

## MENU

## Spring 2025

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.

				\$	Ø)		<b>*</b>	Ŷ
		Better	Fruits &	Fiber	Plant Based	Better fats	Nuts & Seeds	Less Sugar
Organic Bread		Choices Score	vegetables		Protein			
	7001		> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
PORTION OF BAGUETTE	733 kcal 162 kcal	3/6		V	V	V	V	V
SOURDOUGH BREAD ROLL	172 kcal	3/6			v	v v		v v
BLACK OLIVES SOURDOUGH BREAD ROLL	162 kcal	3/6			· · · · · · · · · · · · · · · · · · ·	· v		v v
HAZELNUT & RAISIN FLUTE	252 kcal	4/6			· · · · · · · · · · · · · · · · · · ·	· v	V	· · · · · · · · · · · · · · · · · · ·
				<b>\$</b>	Ø)		***	Ŷ
			F 5 0	F1	DI . D	J	N . 0 C . I	
n 11 +		Better	Fruits &	Fiber	Plant Based	Better fats	Nuts & Seeds	Less Sugar
Breakfast		Choices Score	<b>vegetables</b> > 80g / dish	> 7g / dish	Protein > 50% / dish	<10E% calories	>5g	<10E% calories
LE PAIN QUOTIDIEN BREAKFAST	834 kcal/878 kcal	3/6						
with or without a soft-boiled egg			٧		٧			V
HAM & CHEESE CROISSANT	369 kcal	1/6						V
PAIN PERDU	742 kcal	2/6	V					V
MINI PANCAKES BREAKFAST BOWL	502 kcal 603 kcal	3/6 Ø 6/6	V		V	V		
MANHATTAN BREAKFAST	688 kcal	2/6	V	V	V	V	V	V V
MANHATIAN BREAKFAST	OOO KCal	2/0					V	V
					Ð)		**	<b>♡</b>
Cereals, Fresh Fruit &						J		
		Better	Fruits &	Fiber	Plant Based	Better fats	Nuts & Seeds	Less Sugar
Joghurt		Choices Score	vegetables	, 7. / P. I	Protein	-10E% - L ·	E.	410E% - L - :
TROPICAL GRANOLA PARFAIT - Yoghurt/Skyr	470 kcal/466 kcal	3/6	> 80g / dish	> 7g / dish	> 50% / dish V	<10E% calories	>5g V	<10E% calories V
TROPICAL GRANOLA PARFAIT - Soy yoghurt	426 kcal	<ul><li></li></ul>	V	V	v V	٧	v V	V V
CHIA RED FRUITS DELICE	341 kcal	<ul><li></li></ul>	v V	v V	v V	v v	v V	
FRESH FRUIT SALAD - V	125 kcal	4/6	· v		· v	· v		V
					Ø)	₽ 6	***	Ŷ
			Fruits &	Fiber	Plant Based	Datta data	Nuts & Seeds	I S
$\bigcirc$		Better		Fiber		Better fats	inuts & Seeds	Less Sugar
Organic eggs		Choices Score	<b>vegetables</b> > 80g / dish	> 7g / dish	Protein > 50% / dish	<10E% calories	>5g	<10E% calories
SOFT BOILED EGG (1 OR 2 )	300 kcal/450 kcal	2/6			V			V
BAKED EGGS (1 OR 2)	342 kcal/386 kcal	2/6			٧			V
SCRAMBLED EGGS	484 kcal	1/6						V
with grilled bacon	549 kcal	1/6						٧
with avocado	643 kcal	2/6	V					V
with Atlantic smoked salmon	569 kcal	1/6						V
SCRAMBLED EGGS TOAST	511 kcal	3/6	٧		V			V
					Ø)	Ā	***	Ŷ
				ф			9	lack lack
		Better	Fruits &	Fiber	Plant Based	Better fats	Nuts & Seeds	Less Sugar
Sides		Choices Score	vegetables		Protein			
CHEECES (COLID & G. COAT CHEECE)	2601		> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
CHEESES (GOUDA & GOAT CHEESE)	369 kcal	1/6						٧
BELGIAN FARMERS HAM BELGIAN FARMERS HAM & CHEESE	68 kcal 262 kcal	2/6				V		V
ATLANTIC SMOKED SALMON	169 kcal	1/6						v v
BURRATA DI BUFALA	453 kcal	1/6						V
	1 "	170						
							*	T T
					DI D	J	N o. c l	
7/		Better	Fruits &	Fiber	Plant Based	Better fats	Nuts & Seeds	Less Sugar
Viennoiseries		Choices Score	<b>vegetables</b> > 80g / dish	> 7g / dish	Protein > 50% / dish	<10E% calories	>5g	<10E% calories
BUTTER CROISSANT	223 kcal	2/6			V V	oalones	- ~ ~ 6	V
PAIN AU CHOCOLAT	311 kcal	1/6			V			
PAIN AUX RAISINS	302 kcal	1/6			٧			
SMALL BRIOCHE	239 kcal	2/6			٧			V
CHOCOLATE CRUFFIN	403 kcal	1/6			٧			
TORTILLON	257 kcal	1/6			٧			
CHOCOLATE TWIST	264 kcal	1/6			٧			
CINNAMON ROLL - V	277 kcal	1/6			٧			
HIBISCUS CROISSANT - V	230 kcal	1/6			٧			
ALMOND CROISSANT	365 kcal	3/6			٧		V	V
APPLE GALETTE	354 kcal	2/6			٧			٧
SWIRL PISTACHE	481 kcal	1/6			V			
					Ø)	r d	***	Ŷ
				Ψ				
<i>+</i> .		Better	Fruits &	Fiber	Plant Based	Better fats	Nuts & Seeds	Less Sugar
Tartines		Choices Score	vegetables		Protein	10.5%		10.5%
BELGIAN BEEF TARTARE	517 kcal	1/6	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
PERSIAN PER MINIMILE	JI/ KCdI	1/6						V

TUNA	451 kcal		3/6			V	V		V
AVOCADO TOAST - V	522 kcal	$\otimes$	6/6	V	V	V	V	V	V
with organic scrambled eggs	749 kcal	$\otimes$	5/6	٧	V	V		V	V
with Atlantic smoked salmon	605 kcal	$\otimes$	5/6	٧	V	V		V	V
CROQUE MONSIEUR	966 kcal		1/6						V
GARDENER'S CROQUE - V	911 kcal	$\otimes$	6/6	٧	V	V	V	V	V
CHICKEN & SMOKED MOZZARELLA TOAST	634 kcal		1/6						V
				^	^		<del>R</del>		
				Ø		Ø)		**	Ŷ
						D. D. I			
Sides		Bette	r	Fruits &	Fiber	Plant Based	Better fats	Nuts & Seeds	Less Sugar
		Choices S	core	vegetables	7 / 11 /	Protein	405%	-	405%
MIXED SALAD - V	63 kcal		2/6	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
GUACAMOLE - V	290 kcal					V			V
			3/6			V	V		٧
AVOCADO - V	382 kcal		4/6	٧		V	V		V
HUMMUS - V	354 kcal		4/6			٧	V	V	V
				B	A	Ø)	Į.	<b>≪</b>	$\sim$
								<b>**</b>	Ŷ
		<b>5</b>		Fruits &	Fiber	Plant Based	Better fats	Nuts & Seeds	Less Sugar
Our combo's		Bette		vegetables		Protein	201101 1010		
Our combos		Choices S	core	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
DAILY BAKER'S LUNCH - 1/2 tartine tuna	620 kcal	$\otimes$	5/6	V	V	V	V		V
DAILY BAKER'S LUNCH - 1/2 tartine avocado	656 kcal	- ×	5/6	<b>v</b>	V	V	V		<b>v</b>
TARTINE LUNCH - 1/2 tartine Gouda/ham	556 kcal		1/6						v
				₹3		Ø)	å	***	Ŷ
					Ψ		U	~	$\smile$
		Bette	r	Fruits &	Fiber	Plant Based	Better fats	Nuts & Seeds	Less Sugar
Salades		Choices S		vegetables		Protein			
		Choices	COLE	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
CAESAR	701 kcal		1/6						V
WARM GOAT CHEESE	778 kcal		4/6	٧			V	V	V
ATLANTIC SMOKED SALMON & TUNA	721 kcal	$\otimes$	5/6	V	V		٧	V	V
				6		al	П		
				Ø		Ø)	6	<b>**</b>	Ŷ
				Fruits &	Elbon	Plant Based	Better fats	Nuts & Seeds	Lass Sugar
11-11		Bette	r		Fiber		Detterrats	Inuts & Seeds	Less Sugar
Hot dishes		Choices S	core	vegetables > 80g / dish	> 7g / dish	Protein > 50% / dish	<10E% calories	\5a	<10E% calories
QUICHE - LORRAINE	914 kcal		2/6	> 008 \ qisii	> / g / disii	V V	CIOE/a Calories	>5g	V
QUICHE - FETA AND SPINACH	788 kcal		3/6	٧					· · ·
QUICHE - SALMON AND LEEK	642 kcal		3/6	v V		v			V
QUICHE OF THE SEASON	959 kcal	$\otimes$	5/6					.,	
ORGANIC SOUP OF THE DAY - V	686 kcal		5/6	v v	V	V		V	V
Site and soon of the BAT - Y	JOO Real	W	3/0		V		V		
				E		Ð	å	***	Ŷ
					Ф		Ů	<b>V</b>	$\Theta$
		Bette		Fruits &	Fiber	Plant Based	Better fats	Nuts & Seeds	Less Sugar
Specials				vegetables		Protein			
		Choices S	core	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
PROTEIN PANCAKES	647 kcal		2/6	٧			٧		
SOURDOUGH FLATBREAD, 2 ORGANIC BAKED EGGS	817 kcal		3/6			٧	٧		٧
ITALIAN FLATBREAD	820 kcal		1/6						V
GRILLED VEGETABLES FLATBREAD - V	826 kcal	$\otimes$	6/6	٧	٧	٧	٧	٧	٧
• with dried Serrano ham	896 kcal	8	6/6	٧	V	V	٧	٧	٧
• with mozzarella di bufala D.O.P.	989 kcal	Ø	6/6	٧	V	V	V	٧	٧
• with mozzarella di bufala D.O.P. and dried Serrano ham	1059 kcal	- ×	5/6	٧	V	v		V	v
GRAVLAX TARTINE	437 kcal		4/6			V	V	V	V
BURRATA & HEIRLOOM TOMATOES	737 kcal		3/6	٧				· v	v
RASPBERRY YOGHURT SMOOTHIE	198 kcal		2/6			٧	٧		