



MENU

Spring 2025

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 a 1/2 avocado	723 kcal
• with smoked Atlantic Kvarøy* salmon	489 kcal
• with bacon	548 kcal
SOURDOUGH FLATBREAD, 2 ORGANIC BAKED EGGS	817 kcal

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
2/6				v		v
1/6						v
2/6			v			v
1/6						v
2/6	v					v
1/6						v
489 kcal						v
548 kcal						v
3/6			v	v		v

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 WITH ORGANIC PROTEIN BREAD	668 kcal
LE PAIN QUOTIDIEN BREAKFAST with or without a soft-boiled egg	834 kcal/878 kcal

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
0/6						
0/6						
3/6	v		v	v		
1/6			v			
1/6						v
6/6	v	v	v	v	v	v
3/6	v		v			v

Brunch

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

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
4/6	v	v			v	v

Cereals, Fresh Fruit & Yoghurt

GRANOLA PARFAIT - Plain yoghurt	424 kcal
GRANOLA PARFAIT - Soy yoghurt	381 kcal
CHIA PUDDING WITH RED FRUITS - V	341 kcal
FRESH FRUIT SALAD	125 kcal

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3/6			v		v	v
4/6		v	v	v		v
5/6	v	v	v	v	v	
4/6	v		v	v		v

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
HAZELNUT & RAISIN FLUTE - V	252 kcal

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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			v
4/6		v	v		v	v
4/6		v	v	v	v	v

Salads

CAESAR	773 kcal
TUNA & GRAINS	819 kcal
PANZANELLA - V	602 kcal
• with buffalo mozzarella D.O.P.	762 kcal

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1/6						v
3/6	v	v				v
4/6	v		v	v		v
3/6			v	v		v

Hot dishes

QUICHE - LORRAINE	914 kcal
QUICHE - FETA AND SPINACH	788 kcal
QUICHE - SEASONAL	959 kcal
ORGANIC SOUP OF THE DAY - V	652 kcal

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2/6			v			v
3/6	v		v			v
5/6	v	v	v		v	v
5/6	v	v	v	v		v

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

