

cojean **AUTUMN**

INFORMATION



VEGAN



DAIRY FREE



ORGANIC



MSC
CERTIFIED SUSTAINABLE SEAFOOD



VEGETARIAN



GLUTEN FREE



DRESSING



ANIMAL-DERIVED
GELATINE FREE



BREAKFAST

MONDAY - FRIDAY FROM 6.30 TO 11AM - RECIPES ON THE BLACKBOARD

EGG MUFFINS

TOMATO CURRY & EGG MUFFIN  £3.55

omelette, mature cheddar, basil, creamy tomato and curry sauce in a rustic bun.
served toasted.

BACON & EGG MUFFIN £3.75

omelette, bacon, emmental cheese, basil, pepper sauce in a rustic bun.
served toasted.

GREEN TOAST

GREEN TOAST  £3.65

avocado, lemon juice, coriander, organic grilled sesame seed on organic multigrain toast. *served toasted.*

SCRAMBLED EGGS

MUSHROOM & TOMATO SCRAMBLED EGGS   £3.75

free range scrambled eggs, mushroom, crushed tomato, baby spinach, parsley.
served hot.

BACON & COMTÉ SCRAMBLED EGGS  £3.95

free range scrambled eggs, bacon, comté cheese, parsley.
served hot.

PORRIDGE

OAT PORRIDGE £2.60

organic oat flake, organic milk, apple compote, golden raisin, hazelnut.
served hot.

CHIA SEED & ALMOND MILK PORRIDGE   £2.95

organic chia seed, organic almond milk, organic banana, blueberry, maple syrup, organic pumpkin seed. *served hot or cold.*

JUICE-BAR

PRESSED FRUIT & VEGETABLE JUICES

FRESHLY MADE TO ORDER £4.55

350ml - 100% fruit and vegetables.

TO BE MIXED AS YOU WISH:

CARROT  - ORANGE  - APPLE  - GINGER 

MIXED FRUIT JUICES

FRESHLY MADE TO ORDER £4.75

350ml - 100% fruit.

MIDDLE SUMMER'S SPRING  - pineapple, strawberry, apple.

SECRET GARDEN  - strawberry, banana, kiwi, apple.

EARLY DAWNING - organic pineapple, organic apple, fresh mint.

MIXED FRUIT & VEGETABLE JUICES FRESHLY MADE TO ORDER £4.95

350ml - 100% fruit and vegetables.

GREEN POWER  - spinach, cucumber, apple.

SUPERHULK  - kale, banana, pineapple, orange.

YOUNG BLOOD  - beetroot, strawberry, pineapple, apple.

MIXED FRUIT & VEGETABLE SUPER JUICES FRESHLY MADE TO ORDER £5.25

350ml - 100% fruit and vegetables.

SUPER ORANGE - mango, organic baobab, organic apple, organic chia seed.

SUPER GREEN - avocado, organic cucumber, organic moringa, organic kiwi, organic apple, organic chia seed.

SUPER PURPLE  - açai, raspberry, banana, apple, chia seed.

AÇAÍ BOWL £6.95

AÇAÍ BOWL  

organic açai, organic banana, raspberry, blueberry, honey roasted sunflower and pumpkin seeds, granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).

HOT DISHES

WEEKLY RECIPES ON THE BLACKBOARD

VEGETARIAN LASAGNE  £7.30

HOT DISH £7.90

VEGAN HOT DISH  £7.90

SOUPS

WEEKLY RECIPES ON THE BLACKBOARD

HOT   £3.95

300ml – fresh soups made daily using organic vegetables.

100% suitable for vegetarians, dairy free (excluding some cheese based recipes) & gluten free.

ASIAN £7.30

ASIAN VEGETABLE GYOZA SOUP  £7.30
in a vegetable broth: vegetable gyoza, rice noodles, crunchy vegetables.

ASIAN CHICKEN GYOZA SOUP  £7.30
in a vegetable broth: chicken gyoza, rice noodles, crunchy vegetables and a slightly spicy tom kha sauce with coconut milk.

ASIAN PRAWN GYOZA SOUP  £7.30
in a vegetable broth: prawn gyoza, rice noodles, crunchy vegetables and a slightly spicy tom yum sauce with coconut milk.

SALADS

VEGETARIAN

WHEAT PEARL & AVOCADO SALAD  £4.05

tri-colour wheat pearl, organic lentil, avocado, celery, green cabbage, apple, organic pumpkin seed, dill, dill pesto.

COLESLAW & FALAFEL SALAD   £4.95

falafel, carrot, white cabbage, green cabbage, golden raisin, baby spinach, tahini sauce.

GREEN TABOULEH    £4.95

broccoli, kale, apple, pomegranate, puffed quinoa, avocado cream, small pot of blackcurrant, raspberry and ginger vinaigrette.

BLUE SUPERFOOD SALAD  £4.95

organic white quinoa, organic green lentil, broccoli, kale, apple, pecan nut, ginger, organic apple vinegar, spirulina hummus.

YELLOW SUPERFOOD SALAD   £4.95

organic red, white and black quinoa, organic hemp seed, carrot, celery, black radish, golden raisin, blueberry, chervil, organic apple vinegar, ginger hummus.

PASTA

NUT PESTO PASTA SALAD  £4.95

orecchiette, mushroom, emmental cheese, baby spinach, black grape, parsley, hazelnut pesto.

ASIAN NOODLE SALAD  £5.15

soba noodle, grilled chicken fillet, carrot, green cabbage, edamame, coriander, black sesame seed, green pepper, sesame oil, soya sauce.

MEAT & FISH

MACHU PICHU SALAD   £5.15

organic quinoa, smoked salmon, celery, pumpkin, ginger, turmeric, coriander, parsley, dill, lemon, redcurrant, soya sauce.

CREAMY CHICKEN SALAD  £5.15

grilled chicken fillet, green bean, edamame, button mushroom, parsley, shallot, creamy lemon sauce.

SMOKED SALMON & MANGO SALAD   £7.35

smoked salmon, avocado, herb cheese ball, crunchy oat and sesame seed bread, mango, mesclun lettuce, chervil, large pot of honey, basil and ginger vinaigrette.

SANDWICHES

MINI

MINI HAM & CHEESE £2.50

steamed ham, emmental cheese, gherkin, butter in a mini rustic baguette.

MINI GOAT CHEESE  £2.65

goat cheese, chive, sun-dried tomato, lamb's lettuce in a mini rustic baguette.

MINI BRESAOLA & SHEEP CHEESE £2.85

bresaola, sheep milk cheese, basil, caper and green olive tapenade in a mini rustic baguette.

MINI TURKEY & EMMENTAL £3.25

turkey, emmental cheese, cherry tomato, mustard sauce in an organic multigrain roll.

MINI CRAB £3.25

crab, pink ginger, lemon, daikon cress, tarama sauce (salted and cured roe of cod) in an organic poppy seed roll.

RUSTIC BAGUETTES

CURED HAM & MOZZARELLA BAGUETTE £4.25

cured ham, mozzarella, rocket, creamy honey, fig and walnut sauce in a rustic baguette.

LEMON CHICKEN TAHINI BAGUETTE £4.25

chicken fillet, grilled carrot, coriander, lemon tahini sauce in a rustic baguette.

REUBEN BAGUETTE £4.25

pastrami, mature cheddar, pickle, baby spinach, mustard sauce with spices in a rustic baguette.

BLOOMERS

CREAMY LEMON TURKEY BLOOMER £4.65

turkey fillet, cucumber, rocket, creamy lemon sauce in a malted bloomer bread.

HAM & COMTÉ BLOOMER £4.65

steamed ham, comté cheese, sun-dried tomato, chervil, tartare sauce in a malted bloomer bread.

TOASTS

AVOCADO & KALE TOAST  £3.35

sun-dried cherry tomato tapenade, chervil, avocado and kale spread on organic multigrain toast.

WRAPS

JAPANESE WRAP £4.65

smoked salmon, pink radish, baby spinach, rocket, nori seaweed, wasabi sauce in a tortilla wrap.

TURKEY CLUB WRAP £4.65

turkey, bacon, emmental cheese, tomato, red onion, rocket, basil, tomatade, pepper sauce in a tortilla wrap.

TOASTIES

WEEKLY RECIPES ON THE BLACKBOARD

VEGGIE  £5.55

in organic whole grain bread.

CLUB £5.75

in organic sesame seed bread.

DESSERTS





FRUIT

FRUIT SALAD	£2.25
<i>mixed chopped fresh fruit.</i>	
SHOT OF COCONUT	£2.65
SHOT OF POMEGRANATE	£2.65
<i>pomegranate seeds, mint leaf. a vitamin C bomb: 33% of RDA.</i>	
PINEAPPLE	£2.65
MANGO	£2.65
FRUIT MIX	£2.95
<i>mixed chopped fresh fruit.</i>	

SMALL SWEET TREATS

MOUSSE AU CHOCOLAT 	£2.15
COCO IN-A-POT COJEAN 	£2.55
<i>coconut milk dessert: strawberry coulis or mango and passionfruit coulis.</i>	
FIG BIRCHER MUESLI	£2.55
<i>organic oat flake, hazelnut, apple, coconut milk, maple syrup, fig compote, mint.</i>	
BLACKCURRANT BIRCHER MUESLI	£2.55
<i>organic oat flake, hazelnut, apple, coconut milk, maple syrup, blackcurrant puree, blueberry, mint.</i>	
MANGO BIRCHER MUESLI	£2.55
<i>organic oat flake, hazelnut, apple, coconut milk, maple syrup, mango puree, passion fruit, mint.</i>	
NUSH YOGHURT 	£2.70
<i>cashew milk dairy free yoghurt: vanilla or strawberry.</i>	
CHOCOLATE CHIA PUDDING 	£2.95
<i>organic chia seed with organic cocoa and organic coconut milk, blueberry coulis, chestnut flake, cashew nut and chocolate granola.</i>	
MANGO CHIA PUDDING 	£2.95
<i>organic chia seed with organic coconut milk, mango and passion fruit coulis, passion fruit.</i>	
MATCHA CHIA PUDDING 	£2.95
<i>organic chia seed with matcha and organic coconut milk, pomegranate, agave nectar granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).</i>	
CHIA SEED & ALMOND MILK PORRIDGE 	£2.95
<i>organic chia seed, organic almond milk, organic banana, blueberry, maple syrup, organic pumpkin seed. served hot or cold.</i>	

PASTRIES, BREADS & CAKES

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL 	£0.30
COOKIES <small>milk chocolate, white chocolate, triple chocolate.</small>	£1.25
CROISSANT	£1.25
PAIN AU CHOCOLAT	£1.35
LE PETIT CANELÉ	£1.45
PASTEL DE NATA	£1.50
PECAN NUT BROWNIE 	£1.85
ALMOND & CRANBERRY CAKE  	£1.85
CAKES <small>carrot, chocolate, lemon poppyseed, marble, pistachio-chocolate.</small>	£1.95

MILKY

WHOLE MILK YOGHURT <small>lemon, raspberry or blueberry.</small>	£1.45
YOGHURT WITH RASPBERRY COULIS <small>reduced fat yoghurt, raspberry coulis, fresh raspberry.</small>	£2.20
YOGHURT WITH BLUEBERRY & HONEY <small>reduced fat yoghurt, blueberry, honey, organic pumpkin seed.</small>	£2.20
YOGHURT WITH MAPLE SYRUP & GRANOLA <small>reduced fat yoghurt, maple syrup, agave nectar granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).</small>	£2.30

DRINKS

COLD

COCA COLA 330ml **£1.20**
classic, diet, zero.

EVIAN 500ml **£1.40**
natural mineral water.

ARIZONA 330ml **£1.50**
tea flavoured drinks: green tea honey, green tea pomegranate, black tea peach, black tea lemon.

BADOIT 500ml **£1.50**
slightly sparkling natural mineral water.

EVIAN 750ml **£1.80**
natural mineral water.

MOJU COLD-PRESSED BOOSTER 60ml **£2.25**
cold-pressed boosters: ginger, turmeric.

ALOE 500ml **£2.40**
aloe vera drinks: lime, litchi, original.

EVIAN FRUITS & PLANTS 370ml **£2.55**
natural mineral water with a unique pairing of fruits & delicate botanicals: lemon juice-elderflower, grape juice-rose, raspberry juice-verbena.

CHARITEA 330ml  **£2.60**
organic infusion: ginger & lemon green tea, lemon black tea, passion fruit & elderflower rooibos, mate.

LEMONAID 330ml  **£2.60**
organic lemonade: lime, blood orange, passion fruit.

KARMA COLA 330ml  **£2.60**
organic soft drinks: ginger ale, cola, lemony lemonade.

COJEAN COCONUT WATER 330ml **£2.90**
100% coconut water.

NOA 314ml **£2.90**
functional drinks containing green tea and melissa extracts: wild apple-gooseberry, blueberry-birch, elderflower-rhubarb.

COJEAN COLD-PRESSED JUICES 250ml **£2.95**
cold-pressed fruit and vegetables juices, stabilised at high pressure.

WOW CHIA 250ml **£2.95**
a blend of cold-pressed fruit juice and hydrated chia: orange, carrot & mango, apple, spinach & kiwi, water melon & pomegranate.

HOT

all our hot drinks can be made using organic semi-skimmed or skinny cow or soya milk or almond milk.

ESPRESSO, ESPRESSO MACCHIATO **£1.30**

AMERICANO, WHITE AMERICANO **£1.70**

LARGE AMERICANO **£2.00**

DOUBLE ESPRESSO **£2.00**

LATTE, FLAT WHITE, CAPPUCCINO **£2.40**

















LARGE WHITE AMERICANO **£2.40**

TEAS  **£1.90**
english breakfast, earl grey, green, peppermint.





SNACKS

- OShibori** £0.40
fresh green tea-scented wipe.
- SEA SALT & CIDER VINEGAR - TYRELLS CRISPS**   £0.70
- PROPERCORN**   £0.90
hand-popped corn: sweet & salty, lightly sea salted.
- BEETROOT, PARSNIP & CARROT - TYRELLS CRISPS**   £1.15
- CLEAR SPRING**    £1.90
organic roasted seed snacks: tamari roasted cashew nuts, roasted seed & soya with cranberry, tamari roasted sicilian almonds.
- BUCKWHEAT GAULETTES**  £2.00
6 thin buckwheat galettes from belle-île-en-mer.
- FRESH BUTTER SHORTBREAD BISCUITS** £2.00
6 little fresh butter shortbread biscuits from belle-île-en-mer.
- RHYTHM 108 TEA BISCUITS**    £2.00
organic vegan and gluten free tea biscuits: lemon-ginger, chocolate hazelnut.
- GETRAW**    £2.40
organic raw bars, vegan and gluten free: raspberry, toffee-hazelnut, chocolate-walnut, liquorice.
- REUSABLE COTTON BAG** £3.50
natural cotton reusable bag to carry your lunch.

cojean **LUDGATE**

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OPEN MONDAY TO FRIDAY FROM 6.30AM TO 6PM

