



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.







Organic Bread

BAKER'S BREAD BASKET	733 kcal
PORTION OF BAGUETTE	162 kcal
SOURDOUGH BREAD ROLL	172 kcal
BLACK OLIVES SOURDOUGH BREAD ROLL	162 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
3/6			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	603 kcal
MANHATTAN BREAKFAST	688 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		
6/6	v	v	v	v	v	v
2/6					v	v


Cereals, Fresh Fruit & Yoghurt

TROPICAL GRANOLA PARFAIT - Yoghurt/Skyr	470 kcal/466 kcal
TROPICAL GRANOLA PARFAIT - Soy yoghurt	426 kcal
CHIA RED FRUITS DELICE	341 kcal
FRESH FRUIT SALAD - V	125 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
6/6	v	v	v	v	v	v
5/6	v	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

						
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

Sides

CHEESES (GOUDA & GOAT CHEESE)	369 kcal
BELGIAN FARMERS HAM	68 kcal
BELGIAN FARMERS HAM & CHEESE	262 kcal
ATLANTIC SMOKED SALMON	169 kcal
BURRATA DI BUFALA	453 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
1/6						v







Viennoiseries

BUTTER CROISSANT	223 kcal
PAIN AU CHOCOLAT	311 kcal
PAIN AUX RAISINS	302 kcal
SMALL BRIOCHE	239 kcal
CHOCOLATE CRUFFIN	403 kcal
TORTILLON	257 kcal
CHOCOLATE TWIST	264 kcal
CINNAMON ROLL - V	277 kcal
HIBISCUS CROISSANT - V	230 kcal
ALMOND CROISSANT	365 kcal
APPLE GALETTE	354 kcal
SWIRL PISTACHE	481 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
1/6			v			
1/6			v			
2/6			v			v
1/6			v			
1/6			v			
1/6			v			
1/6			v			
3/6			v		v	v
2/6			v			v
1/6			v			

Tartines

BELGIAN BEEF TARTARE	517 kcal
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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

TUNA	451 kcal		3/6			✓	✓		✓
AVOCADO TOAST - V	522 kcal	✓	6/6	✓	✓	✓	✓	✓	✓
• with organic scrambled eggs	749 kcal	✓	5/6	✓	✓	✓		✓	✓
• with Atlantic smoked salmon	605 kcal	✓	5/6	✓	✓	✓		✓	✓
CROQUE MONSIEUR	966 kcal		1/6						✓
GARDENER'S CROQUE - V	911 kcal	✓	6/6	✓	✓	✓	✓	✓	✓
CHICKEN & SMOKED MOZZARELLA TOAST	634 kcal		1/6						✓

Sides

MIXED SALAD - V	63 kcal		2/6			✓			✓
GUACAMOLE - V	290 kcal		3/6			✓	✓		✓
AVOCADO - V	382 kcal		4/6	✓		✓	✓		✓
HUMMUS - V	354 kcal		4/6			✓	✓	✓	✓

Our combo's

DAILY BAKER'S LUNCH - 1/2 tartine tuna	620 kcal	✓	5/6	✓	✓	✓	✓	✓	✓
DAILY BAKER'S LUNCH - 1/2 tartine avocado	656 kcal	✓	5/6	✓	✓	✓	✓		✓
TARTINE LUNCH - 1/2 tartine Gouda/ham	556 kcal		1/6						✓

Salades

CAESAR	701 kcal		1/6						✓
WARM GOAT CHEESE	778 kcal		4/6	✓			✓	✓	✓
ATLANTIC SMOKED SALMON & TUNA	721 kcal	✓	5/6	✓	✓		✓	✓	✓

Hot dishes

QUICHE - LORRAINE	914 kcal		2/6			✓			✓
QUICHE - FETA AND SPINACH	788 kcal		3/6	✓		✓			✓
QUICHE - SALMON AND LEEK	642 kcal		3/6	✓		✓			✓
QUICHE OF THE SEASON	959 kcal	✓	5/6	✓	✓	✓		✓	✓
ORGANIC SOUP OF THE DAY - V	686 kcal	✓	5/6	✓	✓	✓	✓		✓

Specials

PROTEIN PANCAKES	647 kcal		2/6	✓			✓		
SOURDOUGH FLATBREAD, 2 ORGANIC BAKED EGGS	817 kcal		3/6			✓	✓		✓
ITALIAN FLATBREAD	820 kcal		1/6						✓
GRILLED VEGETABLES FLATBREAD - V	826 kcal	✓	6/6	✓	✓	✓	✓	✓	✓
• with dried Serrano ham	896 kcal	✓	6/6	✓	✓	✓	✓	✓	✓
• with mozzarella di bufala D.O.P.	989 kcal	✓	6/6	✓	✓	✓	✓	✓	✓
• with mozzarella di bufala D.O.P. and dried Serrano ham	1059 kcal	✓	5/6	✓	✓	✓		✓	✓
GRAVLAX TARTINE	437 kcal		4/6			✓	✓	✓	✓
BURRATA & HEIRLOOM TOMATOES	737 kcal		3/6	✓				✓	✓
RASPBERRY YOGHURT SMOOTHIE	198 kcal		2/6			✓	✓		

