



# 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

		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
OMELETTES (plain)	405 kcal	2/6				v		v
- with Dutch ham and old farmer's cheese	532 kcal	1/6						v
- with smoked Atlantic Kvarey* salmon	492 kcal	2/6				v		v
- with soft goat cheese and basil oil	559 kcal	1/6						v
SOFT BOILED EGG (1 OR 2)	300 kcal/450 kcal	2/6			v			v
SCRAMBLED EGGS (plain)	405 kcal	1/6						v
- with avocado	564 kcal	2/6	v					v
- with smoked Atlantic Kvarey* salmon	489 kcal	1/6						v
- with bacon	548 kcal	1/6						v
SOURDOUGH FLATBREAD, 2 ORGANIC BAKED EGGS	817 kcal	3/6			v	v		v

## Breakfast

		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
FRENCH TOAST	625 kcal	0/6						
- with bacon	769 kcal	0/6						
MINI PANCAKES	502 kcal	3/6	v		v	v		
WARM BELGIAN WAFFLE WITH RED FRUITS	491 kcal	1/6			v			
HAM & CHEESE CROISSANT	431 kcal	1/6						v
BREAKFAST BOWL	575 kcal	6/6	v	v	v	v	v	v
LE PAIN QUOTIDIEN BREAKFAST with or without a soft-boiled egg	834 kcal/878 kcal	3/6	v		v			v
LE PETIT	322 kcal	3/6	v		v			v

## Brunch

		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
VEGAN BRUNCH	1457 kcal	5/6	v	v	v		v	v
FARMERS BRUNCH croissant/chocolate croissant	1179 kcal/1269 kcal	4/6	v	v			v	v

## Cereals, Fresh Fruit & Yoghurt

		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
GRANOLA PARFAIT - Plain yoghurt	424 kcal	3/6			v		v	v
GRANOLA PARFAIT - Soy yoghurt	381 kcal	4/6		v	v	v		v
YOGHURT WITH FRESH FRUIT	244 kcal	2/6	v					v
FRESH FRUIT SALAD	125 kcal	4/6	v		v			v

## Bakery

		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
CINNAMON ROLL - V	277 kcal	1/6			v			
ALMOND CROISSANT	365 kcal	3/6			v		v	v
CHOCOLATE TORSADE	264 kcal	1/6			v			
PISTACHIO SWIRL	481 kcal	1/6			v			
HIBISCUS CROISSANT - V	230 kcal	1/6			v			
BUTTER CROISSANT	223 kcal	2/6			v			v
CHOCOLATE CROISSANT	311 kcal	1/6			v			
BRIOCHE	362 kcal	2/6			v			v
BREAKFAST MUFFIN - V	479 kcal							
BAKER'S BREAD BASKET	733 kcal	4/6		v	v		v	v
SPINACH & PINE NUT SWIRL	252 kcal	2/6			v			v
HAZELNUT & RAISIN FLUTE - V	252 kcal	4/6			v		v	v

## Salads

		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
CAESAR	773 kcal	1/6						v
GOAT CHEESE	778 kcal	4/6	v			v	v	v
PANZANELLA - V	702 kcal	4/6	v		v	v		v
- with feta	782 kcal	3/6			v	v		v

## Hot dishes

		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
QUICHE - LORRAINE	914 kcal	2/6			v		>5g	<10E% calories
QUICHE - FETA AND SPINACH	788 kcal	3/6	v		v			v
QUICHE - SEASONAL	959 kcal	5/6	v	v	v		v	v
ORGANIC SOUP OF THE DAY - V	652 kcal	5/6	v	v	v	v		v

## Tartines

		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
ITALIAN	653 kcal	1/6						v
LE PAIN QUOTIDIEN CROQUE	1097 kcal	1/6						v
HUMMUS - V	657 kcal	6/6	v	v	v	v	v	v
AVOCADO TOAST - V	522 kcal	6/6	v	v	v	v	v	v

- with an organic soft boiled egg	749 kcal	5/6	v	v	v	v	v	v
- with smoked salmon	606 kcal	5/6	v	v	v	v	v	v
<b>SALMON</b>	465 kcal	1/6	v	v	v	v	v	v
<b>SOURDOUGH FLATBREAD WHITE BEAN SPREAD</b>	585 kcal	6/6	v	v	v	v	v	v
<b>SOURDOUGH FLATBREAD MUSHROOM TAPENADE &amp; ROASTED VEGETABLES</b>	591 kcal	5/6	v	v	v	v	v	v
- with buffalo mozzarella D.O.P.	751 kcal	4/6	v	v	v	v	v	v
- with Parma ham	660 kcal	5/6	v	v	v	v	v	v
<b>SMOKED CHICKEN &amp; BUFFALO MOZZARELLA</b>	649 kcal	1/6	v	v	v	v	v	v

## Sides

			<b>Better Choices Score</b>	<b>Fruits &amp; vegetables</b> > 80g / dish	<b>Fiber</b> > 7g / dish	<b>Plant Based Protein</b> > 50% / dish	<b>Better fats</b> < 10E% calories	<b>Nuts &amp; Seeds</b> > 5g	<b>Less Sugar</b> < 10E% calories
<b>SMOKED ATLANTIC KVARØY* SALMON</b>	84 kcal	2/6					v		v
<b>BACON</b>	86 kcal	1/6							v
<b>DUTCH OLD FARMER'S CHEESE</b>	152 kcal	1/6							v
<b>DUTCH HAM</b>	56 kcal	1/6							v
<b>SMALL SALAD</b>	63 kcal	2/6				v			v

## Our favorite lunch

			<b>Better Choices Score</b>	<b>Fruits &amp; vegetables</b> > 80g / dish	<b>Fiber</b> > 7g / dish	<b>Plant Based Protein</b> > 50% / dish	<b>Better fats</b> < 10E% calories	<b>Nuts &amp; Seeds</b> > 5g	<b>Less Sugar</b> < 10E% calories
<b>BAKER'S LUNCH</b>	690 kcal	5/6		v	v	v	v		v

## Small Bites

			<b>Better Choices Score</b>	<b>Fruits &amp; vegetables</b> > 80g / dish	<b>Fiber</b> > 7g / dish	<b>Plant Based Protein</b> > 50% / dish	<b>Better fats</b> < 10E% calories	<b>Nuts &amp; Seeds</b> > 5g	<b>Less Sugar</b> < 10E% calories
<b>WHITE BEAN SPREAD</b>	658 kcal	6/6		v	v	v	v	v	v
<b>AVOCADO MASH</b>	579 kcal	6/6		v	v	v	v	v	v
<b>SMOKED SALMON AND AVOCADO RILETTE</b>	628 kcal	3/6		v	v	v	v	v	v
<b>HUMMUS</b>	620 kcal	5/6		v	v	v	v	v	v

## Seasonal specials

			<b>Better Choices Score</b>	<b>Fruits &amp; vegetables</b> > 80g / dish	<b>Fiber</b> > 7g / dish	<b>Plant Based Protein</b> > 50% / dish	<b>Better fats</b> < 10E% calories	<b>Nuts &amp; Seeds</b> > 5g	<b>Less Sugar</b> < 10E% calories
<b>QUINOA PORRIDGE</b>	330 kcal	5/6		v		v	v	v	v
<b>CHICKPEA CHUNA - V</b>	633 kcal	6/6		v	v	v	v	v	v
<b>SOURDOUGH FLATBREAD WHITE BEAN SPREAD &amp; FETA</b>	656 kcal	5/6		v	v	v	v		v
- with Parma ham	725 kcal	5/6		v	v	v	v		v
<b>MEDITERRANEAN POT-AU-FEU</b>	326 kcal	6/6		v	v	v	v	v	v
- with quinoa - V	421 kcal	6/6		v	v	v	v	v	v
- with bacon	470 kcal	6/6		v	v	v	v	v	v