



M E N U

• A U T U M N •

EN

Quality

Simplicity

Conviviality

Authenticity

Organic Bread

Served with our organic butter, organic jams & organic spreads.

- BAKER'S BREAD BASKET** 7.5
slices of bread and baguette
- BAGUETTE PLANCHE** 4
- RAISINS & HAZELNUTS FLUTE** 4.5

Breakfast

- HAM & CHEESE CROISSANT** 7.95
butter croissant served with Label Rouge cooked ham, Comté, served warm

- PAIN PERDU**
 - prepared with our butter brioche, served with roasted apple, blueberries, fresh mint and sour cream 10.95
 - prepared with our butter brioche, served with smoked salmon* and organic skyr with fresh herbs 12.95

- LE PAIN QUOTIDIEN BREAKFAST** 12.95
organic sourdough wheat bread and organic baguette, organic jams & organic spread, choose between:
pain au chocolat or butter croissant or hibiscus croissant ^v, orange juice or organic apple juice, and a simple organic hot drink

- add an organic double hot drink +1

- add an organic soft boiled egg +3.5

- MINI PANCAKES** 12.5
served with banana, blueberries, grapes, pomegranate, fresh mint, sour cream and strawberry jam



- BREAKFAST BOWL** 14.95
quinoa tabbouleh, mesclun, two organic poached eggs, cherry tomatoes, guacamole, parsley, lemon and superseeds, served with organic cannabis-hemp bread

Flour, water, salt and time

Our organic sourdough breads are prepared in respect of our past traditions.

We use flour from **organic farming**, sourdough and a cold fermentation process for a better aroma development.

Cereals, Fresh Fruit & Yoghurt

- GRANOLA PARFAIT** 9.95
organic granola, fresh fruits and fresh mint, choice of organic skyr or organic soy yoghurt



- CHIA DELICE AÇAÏ COCO ^v** 9.95
made with coconut & açai puree, pineapple, apple, banana, organic granola, chia seeds and dark chocolate

- FRESH FRUIT SALAD ^v** 7.95

Organic Eggs

All our eggs are organic and come from free-range chickens.

- SOFT BOILED EGGS (1 OR 2)** 4.95 | 6.95
served with organic sourdough wheat bread soldiers and organic butter

- BAKED EGGS (1 OR 2)** 4.95 | 6.95
served with organic baguette and organic sourdough wheat bread

- SCRAMBLED EGGS** 11.95
served with organic sourdough wheat bread and organic baguette

- with sliced avocado +3

- with grilled bacon +3.5

- with smoked salmon* +4

- SCRAMBLED EGGS TOAST** 14.5
toasted organic sourdough wheat bread, organic scrambled eggs, avocado, cherry tomatoes, coriander, organic pesto rosso and organic harissa olive oil

BRUNCH 26.95

Our brunch is served every day with a selection of our organic breads, orange juice or organic apple juice, and a simple organic hot drink of your choice, served with organic jams & organic spreads

COMPOSE YOUR BRUNCH

Choose one in each category:

VIENNOISERIE

- croissant :
butter ou hibiscus ^v
- pain au chocolat
- butter brioche

HALF TARTINE

- avocado toast ^v
- smoked salmon*
- chicken & avocado
- tuna

PROTEIN

- organic soft-boiled egg
- organic scrambled eggs
- quinoa tabbouleh ^v

DESSERT

- granola parfait :
organic skyr ou organic soy speciality
- fresh fruit salad ^v

MAKE IT PREMIUM +8

SALTED MINI PANCAKES

- smoked salmon*, sour cream and dill
- grilled bacon and agave syrup
- poached egg and red onions pickles

BUBBLES

- mimosa
- bellini**

Viennoiseries

Served with our organic jams and organic spreads.

- BUTTER CROISSANT** 2.95
- PAIN AU CHOCOLAT** 3.5
- BUTTER BRIOCHE** 3.95
- PAIN AUX RAISINS** 3.95
- CHOCOLATE TORSADE** 3.95
- CINNAMON ROLL ^v** 3.95
- HIBISCUS CROISSANT ^v** 3.95
- ALMOND CROISSANT** 4.25
- CHIA CHOCOLATE MINI CAKE ^v** 4.25
- MUFFIN OF YOUR CHOICE** - ask our host for details 4.5
- PISTACHIO SWIRL** 4.5






BETTER CHOICES: COLLECT 5 EXTRA POINTS WITH TARTINE CLUB

Food Allergens: All our dishes are prepared in an environment where gluten is present. If you have any questions, do not hesitate to ask us and we'll help in any way we can. We work with fresh ingredients and the composition of our dishes can vary.

V • VEGAN

Tartines

Served on our organic sourdough wheat bread or gluten-free bread (+2€).

-  **HUMMUS & POMEGRANATE** ^v **10.95**
with cucumber, pickled red onion, parsley and homemade slightly spicy oil
-  **AVOCADO TOAST** ^v **13.5**
toasted organic sourdough wheat bread with avocado mash, cucumber, radish, superseeds, citrus-cumin salt and lemon
 - with organic poached egg **+2.5**
 - with grilled bacon **+3.5**
 - with smoked salmon* **+4**
- TUNA** **14.5**
with hummus, celery, chives, radish, cucumber and lemon
- ITALIAN** **14.95**
Speck I.G.P., mozzarella di bufala D.O.P., organic pesto rosso, cherry tomatoes and basil oil
- CHICKEN & AVOCADO** **14.95**
free-range chicken, avocado mash, cucumber, spring onions and lemon
- CHICKEN & SMOKED PROVOLA TOAST** **16.5**
toasted organic sourdough wheat bread with free-range chicken, smoked provola, grilled zucchini, basil oil and parsley
-  **GARDENER'S CROQUE** ^v **17.5**
toasted organic sourdough wheat bread with hummus, grilled zucchini, organic pesto rosso, served with a mixed salad, avocado with superseeds, vegan vinaigrette and organic tomato salsa
- GRATINATED CROQUE MONSIEUR** **18.95**
Label Rouge cooked ham, Comté, Parmesan and bechamel served with organic tomato salsa and mixed salad

Seasonal Specials

-  **QUINOA BREAKFAST BOWL** **10.95**
with organic skyr, dried cranberries, banana, blueberries, grapes, nuts & fresh mint
- SOURDOUGH FLATBREAD WITH TWO ORGANIC BAKED EGGS** **13.95**
topped with a citrus-cumin-spiced organic skyr, roasted cherry tomatoes, parsley and homemade slightly spicy oil
-  **SOURDOUGH FLATBREAD WITH WHITE BEANS SPREAD & MIX GREENS** **17.95**
with feta cheese, sprouted cress and homemade slightly spicy oil
 - with Speck IGP **+3.5**
- SOURDOUGH FLATBREAD WITH MOZZARELLA DI BUFALA D.O.P. & ROASTED VEGETABLES** **17.95**
with mushroom spread, roasted butternut, broccoli and portobello, pickled red onion, parsley and homemade slightly spicy oil
 - with Speck IGP **+3.5**
-  **CHUNA TARTINE** ^v **13.95**
with chuna, pickled red onion and cucumber, sprouted cress and lemon, served on superseeds bread
-  **SEAWEED SALAD** ^v **12.95**
with grated carrot, Romaine salad, cherry tomatoes, radish, coriander, organic furikake and soy sauce
 - with sardines in olive oil **+4.5**
-  **MEDITERRANEAN POT AU FEU** **12.95**
seasonal vegetable broth with spices served with croutons of organic cannabis-hemp bread, baguette, mix of sprouted cress and Parmesan
 - with quinoa ^v **+1.5**
 - with free-range chicken **+3.5**



Order one of our **BETTER CHOICES**

& collect **5 Extra points**

in our loyalty programme


Tartine Club

Salads

Served with organic sourdough wheat bread and organic baguette.


- CAESAR** **17.5**
free-range chicken, grilled bacon, Parmesan chips, homemade organic croutons, organic hard boiled egg, Romaine salad and Caesar dressing
- WARM GOAT CHEESE** **16.95**
fresh goat cheese, mixed salad, granola, organic blueberry-balsamic dressing, cherry tomatoes, black grapes, organic grapes and hazelnut flute, cucumber and chives
-  **SMOKED SALMON* & QUINOA** **18.5**
nordic rye bread, mixed salad, quinoa tabbouleh, sprouted cress, avocado mash, organic skyr with fresh herbs, dill, lemon and herb sauce

OUR FAVOURITES

-  **TARTINE LUNCH** **14.5**
tartine ham & Comté, tuna or avocado ^v, plain lemonade, still or sparkling water
 - pastel de nata or plain Liège waffle **+3**
- DAILY BAKER'S LUNCH** **17**
a big bowl of organic soup of the day, a half tartine of the day and a mixed salad

Hot Dishes

Served with organic sourdough wheat bread and organic baguette.

- QUICHE LORRAINE OR OF THE MOMENT** **15.95**
part of a quiche served with a mixed salad
-  **ORGANIC SOUP OF THE DAY** ^v **6.95 | 8.95**
served with our homemade croutons

Sides

- MIXED SALAD** ^v **3.95**
- AVOCADO MASH** ^v **5.95**
- HUMMUS** ^v **5.95**
- ORGANIC SKYR WITH FRESH HERBS** **5.95**
- QUINOA TABBOULEH** ^v **5.95**
- LABEL ROUGE COOKED HAM & COMTÉ** **6.95**
- SMOKED SALMON*** **7.95**

V • VEGAN

Prices and payment methods: restaurant checks are accepted, other cheques will not be accepted.

Prices in €, tax and service included. Alcohol abuse is bad for your health, please consume in moderation.

We also have a kids menu available, please ask our host for more details.

Desserts

MADELEINE	1.95
PASTEL DE NATA	3.95
COOKIE OF YOUR CHOICE - ask our host for details	4.5
SLICE OF CAKE OF YOUR CHOICE	4.95
carrot cake, plain cake, lemon cake or chocolate cake	
BELGIAN CHOCOLATE BROWNIE	5.95
CHOCOLATE & VANILLA ÉCLAIR	5.95
CHOCOLATE MOELLEUX ^v	5.95
APPLE & CINNAMON TARTLET	6.95
CARAMEL TARTLET	6.95
LEMON MERINGUE TARTLET	6.95
CHERRY CRUMBLE - individuel	6.95
BLUEBERRY TARTLET	6.95
CHERRY-APPLE CRUMBLE ^v - à la part	6.95
RED FRUITS CHEESECAKE - à la part	6.95
MERVEILLEUX AU CHOCOLAT	6.95
MANGO CHEESECAKE	6.95
PAIN PERDU	10.95
prepared with our butter brioche, served with roasted apple, blueberries, fresh mint and sour cream	
CAFÉ DOUCEUR	6.95
sweets served with an organic espresso	

GOÛTER GOURMAND	9.95
<i>From Monday to Friday, from 3pm to 6pm, except bank holidays</i>	
a dessert up to 6,95€ with a regular organic hot drink of your choice	
• with an organic double hot drink	+1

BELGIAN WAFFLE	6.5
• served with banana or chocolate sauce	6.95
• served with banana and chocolate sauce	7.5

Organic Hot Drinks

Some of our drinks are also available in iced versions.

Ask our hosts !

All of our hot drinks are available with organic milk of your choice

free of charges: whole milk, almond- or oat speciality

Our organic coffee is Fairtrade, 100% Arabica and medium roast.

CLASSICS	simple	double
ESPRESSO	2.95	3.95
AMERICANO	3.5	4
MACCHIATO	3.5	4
LATTE	4.95	5.95
CAPPUCCINO	4.95	5.95
MOCACCINO	5.95	6.95
FLAT WHITE - double espresso latte	5.95	6.95
TEA	5.5	
English Breakfast, Earl Grey, Chunmee, Jasmine, Rooibos, Chamomile, Masala Chai		
TEA WITH FRESH MINT**	5.95	
SPECIALITY		
BELGIAN HOT CHOCOLATE	6.5	6.95
CHAÏ LATTE	6.5	6.95
MATCHA LATTE	6.5	6.95
GOLDEN LATTE	6.5	6.95
CARAMEL LATTE MACCHIATO**	5.95	
GINGER ELIXIR	5.95	
herbal tea with ginger, lemon, fresh mint** and agave syrup		
OUR FRAPPÉS**		
SEA SALT CARAMEL FRAPPÉ	6.95	
CHOCOLATE COOKIE FRAPPÉ	6.95	
WITH ESPRESSO SHOT	+1	

**conventional product

Cold Drinks

ORGANIC APPLE JUICE 25cl	6.5
ORANGE JUICE 25cl	6.5
DETOX COLD PRESSED JUICE 25cl	6.95
• apple, active charcoal and lime	
• organic carrot, ginger and turmeric	
• organic pear, spinach and mint	
LEMONADE 25cl	6.5
HOMEMADE GREEN ICED TEA 25cl	6.5

HOMEMADE PEACH ICED TEA 25cl	6.5
HOMEMADE PASSION FRUIT ICED TEA 25cl	6.5

ORGANIC KOMBUCHA - LES FOUS DE L'ÎLE 37.5cl	7.95
--	------

seasonal

STILL WATER - SPARKLING WATER 50cl	4.95
---	------

Beer & Cider

BIÈRE PRESSION 25cl 50cl 3,5%	4.95 8.00
HUBSTER IPA HOPSIDE bouteille 33cl 6%	7.95
HUBSTER LAGER UPTOWN bouteille 33cl 4.5%	7.95
CIDRE L'EXTRA BRUT APPIE bouteille 33cl 6.5%	6.95

Organic Wines & Bubbles

We select Oé for our wines, ambassadors of sustainable

viticulture certified 100% organic, vegan and without pesticides.

RED - OÉ	12CL	75CL
• IGP VAUCLUSE PRINCIPAUTÉ D'ORANGE	6.5	27.5
• AOC LANGUEDOC, LE LANGUEDOC	6.5	27.5
WHITE - OÉ		
• AOC CÔTE DU RHÔNE, LE CÔTE DU RHÔNE	6.5	27.5
• AOC BUGEY, LE BUGEY	6.5	27.5
ROSÉ - OÉ		
• IGP PROVENCE, LE ROSÉ MEDITERRANÉE	6.5	27.5
SPARKLING		
• PROSECCO BRUT TENUTE ARNACES	6.95	32.5
• MIMOSA PROSECCO	6.95	32.5
• BELLINI**	6.95	32.5

AOC: Appellation d'Origine Contrôlée