



Breakfast

- FRESH FRUIT SALAD (V)** 90 cal • 10mg s **6**
selection of seasonal fruit
- MULTIGRAIN PORRIDGE** 550 cal • 390mg s **8.5**
blend of millet, buckwheat, steel-cut oats and red quinoa, almond milk, topped with banana jam, honey walnuts, speculoos butter
- ORGANIC STEEL-CUT OATMEAL (V)** 150-250 cal • 90mg s **5**
with Fresh Berries and Milk of Choice 280-330 cal • 90mg s **7.5**
with Honey Walnuts, Banana, Maple Syrup, Milk of Choice 320-420 cal • 140mg s **7**
- YOGURT GRANOLA PARFAIT** 300 cal • 90mg s **10**
organic Greek yogurt, granola, fresh fruit
- CHIA SEED PUDDING (V)** 590 cal • 35mg s **7.5**
coconut milk, maple syrup, chia seeds, banana jam
with Granola 730 cal • 60mg s **9**
with Fresh Berries 620 cal • 35mg s **9**
- WARM BELGIAN WAFFLE** 500 cal • 10mg s **9**
with fresh berries and whipped cream
- DUTCH MINI-PANCAKES** 560 cal • 10mg s **9**
with banana, maple butter, powdered sugar

Breakfast Sandwiches

- served with a small green salad* 90 cal • 80mg s
- EGG, CHEDDAR & AVOCADO BREAKFAST SANDWICH*** 610 cal • 440mg s **10**
with tomato-pepper jam
- TOASTED HAM & GRUYÈRE CROISSANT** 540 cal • 1170mg s **10**
served with a trio of mustard
*with Organic Egg** 80 cal • 80mg s **+3**

Quiches & Frittata

- served with a small green salad* 90 cal • 80mg s
- ROASTED CAULIFLOWER & CHEDDAR FRITTATA** 420 cal • 560mg s **12.5**
oven-baked omelette, served with a side of bread
- QUICHE LORRAINE** 540 cal • 1010mg s **14**
buttery crust filled with savory custard, ham, Gruyère, leeks
- MUSHROOM & GRUYÈRE QUICHE** 590 cal • 1020mg s **14**
buttery crust filled with savory custard, roasted cremini and shiitake mushrooms

Egg Breakfasts

- served with a side of our artisanal bread* 200 cal • 250mg s
- SUNNY-SIDE BREAKFAST BOWL** 590 cal • 1200mg s **12.5**
organic sunny-side egg*, avocado, caramelized onion, roasted Brussels sprouts and sweet potato, farro, massaged kale, citrus-cumin salt, pistachio dukkah
- TWO SOFT-BOILED EGGS*** 160-890 cal • 160-700 mg s **9**
- SKILLET-BAKED EGGS WITH AVOCADO, TOMATO & FETA*** 390 cal • 290mg s **12**
- SKILLET-BAKED EGGS WITH BACON & SCALLIONS*** 290 cal • 490mg s **12**
- AVOCADO & TOMATO OMELETTE** 580 cal • 930mg s **13**
with tomato-pepper jam
- SMOKED SALMON OMELETTE** 370 cal • 1220mg s **15.5**
with Greek yogurt
- HAM & GRUYÈRE OMELETTE** 430 cal • 960mg s **15**
- MUSHROOM & GOAT CHEESE OMELETTE** 400 cal • 710mg s **14**
- THREE EGG SCRAMBLE** 270 cal • 370mg s **11**
served with a small green salad

Salads

- served with a side of our artisanal bread* 200 cal • 250mg s
- ANCIENT GRAIN BOWL (V)** 490 cal • 1300mg s **14**
red quinoa, millet, buckwheat, massaged kale, roasted red pepper and cauliflower, pickled fresno, muhammara, black lentil pâté, hazelnut crisps, harissa-tahini dressing
- BRUSSELS FARRO BOWL** 630 cal • 1390mg s **14**
warm farro, massaged kale, roasted delicata squash and Brussels sprouts, goat cheese, pickled cranberries
- GRILLED CHICKEN COBB** 610 cal • 900mg s **17.5**
chicken, avocado, bacon, Fourme d'Ambert, cucumber, hard-boiled egg, mixed greens, smoked tea vinaigrette
- BLACK LENTIL BOWL (V)** 480 cal • 800mg s **14**
balsamic beets, hummus, lentils, grape tomatoes, mixed greens, vinaigrette, spicy tahini
*with Smoked Salmon** 50 cal • 300mg s **+4.5**
- MEDITERRANEAN CAESAR** 570 cal • 1610mg s **16**
grilled chicken, Niçoise olives, bell pepper, feta, croutons, romaine, kale, caesar dressing, zhug

Tartines

- signature open-faced sandwiches, made on our sourdough wheat unless otherwise noted*
- AVOCADO TOAST (V)** 590 cal • 710mg s **12**
avocado mash, citrus-cumin salt, chia seeds, side of marinated kale
*with Organic Egg** 80 cal • 80mg s **+3**
*with Smoked Salmon** 50 cal • 300mg s **+4.5**
- MUHAMMARA TOAST (V)** 680 cal • 1690mg s **14**
with roasted delicata squash, red pepper and cauliflower, arugula, tomato confit
- RICOTTA & SWEET POTATO TOAST** 630 cal • 790mg s **12**
roasted sweet potato, bacon, honey walnuts, rosemary on five grain & raisin bread
- CHICKEN & MOZZARELLA MELT** 730 cal • 1020mg s **14.5**
fresh mozzarella, chicken, tomato-pepper jam, basil oil
- TURKEY, BACON & AVOCADO** 590 cal • 1200mg s **14.5**
turkey, bacon, tomato, avocado, arugula, herb aioli
- CROQUE MONSIEUR** 960 cal • 2010mg s **14.5**
toasted ham & Gruyère tartine with sauce Mornay, served with a trio of mustard
- SMOKED SALMON*** 540 cal • 1290mg s **16**
organic butter, scallion, dill, served with a side of herb aioli

Sandwiches

- served with a small green salad* 90 cal • 80mg s
- HAM & GRUYÈRE** 430 cal • 1000mg s **13**
with mustard and cornichons on a French roll
- VEGGIE BANH MI (V)** 700 cal • 1300mg s **15**
roasted shiitake and cremini mushrooms, black lentil pâté, pickled daikon, carrot and fresno, plant-based harissa aioli on baguette
- TOMATO & MOZZARELLA** 410 cal • 900mg s **11**
with basil oil, tomato, arugula, balsamic vinegar on olive ciabatta
- PROSCIUTTO & MANCHEGO** 410 cal • 960mg s **13**
with dried figs and mustard butter on a French roll

Soups

- served with a side of our artisanal bread* 200 cal • 250mg s
- THREE BEAN CHILI (V)** 130-240 cal • 220-410mg s **7 / 9**
with avocado mash and cilantro
- CHICKEN SOUP** 170-280 cal • 550-1090mg s **7 / 9**
with vegetables, farro, spicy harissa
- LENTIL SOUP (V)** 230-460 cal • 640-1280mg s **6 / 8**
- SOUP OF THE DAY** 60-420 cal • 390-800mg s **6 / 8**

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*Consuming raw or undercooked ingredients may increase your risk of foodborne illnesses. 2,000 calories a day is used for general nutrition, but calorie needs vary. Additional nutritional information upon request.

FOOD ALLERGIES? If you have a food allergy, please speak to the manager or your server. Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, MILK, SOY, FISH & SHELLFISH. (V) Vegan



We blend organic, stone-ground flour, sea salt and water with a wild yeast levain starter to create a humble four-ingredient beginning.

The dough is then kneaded and baked in our stone-lined hearths.

Hot Beverages

APPLE OAT LATTE 130-260 cal • 110-220mg s	5 / 5.5
GINGER SPICED APPLE CIDER 70-150 cal • 10-20mg s	5 / 5.5
COFFEE 0 cal • 30mg s	3.5
CAPPUCCINO 60-130 cal • 70-100mg s	4.25 / 4.75
LATTE 60-140 cal • 70-100mg s	4.25 / 4.75
CAFÉ AU LAIT 40-110 cal • 50-80mg s	4 / 4.5
ESPRESSO 0 cal • 10mg s	3 / 3.5
AMERICANO 0 cal • 10mg s	4 / 4.5
MACCHIATO 20-160 cal • 50-80mg s	3.5 / 4
BELGIAN MOCHA 170-300 cal • 110-210mg s	4.75 / 5.25
BELGIAN HOT CHOCOLATE 180-320 cal • 130-160mg s	4.25 / 4.75
MATCHA LATTE 60-140 cal • 70-130mg s	4.5 / 5
TEA 0 cal • 0mg s Brussels or English Breakfast, Chunmee, Earl Grey, Rooibos, Jasmine Green, Moroccan Mint, Chamomile, Fresh Mint	3.75
HONEY LEMON GINGER 90-200 cal • 10-30mg s	4.5 / 5
TURMERIC LATTE 90-290 cal • 70-150mg s	5 / 5.5
CHAI LATTE 80-380 cal • 80-160mg s	4.5 / 5

Cold Beverages

COLD BREW COFFEE 0 cal • 30mg s	4.75
ICED LATTE 30-110 cal • 70-100mg s	4.25
ICED MATCHA LATTE 60-140 cal • 70-130mg s	4.5
ICED TEA 0 cal • 10mg s	4
ICED GREEN TEA 0 cal • 10mg s	4
ORANGE JUICE 120 cal • 10mg s	5
APPLE JUICE 150 cal • 10mg s	5
STILL OR SPARKLING WATER 0 cal • 0mg s	3

Homemade Lemonades

LEMONADE 60 cal • 20mg s	4
LEMONADE ICED TEA 40 cal • 10mg s	4
MINT LEMONADE 60 cal • 20mg s	4.25

Pastries

CROISSANT 260 cal • 210mg s	3.75
PAIN AU CHOCOLAT 310 cal • 200mg s	4.25
PAIN AUX RAISINS 320 cal • 280mg s	4.25
BUTTER BRIOCHE 350 cal • 340mg s	4.25
ALMOND CROISSANT 530 cal • 230mg s	4.5
CHOCOLATE ALMOND CROISSANT 580 cal • 220mg s	4.75
CHEESE ALMOND DANISH 170 cal • 300mg s	4.25
APPLE TURNOVER 250 cal • 220mg s	4.25
CHIA SEED MUFFIN 450 cal • 170mg s	4
BLUEBERRY MUFFIN (V) 490 cal • 360mg s	4
HAZELNUT FLÛTE 340 cal • 340mg s	4.25

Ask your server about our artisanal breads, available to take home today.

Desserts

CHOCOLATE CHIP COOKIE 710 cal • 490mg s	4.5
DOUBLE CHOCOLATE CHIP COOKIE 450 cal • 100mg s	3.5
BELGIAN CHOCOLATE BROWNIE 580 cal • 70mg s	4.75
MINI BROWNIE 170 cal • 20mg s	2.5
MINI APRICOT CAKE 140 cal • 10mg s	3
MINI CARROT CAKE (V) 150 cal • 90mg s	3
MINI BANANA CHOCOLATE CAKE 160 cal • 10mg s	3
COCONUT MACAROON 230 cal • 110mg s	2.5
MOUSSE CAKE 470 cal • 50mg s	6.5
LEMON TART 460 cal • 90mg s	6.5
MIXED BERRY TART 430 cal • 50mg s	8
PASSIONFRUIT TART 520 cal • 50mg s	6.5
KOIGN AMANN 390 cal • 170mg s	5

