



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.

Le Pain Quotidien The Netherlands

Organic eggs

OMELETTES (plain)	405 kcal
• with Dutch ham and old farmer's cheese	532 kcal
• with smoked Atlantic Kvarøy* salmon	492 kcal
• with soft goat cheese and basil oil	559 kcal
SOFT BOILED EGG (1 OR 2)	300 kcal/450 kcal
SCRAMBLED EGGS (plain)	405 kcal
• with avocado	564 kcal
• with smoked Atlantic Kvarøy* salmon	489 kcal
• with bacon	548 kcal
SOURDOUGH FLATBREAD, 2 ORGANIC BAKED EGGS	817 kcal

Breakfast

FRENCH TOAST	625 kcal
• with bacon	769 kcal
MINI PANCAKES	502 kcal
WARM BELGIAN WAFFLE WITH RED FRUITS	491 kcal
HAM & CHEESE CROISSANT	431 kcal
BREAKFAST BOWL	575 kcal
LE PAIN QUOTIDIEN BREAKFAST with or without a soft-boiled egg	834 kcal/878 kcal
LE PETIT	322 kcal

Brunch

VEGAN BRUNCH	1457 kcal
FARMERS BRUNCH croissant/chocolate croissant	1179 kcal/1269 kcal

Cereals, Fresh Fruit & Yoghurt

GRANOLA PARFAIT - Plain yoghurt	424 kcal
GRANOLA PARFAIT - Soy yoghurt	381 kcal
YOGHURT WITH FRESH FRUIT	244 kcal
FRESH FRUIT SALAD	125 kcal

Bakery

CINNAMON ROLL - V	277 kcal
ALMOND CROISSANT	365 kcal
CHOCOLATE TORSADE	264 kcal
PISTACHIO SWIRL	481 kcal
HIBISCUS CROISSANT - V	230 kcal
BUTTER CROISSANT	223 kcal
CHOCOLATE CROISSANT	311 kcal
BRIOCHE	362 kcal
BREAKFAST MUFFIN - V	479 kcal
BAKER'S BREAD BASKET	733 kcal
SPINACH & PINE NUT SWIRL	252 kcal
HAZELNUT & RAISIN FLUTE - V	252 kcal

Salads

CAESAR	773 kcal
GOAT CHEESE	778 kcal
PANZANELLA - V	702 kcal
• with feta	782 kcal

Better Choices Score	Fruits & vegetables	Fiber	Plant Based Protein	Better fats	Nuts & Seeds	Less Sugar
	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
2/6				v		v
1/6						v
2/6				v		v
1/6						v
2/6			v			v
1/6						v
2/6	v					v
1/6						v
1/6						v
3/6			v	v		v
0/6						
0/6						
3/6	v		v	v		
1/6			v			
1/6			v			v
6/6	v	v	v	v	v	v
3/6	v		v			v
3/6	v		v			v
5/6	v	v	v		v	v
4/6	v	v			v	v
3/6						
4/6						
4/6						
2/6	v					
4/6	v		v	v		v
1/6			v			
3/6			v		v	v
1/6			v			
1/6			v			
1/6			v			
2/6			v			v
1/6			v			
2/6			v			
4/6		v	v		v	v
2/6			v			v
4/6			v	v	v	v
1/6						v
4/6	v			v	v	v
4/6	v					v
4/6	v					v
3/6			v	v		v

Hot dishes

QUICHE - LORRAINE	914 kcal	2/6
QUICHE - FETA AND SPINACH	788 kcal	3/6
QUICHE - SEASONAL	959 kcal	5/6
ORGANIC SOUP OF THE DAY - V	652 kcal	5/6

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

Tartines

ITALIAN	653 kcal	1/6
LE PAIN QUOTIDIEN CROQUE	1097 kcal	1/6
HUMMUS - V	657 kcal	6/6
AVOCADO TOAST - V	522 kcal	6/6
• with an organic soft boiled egg	749 kcal	5/6
• with smoked salmon	606 kcal	5/6
SALMON	465 kcal	1/6
SOURDOUGH FLATBREAD WHITE BEAN SPREAD	585 kcal	6/6
SOURDOUGH FLATBREAD MUSHROOM TAPENADE & ROASTED VEGETABLES	591 kcal	5/6
• with buffalo mozzarella D.O.P.	751 kcal	4/6
• with Parma ham	660 kcal	5/6
SMOKED CHICKEN & BUFFALO MOZZARELLA	649 kcal	1/6

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
1/6						v
6/6	v	v	v	v	v	v
6/6	v	v	v	v	v	v
5/6	v	v	v		v	v
5/6	v	v	v		v	v
1/6						v
6/6	v	v	v	v	v	v
5/6	v	v	v	v		v
4/6	v	v	v			v
5/6	v	v	v	v		v
1/6						v

Sides

SMOKED ATLANTIC KVARØY* SALMON	84 kcal	2/6
BACON	86 kcal	1/6
DUTCH OLD FARMER'S CHEESE	152 kcal	1/6
DUTCH HAM	56 kcal	1/6
SMALL SALAD	63 kcal	2/6

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
1/6						v
2/6			v			v

Our favorite lunch

BAKER'S LUNCH	690 kcal	5/6
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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
5/6	v	v	v	v		v

Small Bites

WHITE BEAN SPREAD	658 kcal	6/6
AVOCADO MASH	579 kcal	6/6
SMOKED SALMON AND AVOCADO RILETTE	628 kcal	3/6
HUMMUS	620 kcal	5/6

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

Seasonal specials

QUINOA PORRIDGE	330 kcal	5/6
CHICKPEA CHUNA - V	633 kcal	6/6
SOURDOUGH FLATBREAD WHITE BEAN SPREAD & FETA	656 kcal	5/6
• with Parma ham	725 kcal	5/6
IKARIAN STEW	326 kcal	6/6
• with quinoa - V	421 kcal	6/6
• with bacon	470 kcal	6/6

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
6/6	v	v	v	v	v	v
5/6	v	v	v	v		v
5/6	v	v	v	v		v
6/6	v	v	v	v	v	v
6/6	v	v	v	v	v	v
6/6	v	v	v	v	v	v