

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

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		Better Choices	Fruits &	Fiber	Plant Based	Betterfats	Nuts & Seeds	Less Sugar
Organic eggs		Score	vegetables		Protein			
	1051		> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
OMELETTES (plain) • with Dutch ham and old farmer's cheese	405 kcal 532 kcal	2/6		i —		V		V
• with smoked Atlantic Kvarøy* salmon	492 kcal	2/6		i		V		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			· · · · · · · · · · · · · · · · · · ·
SCRAMBLED EGGS (plain)	405 kcal	1/6						V
• with avocado	564 kcal	2/6	٧					V
• with smoked Atlantic Kvarøy* salmon	489 kcal	1/6						٧
• with bacon	548 kcal	1/6						٧
SOURDOUGH FLATBREAD, 2 ORGANIC BAKED EGGS	817 kcal	3/6		1	V	V		V
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		Better Choices	Fruits &	Fiber	Plant Based	Betterfats	Nuts & Seeds	Less Sugar
Breakfast		Score	vegetables	. 7 / 61	Protein	10.5%		40E9/ L :
FRENCH TOAST	625 kcal	0/6	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
• with bacon	769 kcal	0/6		l I				
MINI PANCAKES	502 kcal	3/6	V		٧	V		
WARM BELGIAN WAFFLE WITH RED FRUITS	491 kcal	1/6			٧			
HAM & CHEESE CROISSANT	431 kcal	1/6						V
BREAKFAST BOWL	575 kcal	∅ 6/6	٧	٧	٧	V	٧	٧
LE PAIN QUOTIDIEN BREAKFAST	834 kcal/878 kcal	3/6	V	l l	V			V
with or without a soft-boiled egg LE PETIT	322 kcal	3/6	v		V			· · · · · · · · · · · · · · · · · · ·
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		D	Fruits &	Fiber	Plant Based	Betterfats	Nuts & Seeds	Less Sugar
Brunch		Better Choices	vegetables		Protein	Jacob Jaco		ougui
Drunch		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
VEGAN BRUNCH	1457 kcal	ॐ 5/6	٧	V	v		٧	٧
FARMERS BRUNCH croissant/chocolate croissant	1179 kcal/1269 kcal	4/6	V	٧			V	٧
			Ø	#	Ø)	A	***	♡
		Better Choices	Fruits &	Fiber	Plant Based	Betterfats	Nuts & Seeds	Less Sugar
Cereals, Fresh Fruit & Joghurt		Score	veqetables > 80g / dish	> 7g / dish	Protein > 50% / dish	<10E% calories	>5g	<10E% calories
GRANOLA PARFAIT - Plain yoghurt	424 kcal	3/6	y 60g / 63i	7 767 0.3.1	v	tro Exo ediories		V
GRANOLA PARFAIT - Soy yoghurt	381 kcal	4/6		V	V	V		V
YOGHURT WITH FRESH FRUIT	244 kcal	2/6	V					V
EDECH EDIJIT CALAD	125 kcal	4/6	٧		٧	V		V
FRESH FRUIT SALAD	120 1001	4/0	V	1 Total Control of the Control of th	v			
FRESH PRUIT SALAU	120 8001	4/0		^	V	Ħ		
FRESH FRUII SALAU	120,000	470	8		v	Ţ O	*	Ŷ
FRESH FRUII SALAU	120 00.		Ø			Betterfats		Ŷ
	125.65	Better Choices	Fruits &	∯ Fiber	Plant Based	Better fats	ొ Nuts & Seeds	
Bakery			Ø			Betterfats		Ŷ
	277 kcal	Better Choices	Fruits & vegetables	Fiber	Plant Based Protein		Nuts & Seeds	⊕ Less Sugar
Bakery CINNAMON ROLL - V ALMOND CROISSANT	277 kcal 365 kcal	Better Choices Score	Fruits & vegetables	Fiber	Plant Based Protein > 50% / dish		Nuts & Seeds	⊕ Less Sugar
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE	277 kcal 365 kcal 264 kcal	Better Choices Score 1/6 3/6 1/6	Fruits & vegetables	Fiber	Plant Based Protein > 50% / dish		Nuts & Seeds >5g	€P Less Sugar <10E% calories
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL	277 kcal 365 kcal 264 kcal 481 kcal	Better Choices Score 1/6 3/6 1/6 1/6	Fruits & vegetables	Fiber	Plant Based Protein > 50% / dish v v v		Nuts & Seeds >5g	€P Less Sugar <10E% calories
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6	Fruits & vegetables	Fiber	Plant Based Protein > 50% / dish v v v		Nuts & Seeds >5g	Less Sugar <10E% calories
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6 2/6	Fruits & vegetables	Fiber	Plant Based Protein > 50% / dish V V V V		Nuts & Seeds >5g	€P Less Sugar <10E% calories
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6 2/6 1/6	Fruits & vegetables	Fiber	Plant Based Protein > 50% / dish v v v v v		Nuts & Seeds >5g	Less Sugar <10E% calories v
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6 2/6	Fruits & vegetables	Fiber	Plant Based Protein > 50% / dish V V V V		Nuts & Seeds >5g	Less Sugar <10E% calories
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6 2/6 1/6 2/6	Fruits & vegetables	Fiber	Plant Based Protein > 50% / dish v v v v v v		Nuts & Seeds >5g	Less Sugar <10E% calories v
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKERS BREAD BASKET	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6 1/6 2/6 1/6 4/6	Fruits & vegetables	Fiber	Plant Based Protein > 50% / dish V V V V V V V		Nuts & Seeds >5g	Less Sugar <10E% calories v v v
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKERS BREAD BASKET	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6 2/6 1/6 2/6	Fruits & vegetables	Fiber	Plant Based Protein > 50% / dish v v v v v v		Nuts & Seeds >5g	Less Sugar <10E% calories v
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6 2/6 1/6 2/6 4/6 2/6	Fruits & veaetables > 80g / dish	Fiber	Plant Based Protein > 50% / dish	<10E% calories	Nuts & Seeds >5g v v	Less Sugar <10E% calories
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKERS BREAD BASKET SPINACH & PINE NUT SWIRL	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6 2/6 1/6 2/6 4/6 2/6	Fruits & vegetables	Fiber	Plant Based Protein	<10E% calories	Nuts & Seeds >5g v	Less Sugar <10E% calories v v v v
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6 2/6 2/6 4/6 4/6	Fruits & vegetables > 80 g / dish	Fiber > 7g / dish	Plant Based Protein	v	Nuts & Seeds >5g v v v	Less Sugar <10E% calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6 2/6 1/6 2/6 4/6 2/6	Fruits & vegetables > 80g / dish	Fiber >7g / dish	Plant Based Protein > 50% / dish	<10E% calories	Nuts & Seeds >5g v v	Less Sugar <10E% calories V V V V V V
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal	Better Choices Score 1/6 3/6 1/6 1/6 1/6 2/6 2/6 4/6 4/6	Fruits & vegetables > 80 g / dish Fruits & vegetables	Fiber > 7g / dish	Plant Based Protein > 50% / dish V V V V V V V Plant Based Protein	<10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
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CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALAS CAESAR GOAT CHEESE	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal	Better Choices	Fruits & vegetables > 80 g / dish Fruits & vegetables > 80 g / dish	Fiber > 7g / dish	Plant Based Protein	V Better fats <10E% calories	Nuts & Seeds >5g v v Nuts & Seeds >5g	Less Sugar <10E% calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALAS CAESAR GOAT CHEESE PANZANELLA - V	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal	Better Choices	Fruits & vegetables > 80g / dish Fruits & vegetables > 80g / dish	Fiber > 7g / dish V Fiber > 7g / dish	Plant Based Protein	V Better fats <10E% calories V V V V V V	Nuts & Seeds >5g v v v Nuts & Seeds >5g v v	Less Sugar <10E% calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALAS CAESAR GOAT CHEESE PANZANELLA - V	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal	Better Choices	Fruits & vegetables > 80 g / dish Fruits & vegetables > 80 g / dish	Fiber > 7g / dish	Plant Based Protein	V Betterfats <10E% calories	Nuts & Seeds >5g v v Nuts & Seeds >5g	Less Sugar <10E% calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALAS CAESAR GOAT CHEESE PANZANELLA - V	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal	Better Choices	Fruits & veaetables > 80g / dish Fruits & veaetables > 80g / dish	Fiber > 7g / dish V Fiber > 7g / dish	Plant Based Protein	V Better fats <10E% calories V V V V V P R R R R R R R R R R R R R	Nuts & Seeds >5g v v v Nuts & Seeds >>5g v v	Less Sugar <10E% calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V Salads CAESAR GOAT CHEESE PANZANELLA - V with feta	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal	Better Choices	Fruits & veaetables > 80g / dish Fruits & veaetables > 80g / dish Fruits & veaetables > 80g / dish V Fruits & veaetables > 80g / dish	Fiber > 7g / dish V Fiber > 7g / dish	Plant Based Protein	V Better fats <10E% calories V V V V V V	Nuts & Seeds >5g v v v Nuts & Seeds >5g v v	Less Sugar <10 E% calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALAS CAESAR GOAT CHEESE PANZANELLA - V	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal	Better Choices	Fruits & vegetables > 80g / dish Fruits & vegetables > 80g / dish Fruits & vegetables > 80g / dish	Fiber > 7g / dish V Fiber > 7g / dish	Plant Based Protein	V Better fats <10E% calories V V V V V P R R R R R R R R R R R R R	Nuts & Seeds >5g	Less Sugar <10E% calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V Salads CAESAR GOAT CHEESE PANZANELLA - V with feta	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal	Better Choices	Fruits & veaetables > 80g / dish Fruits & veaetables > 80g / dish Fruits & veaetables > 80g / dish V Fruits & veaetables > 80g / dish	Fiber > 7g / dish V Fiber > 7g / dish	Plant Based Protein	V Better fats <10E% calories V Better fats V V Better fats	Nuts & Seeds >5g v v v Nuts & Seeds >>5g v v	Less Sugar <10E% calories
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKERS BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V Salads CAESAR GOAT CHEESE PANZANELLA - V . with feta	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal	Better Choices	Fruits & vegetables > 80g / dish Fruits & vegetables > 80g / dish Fruits & vegetables > 80g / dish	Fiber > 7g / dish V Fiber > 7g / dish	Plant Based Protein	V Better fats <10E% calories V Better fats V V Better fats	Nuts & Seeds >5g	Less Sugar <10E% calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALAS CAESAR GOAT CHEESE PANZANELLA - V - with feta Hot dishes QUICHE - LORRAINE QUICHE - FETA AND SPINACH QUICHE - SEASONAL	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal 778 kcal 702 kcal 782 kcal	Better Choices	Fruits & vegetables > 80g / dish Fruits & vegetables > 80g / dish V Fruits & vegetables > 80g / dish	Fiber > 7g / dish V Fiber > 7g / dish	Plant Based Protein	V Better fats <10E% calories V Better fats V V Better fats	Nuts & Seeds >5g	Less Sugar <10E% calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKERS BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V Salads CAESAR GOAT CHEESE PANZANELLA - V . with feta Hot dishes QUICHE - LORRAINE QUICHE - FETA AND SPINACH	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal 778 kcal 702 kcal 782 kcal	Better Choices	Fruits & vegetables > 80g / dish Fruits & vegetables > 80g / dish Fruits & vegetables > 80g / dish V Fruits & vegetables > 80g / dish	Fiber > 7g / dish V Fiber > 7g / dish	Plant Based Protein	V Better fats <10E% calories V Better fats V V Better fats	Nuts & Seeds >5g v v v Nuts & Seeds >5g v Nuts & Seeds >5g Nuts & Seeds	Less Sugar v v v v v v v Less Sugar <10E% calories v v Less Sugar <10E% calories v v v v v v v v v v v v v
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALAS CAESAR GOAT CHEESE PANZANELLA - V - with feta Hot dishes QUICHE - LORRAINE QUICHE - FETA AND SPINACH QUICHE - SEASONAL	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal 778 kcal 702 kcal 782 kcal	Better Choices	Fruits & veaetables > 80 g / dish Fruits & veaetables > 80 g / dish Fruits & veaetables > 80 g / dish V V Fruits & veaetables > 80 g / dish	Fiber > 7g / dish V Fiber > 7g / dish V V V V V V A	Plant Based Protein	V Betterfats <10E% calories V V Betterfats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALAS CAESAR GOAT CHEESE PANZANELLA - V - with feta Hot dishes QUICHE - LORRAINE QUICHE - FETA AND SPINACH QUICHE - SEASONAL	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal 778 kcal 702 kcal 782 kcal	Better Choices	Fruits & vegetables > 80g / dish Fruits & vegetables > 80g / dish Fruits & vegetables > 80g / dish V Fruits & vegetables > 80g / dish	Fiber > 7g / dish V Fiber > 7g / dish	Plant Based Protein	V Better fats <10E% calories V Better fats V V Better fats	Nuts & Seeds >5g v v v Nuts & Seeds >5g v Nuts & Seeds >5g Nuts & Seeds	Less Sugar v v v v v v v Less Sugar <10E% calories v v Less Sugar <10E% calories v v v v v v v v v v v v v
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALAS CAESAR GOAT CHEESE PANZANELLA - V - with feta Hot dishes QUICHE - LORRAINE QUICHE - FETA AND SPINACH QUICHE - SEASONAL	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal 778 kcal 702 kcal 782 kcal	Better Choices	Fruits & veaetables > 80 g / dish Fruits & veaetables > 80 g / dish Fruits & veaetables > 80 g / dish V V Fruits & veaetables > 80 g / dish	Fiber > 7g / dish V Fiber > 7g / dish V V V V V V A	Plant Based Protein	V Betterfats <10E% calories V V Betterfats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V Salads CAESAR GOAT CHEESE PANZANELLA - V - with feta Hot dishes QUICHE - LORRAINE QUICHE - SEASONAL ORGANIC SOUP OF THE DAY - V	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal 778 kcal 702 kcal 782 kcal	Better Choices	Fruits & veaetables > 80 g / dish Fruits & veaetables > 80 g / dish Fruits & veaetables > 80 g / dish V Fruits & veaetables > 80 g / dish	Fiber > 7g / dish	Plant Based Protein	V Betterfats <10E% calories V V Betterfats <10E% calories	Nuts & Seeds >5g	Less Sugar v v v v v Less Sugar v v Less Sugar v v Less Sugar v v v Less Sugar v v v v v v calories
Bakery CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKERS BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALAds CAESAR GOAT CHEESE PANZANELLA - V - with feta Hot dishes QUICHE - LORRAINE QUICHE - FETA AND SPINACH QUICHE - SEASONAL ORGANIC SOUP OF THE DAY - V Tartines	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal 778 kcal 778 kcal 702 kcal 782 kcal 782 kcal	Better Choices	Fruits & veaetables > 80 g / dish Fruits & veaetables > 80 g / dish V Fruits & veaetables > 80 g / dish V V V V V	Fiber > 7g / dish	Plant Based Protein	V Betterfats <10E% calories V V Betterfats <10E% calories	Nuts & Seeds >5g	Less Sugar v v v v v Less Sugar v v v Less Sugar v v Less Sugar v v v v Less Sugar v v v v v v calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CORSANT BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALADS CAESAR GOAT CHEESE PANZANELLA - V - with feta HOT dishes QUICHE - FETA AND SPINACH QUICHE - SEASONAL ORGANIC SOUP OF THE DAY - V Tartines ITALIAN	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal 778 kcal 778 kcal 702 kcal 782 kcal 782 kcal	Better Choices	Fruits & veaetables > 80 g / dish Fruits & veaetables > 80 g / dish V Fruits & veaetables > 80 g / dish V Fruits & veaetables > 80 g / dish	Fiber > 7g / dish	Plant Based Protein	V Betterfats <10E% calories V V Betterfats <10E% calories	Nuts & Seeds >5g	Less Sugar V V V V Less Sugar V V Less Sugar V Less Sugar V Less Sugar Less Sugar Less Sugar Less Sugar
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALADS CAESAR GOAT CHEESE PANZANELLA - V - with feta Hot dishes QUICHE - SEASONAL ORGANIC SOUP OF THE DAY - V Tartines ITALIAN LE PAIN QUOTIDIEN CROQUE	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal 778 kcal 778 kcal 702 kcal 782 kcal 782 kcal 652 kcal	Better Choices	Fruits & veaetables > 80 g / dish Fruits & veaetables > 80 g / dish V Fruits & veaetables > 80 g / dish V Fruits & veaetables > 80 g / dish	Fiber > 7g / dish	Plant Based Protein	V Better fats <10E% calories V V Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar V V V V Less Sugar <10E% calories V Less Sugar <10E% calories V Less Sugar <10E% calories V Less Sugar <10E% calories
CINNAMON ROLL - V ALMOND CROISSANT CHOCOLATE TORSADE PISTACHIO SWIRL HIBISCUS CROISSANT - V BUTTER CROISSANT CHOCOLATE CROISSANT BRIOCHE BREAKFAST MUFFIN - V BAKER'S BREAD BASKET SPINACH & PINE NUT SWIRL HAZELNUT & RAISIN FLUTE - V SALAS CAESAR GOAT CHEESE PANZANELLA - V • with feta Hot dishes QUICHE - LORRAINE QUICHE - SEASONAL	277 kcal 365 kcal 264 kcal 481 kcal 230 kcal 223 kcal 311 kcal 362 kcal 479 kcal 733 kcal 252 kcal 252 kcal 778 kcal 778 kcal 702 kcal 782 kcal 782 kcal	Better Choices	Fruits & veaetables > 80 g / dish Fruits & veaetables > 80 g / dish V Fruits & veaetables > 80 g / dish V Fruits & veaetables > 80 g / dish	Fiber > 7g / dish	Plant Based Protein	V Betterfats <10E% calories V V Betterfats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories

• with an organic soft boiled egg	749 kcal	∅ 5/6	V	V	V		V	V
• with smoked salmon	606 kcal	ॐ 5/6	V	V	V		V	V
SALMON	465 kcal	1/6						٧
SOURDOUGH FLATBREAD WHITE BEAN SPREAD	585 kcal	∅ 6/6	٧	٧	٧	٧	٧	٧
SOURDOUGH FLATBREAD MUSHROOM TAPENADE & ROASTED VEGETABLES	591 kcal	♥ 5/6	٧	٧	V	٧		٧
• with buffalo mozzarella D.O.P.	751 kcal	4/6	٧	٧	V			٧
· with Parma ham	660 kcal		V	V	V	V		V
SMOKED CHICKEN & BUFFALO MOZZARELLA	649 kcal	1/6						V
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			7	Ar.		U		, and the second
		Better Choices	Fruits &	Fiber	Plant Based	Betterfats	Nuts & Seeds	Less Sugar
Sides		Score	vegetables		Protein			
			> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
SMOKED ATLANTIC KVARØY* SALMON	84 kcal	2/6				V		V
BACON	86 kcal	1/6						٧
DUTCH OLD FARMER'S CHEESE	152 kcal	1/6						٧
DUTCH HAM	56 kcal	1/6						V
SMALL SALAD	63 kcal	2/6			V			V
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		Better Choices	Fruits &	Fiber	Plant Based	Betterfats	Nuts & Seeds	Less Sugar
Our favorite lunch		Score	vegetables		Protein			
·			> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
BAKER'S LUNCH	690 kcal	⊘ 5/6	V	V	V	V		V
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			B		Ø)	6	**	Ŷ
			Fruits &	Ethan	Dlant Barrel	Datte of ota	N. 4 - 9 C J-	
0 11112		Better Choices		Fiber	Plant Based	Betterfats	Nuts & Seeds	Less Sugar
Small Bites		Score	vegetables	. 7. / P.L	Protein > 50% / dish	405%		40F%
WHITE BEAN SPREAD	658 kcal	⊘ 6/6	> 80g / dish	> 7g / dish		<10E% calories	>5g	<10E% calories
AVOCADO MASH	579 kcal		V	V	V	V	V	V
SMOKED SALMON AND AVOCADO RILETTE	628 kcal	⊘ 6/6	V		v	V	v	V
		3/6	٧		V	V	V	V
HUMMUS	620 kcal	⊘ 5/6		V	V	V	V	V
			₹ ₀	æ.	d	ā.	ø.	\sim
			S		Ø)		7	Ŷ
		D Ct .	Fruits &	Fiber	Plant Based	Betterfats	Nuts & Seeds	Less Sugar
Seasonal specials		Better Choices	vegetables		Protein			
Jeasonal specials		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
QUINOA PORRIDGE	330 kc al		V		V	V	6	V
CHICKPEA CHUNA - V	633 kcal	Ø 6/6	v		v	v	· v	· · · · · · · · · · · · · · · · · · ·
SOURDOUGH FLATBREAD WHITE BEAN SPREAD &FETA	656 kcal		· v	V	· · · · · · · · · · · · · · · · · · ·	· v		· · · · · · · · · · · · · · · · · · ·
• with Parma ham	725 kcal		· v	V	· v	· v		· · · · · · · · · · · · · · · · · · ·
MEDITERRANEAN POT-AU-FEU	326 kcal		v V	· · ·	· v	v	V	v
• with guinoa - V	421 kcal	Ø 6/6	· v	v	· · · · · · · · · · · · · · · · · · ·	· v	·	· · · · · · · · · · · · · · · · · · ·
• with bacon	470 kcal	Ø 6/6	v	V		· v	·	· v