



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.

France

Organic Bread

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

Breakfast

HAM & CHEESE CROISSANT	329 kcal
PAIN PERDU	742 kcal
LE PAIN QUOTIDIEN BREAKFAST with or without a soft-boiled egg	834 kcal/878 kcal
MINI PANCAKES	502 kcal
BREAKFAST BOWL	575 kcal

Cereals, Fresh Fruit & Yoghurt

GRANOLA PARFAIT - Yoghurt/Skyr	424 kcal/421 kcal
GRANOLA PARFAIT - Soy yoghurt	393 kcal
CHIA DELICE AÇAÏ COCO - V	564 kcal
FRESH FRUIT SALAD - V	125 kcal

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 sliced avocado	643 kcal
• with grilled bacon	772 kcal
• with smoked salmon	569 kcal
SCRAMBLED EGGS TOAST	602 kcal

Viennoiseries

BUTTER CROISSANT	223 kcal
PAIN AU CHOCOLAT	311 kcal
BUTTER BRIOCHE	239 kcal
PAIN AU RAISINS	317 kcal
CHOCOLATE TORSADE	264 kcal
CINNAMON ROLL - V	277 kcal
HIBISCUS CROISSANT - V	230 kcal
ALMOND CROISSANT	365 kcal
CHIA CHOCOLATE MINI CAKE	436 kcal
PISTACHIO SWIRL	481 kcal

	Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Saturated fats <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
BAKER'S BREAD BASKET	4/6	✓	✓	✓	✓	✓	✓
PORTION OF BAGUETTE	3/6	✓	✓	✓	✓	✓	✓
RAISINS & HAZELNUT FLUTE	4/6	✓	✓	✓	✓	✓	✓
OMEGA 3 SOURDOUGH BREAD ROLL	4/6	✓	✓	✓	✓	✓	✓
HAM & CHEESE CROISSANT	1/6	✓	✓	✓	✓	✓	✓
PAIN PERDU	2/6	✓	✓	✓	✓	✓	✓
LE PAIN QUOTIDIEN BREAKFAST with or without a soft-boiled egg	3/6	✓	✓	✓	✓	✓	✓
MINI PANCAKES	3/6	✓	✓	✓	✓	✓	✓
BREAKFAST BOWL	6/6	✓	✓	✓	✓	✓	✓
GRANOLA PARFAIT - Yoghurt/Skyr	3/6	✓	✓	✓	✓	✓	✓
GRANOLA PARFAIT - Soy yoghurt	5/6	✓	✓	✓	✓	✓	✓
CHIA DELICE AÇAÏ COCO - V	5/6	✓	✓	✓	✓	✓	✓
FRESH FRUIT SALAD - V	4/6	✓	✓	✓	✓	✓	✓
SOFT BOILED EGG (1 OR 2)	2/6	✓	✓	✓	✓	✓	✓
BAKED EGGS (1 OR 2)	2/6	✓	✓	✓	✓	✓	✓
SCRAMBLED EGGS	1/6	✓	✓	✓	✓	✓	✓
• with sliced avocado	2/6	✓	✓	✓	✓	✓	✓
• with grilled bacon	1/6	✓	✓	✓	✓	✓	✓
• with smoked salmon	1/6	✓	✓	✓	✓	✓	✓
SCRAMBLED EGGS TOAST	3/6	✓	✓	✓	✓	✓	✓
BUTTER CROISSANT	2/6	✓	✓	✓	✓	✓	✓
PAIN AU CHOCOLAT	1/6	✓	✓	✓	✓	✓	✓
BUTTER BRIOCHE	2/6	✓	✓	✓	✓	✓	✓
PAIN AU RAISINS	1/6	✓	✓	✓	✓	✓	✓
CHOCOLATE TORSADE	1/6	✓	✓	✓	✓	✓	✓
CINNAMON ROLL - V	1/6	✓	✓	✓	✓	✓	✓
HIBISCUS CROISSANT - V	1/6	✓	✓	✓	✓	✓	✓
ALMOND CROISSANT	3/6	✓	✓	✓	✓	✓	✓
CHIA CHOCOLATE MINI CAKE	1/6	✓	✓	✓	✓	✓	✓
PISTACHIO SWIRL	1/6	✓	✓	✓	✓	✓	✓

Tartines

		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
HUMMUS & POMEGRANATE - V	596 kcal	6/6	v	v	v	v	v	v
AVOCADO TOAST - V	522 kcal	6/6	v	v	v	v	v	v
• with organic poached eggs	566 kcal	5/6	v	v	v	v	v	v
• with grilled bacon	618 kcal	5/6	v	v	v	v	v	v
• with Atlantic smoked salmon	605 kcal	5/6	v	v	v	v	v	v
TUNA	451 kcal	3/6			v	v		v
ITALIAN	610 kcal	1/6						v
CHICKEN & AVOCADO	478 kcal	4/6	v	v		v		v
CHICKEN & SMOKED MOZZARELLA TOAST	777 kcal	1/6						v
GRATINATED CROQUE MONSIEUR	1000 kcal	3/6	v	v				v
GARDENER'S CROQUE - V	911 kcal	6/6	v	v	v	v	v	v

Sides

		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
MIXED SALAD - V	63 kcal	2/6			v			v
PURÉE D'AVOCAT - V	354 kcal	4/6	v		v	v		v
HOUMOUS - V	451 kcal	4/6			v	v	v	v
SKYR BIO AUX HERBES	114 kcal	2/6				v		v
TABOULÉ DE QUINOA - V	153 kcal	3/6			v	v		v
LABEL ROUGE COOKED HAM & COMTÉ	169 kcal	1/6						v
SMOKED SALMON	169 kcal	1/6						v

Our Favourites

		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
DAILY BAKER'S LUNCH - 1/2 tartine tuna	654 kcal	5/6	v	v	v	v		v
DAILY BAKER'S LUNCH - 1/2 tartine avocado	690 kcal	5/6	v	v	v	v		v
TARTINE LUNCH	617 kcal	1/6						v

Salades

		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
CAESAR	689 kcal	1/6						v
WARM GOAT CHEESE	778 kcal	4/6	v			v	v	v
ATLANTIC SMOKED SALMON & QUINOA	820 kcal	6/6	v	v	v	v	v	v

Hot dishes

		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
QUICHE - LORRAINE	914 kcal	2/6			v			v
ORGANIC SOUP OF THE DAY - V	686 kcal	5/6	v	v	v	v		v

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
FLATBREAD AVEC DEUX OEUFS AU PLAT BIO	817 kcal	3/6			v	v		v
FLATBREAD AVEC PUREE D'HARICOTS BLANCS	656 kcal	5/6	v	v	v	v		v
• avec Speck IGP	725 kcal	5/6	v	v	v	v		v
FLATBREAD AVEC MOZZARELLA - V	754 kcal	4/6	v	v	v			v
• avec Speck IGP	824 kcal	4/6	v	v	v			v
TARTINE CHUNA - V	633 kcal	6/6	v	v	v	v	v	v
SALADE D'ALGUES - V	436 kcal	5/6	v	v	v	v		v
• avec des sardines à l'huile d'olive	623 kcal	5/6	v	v	v	v		v
POT AU FEU MÉDITERRANÉEN	326 kcal	6/6	v	v	v	v	v	v
• avec quinoa - V	421 kcal	6/6	v	v	v	v	v	v
• avec poulet fermier	419 kcal	6/6	v	v	v	v	v	v