yoghurt/Skyr	443 kcal/447 kcal
GRANOLA PARFAIT - Soy yoghurt	403 kcal
YOGHURT WITH FRESH FRUIT - Yoghurt	177 kcal
YOGHURT WITH FRESH FRUIT - Skyr	173 kcal
YOGHURT WITH FRESH FRUIT - Soy yoghurt	135 kcal
FRESH FRUIT SALAD - V	84 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
3/6			v		v	v
5/6		v	v	v	v	v
2/6	v					v
3/6	v			v		v
4/6	v		v	v		v
4/6	v		v	v		v

Organic eggs

SOFT BOILED EGG (1 OR 2)	300 kcal/450 kcal
BAKED EGGS (1 OR 2)	342 kcal/386 kcal
SCRAMBLED EGGS	484 kcal
• with grilled bacon	549 kcal
• with avocado	643 kcal
• with Atlantic smoked salmon	569 kcal
SCRAMBLED EGGS TOAST	511 kcal
BRUNCH THE FARMER - Croissant/ pain au chocolat	1179 kcal/1269 kcal
BRUNCH THE ANGLER - Croissant/ pain au chocolat	993 kcal/1080 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
2/6			v			v
2/6			v			v
1/6						v
1/6						v
2/6	v					v
1/6						v
3/6	v		v			v
4/6	v	v			v	v
5/6	v	v	v		v	v

Sides

CHEESES (GOUDA & GOAT CHEESE)	369 kcal
BELGIAN FARMERS HAM	68 kcal
BELGIAN FARMERS HAM & CHEESE	262 kcal
ATLANTIC SMOKED SALMON	169 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
1/6						v
2/6				v		v
1/6						v
1/6						v

Viennoiseries

BUTTER CROISSANT	223 kcal
PAIN AU CHOCOLAT	311 kcal
PAIN AUX RAISINS	302 kcal
SMALL BRIOCHE	239 kcal
TORTILLON	257 kcal
APPEL PUFF PASTRY	294 kcal
CHOCOLATE TWIST	264 kcal
CINNAMON ROLL - V	277 kcal
HIBISCUS CROISSANT - V	230 kcal
ALMOND CROISSANT	365 kcal
CARRÉ CRÈME	354 kcal
SWIRL PISTACHE	481 kcal

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2/6			v			v
1/6			v			
1/6			v			
2/6			v			v
1/6			v			
2/6			v			v
1/6			v			
1/6			v			
1/6			v			
3/6			v		v	v
1/6			v			
1/6			v			

Tartines

HUMMUS & POMEGRANATE	596 kcal
BELGIAN BEEF TARTARE	517 kcal
TUNA	451 kcal
ITALIAN	610 kcal
AVOCADO TOAST - V	522 kcal
• with organic scrambled eggs	749 kcal
• with Atlantic smoked salmon	605 kcal
CROQUE MONSIEUR	966 kcal
GARDENER'S CROQUE - V	911 kcal
CHICKEN & SMOKED MOZZARELLA TOAST	634 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
6/6	v	v	v	v	v	v
1/6						v
3/6			v	v		v
1/6						v
6/6	v	v	v	v	v	v
5/6	v	v	v	v	v	v
5/6	v	v	v	v	v	v
1/6						v
6/6	v	v	v	v	v	v
1/6						v

Sides

MIXED SALAD - V	63 kcal
GUACAMOLE - V	290 kcal
AVOCADO - V	382 kcal
HUMMUS - V	354 kcal

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2/6			v			v
3/6			v	v		v
4/6	v		v	v		v
4/6			v	v	v	v

Our combo's

DAILY BAKER'S LUNCH - 1/2 tartine tuna	620 kcal
DAILY BAKER'S LUNCH - 1/2 tartine avocado	656 kcal
TARTINE LUNCH - 1/2 tartine Gouda/ham	556 kcal

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
5/6	v	v	v	v		v
5/6	v	v	v	v		v
1/6						v

Salades

CAESAR	701 kcal
WARM GOAT CHEESE	778 kcal
ATLANTIC SMOKED SALMON & QUINOA	821 kcal

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1/6						v
4/6	v			v	v	v
6/6	v	v	v	v	v	v

Hot dishes

QUICHE - LORRAINE	914 kcal
QUICHE - FETA AND SPINACH	788 kcal
QUICHE - SALMON AND LEEK	642 kcal
QUICHE OF THE SEASON	959 kcal
ORGANIC SOUP OF THE DAY - V	686 kcal

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2/6			v			v
3/6	v		v			v
3/6	v		v			v
5/6	v	v	v		v	v
5/6	v	v	v	v		v

Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories

Specials

		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
QUINOA BREAKFAST BOWL	330 kcal	 5/6	v		v	v	v	v
SOURDOUGH FLATBREAD, 2 ORGANIC BAKED EGGS	817 kcal	3/6			v	v		v
SOURDOUGH FLATBREAD, WHITE BEANS SPREAD & MIX GREENS	656 kcal	 5/6	v	v	v	v		v
• with Serrano ham	725 kcal	 5/6	v	v	v	v		v
SOURDOUGH FLATBREAD, MOZZARELLA & ROASTED VEGETABLES	754 kcal	4/6	v	v	v			v
• with Serrano ham	824 kcal	4/6	v	v	v			v
CHUNA TARTINE - V	633 kcal	 6/6	v	v	v	v	v	v
SEAWEED SALAD - V	436 kcal	 5/6	v	v	v	v		v
• with sardines	623 kcal	 5/6	v	v	v	v		v
POT AU FEU MÉDITERRANÉEN	326 kcal	 6/6	v	v	v	v	v	v
• with quinoa - V	421 kcal	 6/6	v	v	v	v	v	v
• with chicken	419 kcal	 6/6	v	v	v	v	v	v