



cojean **SUMMER**

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, 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

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.

COLD£3.95

GAZPACHO £3.95


tomato, cucumber, orange pepper, bread, olive oil, sherry vinegar.

CUCUMBER WITH FENNEL & DILL  £3.95

cucumber, fennel, dill, lime juice, cream.

SALADS

VEGETARIAN

MELON   £2.95

GREEK LENTIL SALAD  £4.05

organic green lentil, organic bulgur, cucumber, crushed tomato, feta PDO, black greek olive, mint, coriander, lemon juice, olive oil.

TOMATO ROCKET SALAD   £4.55

tomato, rocket, gran moravia cheese, pine nut, organic bulgur, rocket cream. small pot of honey, lemon and ginger vinaigrette.

YELLOW SUPERFOOD SALAD   £4.95

organic white and red quinoa, carrot, broccoli, broad bean, green pea, almond, poppy seed, olive oil, basil essential oil, red lentil hummus.

ORANGE SUPERFOOD SALAD   £4.95

organic white and red quinoa, broccoli, white radish, edamame, cherry tomato, mint, parsley, organic red berry vinegar, sun-dried tomato hummus.

SUMMER BOWL SALAD    £7.35

melon, white melon, watermelon, raspberry, feta PDO, black olive, rocket. large pot of honey, basil and ginger vinaigrette.

PASTA

GOAT CHEESE ORZO PASTA SALAD  £4.95

orzo pasta, ash goat cheese, courgette, sun-dried tomato, tomatade, rosemary, olive oil, lemon juice.

MEDITERRANEAN PASTA SALAD  £4.95

conchiglie pasta, mozzarella di bufala, ratatouille, cherry tomato, black greek olive, pine nut, basil, basil pesto.


TZATZIKI PASTA SALAD £5.05

fusilli pasta, smoked salmon, cucumber, chive, lemon juice, creamy dill sauce.

MEAT

CHICKEN VERDE SALAD  £5.15

grilled chicken fillet, green pea, edamame, radish, fennel, parsley, rocket cream.

THAI CHICKEN SALAD    £5.15

chicken fillet, carrot, white cabbage, green cabbage, red onion, coriander, ginger, lime, soy sauce, sesame oil. small pot of peanut.

CHICKEN & PESTO ROSSO TABBOULEH SALAD £5.60

organic bulgur, marinated chicken fillet with pesto rosso, tomato, red onion, parsley, basil, coriander, lemon juice, olive oil.

CAESAR BOWL SALAD   £7.35

chicken fillet, avocado, parmesan, baby spinach, crunchy oat sesame seed bread, chervil, raspberry. large pot of caesar sauce.

SANDWICHES

MINI

MINI HAM & CHEESE £2.50

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

MINI CREAM CHEESE & HONEY  £2.65

cream cheese, honey, sun-dried tomato, rocket in a mini rustic baguette.

MINI CHICKEN & PARMESAN £2.85

chicken fillet, parmesan, rocket, pine nut, creamy sauce in a mini rustic baguette.

MINI TURKEY & EMMENTAL £3.25

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

MINI SMOKED SALMON & RASPBERRY £3.25

smoked salmon, raspberry, coriander, thai sauce in an organic poppy seed roll.

RUSTIC BAGUETTES

GOAT CHEESE & COURGETTE BAGUETTE  £4.15

courgette, ash goat cheese, sun-dried tomato, baby spinach, mint, basil pesto in a rustic baguette.

ITALIAN BAGUETTE £4.25

cured ham, parmesan, sun-dried tomato, rocket, basil, artichoke spread in a rustic baguette.

CHICKEN VERDE BAGUETTE £4.25

chicken fillet, mozzarella, baby spinach, basil pesto in a rustic baguette.

BLOOMERS

SMOKED SALMON BLOOMER £4.65

smoked salmon, grapefruit, baby spinach, creamy dill sauce on malted bloomer bread.

EGG MIMOSA & HAM BLOOMER £4.65

steamed ham, devilled egg, sun-dried tomato, black olive, baby spinach, tartare sauce on malted bloomer bread.

TOASTS

ALMOND & AVOCADO TOAST  £3.35

edamame, chervil, black sesame seed, almond, avocado and basil spread on organic multigrain toast.

MOZZARELLA & TOMATO HUMMUS TOAST  £3.35

cherry tomato, mozzarella di bufala, basil, sun-dried tomato hummus on organic multigrain sourdough bread.

WRAPS

MOZZARELLA & TOMATO WRAP  £4.65

mozzarella di bufala, sun-dried tomato, baby spinach, rocket, basil, pine nut, pesto 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 

in organic whole grain bread.

£5.55

CLUB

in organic sesame seed bread.

£5.75

DESSERTS

FRUIT

FRUIT SALAD

mixed chopped fresh fruit.

£2.25

PINEAPPLE

£2.65

MANGO


£2.65

FRUIT MIX

mixed chopped fresh fruit.

£2.95

SMALL SWEET TREATS

MOUSSE AU CHOCOLAT 

£2.15

LEMON CHEESECAKE

cheesecake, lemon coulis on a shortbread biscuit base.

£2.25

RASPBERRY CHEESECAKE

cheesecake, raspberry coulis on a shortbread biscuit base.

£2.25

MANGO CHEESECAKE

cheesecake, mango and passion fruit coulis on a shortbread biscuit base.

£2.25

STRAWBERRY & RHUBARB CRUMBLE

strawberry and rhubarb compote covered with pecan nut crumble.






£2.55

APPLE CRUMBLE

apple compote covered with pecan nut crumble.

£2.55

PASTRIES, BREADS & CAKES

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL 	£0.30
COOKIES <i>milk chocolate, white chocolate, triple chocolate.</i>	£1.25
CROISSANT	£1.25
PAIN AU CHOCOLAT	£1.35
LE PETIT CANELÉ	£1.45
PASTEL DE NATA	£1.50
DRIED FRUIT BAGUETTE 	£1.65
PECAN NUT BROWNIE 	£1.85
ALMOND & CRANBERRY CAKE  	£1.85
CAKES <i>carrot, chocolate, lemon poppyseed, marble, pistachio-chocolate.</i>	£1.95

MILKY

WHOLE MILK YOGHURT <i>lemon, raspberry or blueberry.</i>	£1.45
YOGHURT WITH BLUEBERRY & HONEY <i>reduced fat yoghurt, blueberry, honey, organic pumpkin seed.</i>	£2.20
YOGHURT WITH RASPBERRY COULIS <i>reduced fat yoghurt, raspberry coulis, fresh raspberry.</i>	£2.20

DAIRY FREE

BIRCHER MUESLI <i>organic oat flake, hazelnut, apple, coconut milk, maple syrup, raspberry, mint.</i>	£2.55
BLACKCURRANT BIRCHER MUESLI <i>organic oat flake, hazelnut, apple, coconut milk, maple syrup, blackcurrant puree, blueberry, mint.</i>	£2.55
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>	
COCO PARADISE 	£3.45
<i>coconut yoghurt, fresh fruit.</i>	
STRAWBERRY COCO PARADISE 	£3.65
<i>coconut yoghurt, fresh fruit, candied strawberry coulis.</i>	
GRANOLA COCO PARADISE 	£3.85
<i>coconut yoghurt, fresh fruit, agave nectar granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).</i>	

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: green tea ginger & lemon, black tea & lemon, roibos passion fruit & elderflower, 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.

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 & mango, apple, spinach & kiwi, water melon & pomegranate.

HOT

all our hot drinks can be made using organic semi-skimmed or skinny cow or soy 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.
- PROPERCORN** £0.90  
hand-popped corn: sweet & salty, lightly sea salted.
- LISA'S CRISPS** £1.15   
organic craft crisps: alpine rock salt, alpine salt & vinegar.
- EMILY VEG CRISPS** £1.90  
dried veg: crunchy sweet potato, carrot & beetroot, crunchy french beans, sugar snap peas & black edamame.
- CLEAR SPRING** £1.90   
organic roasted seed snacks: tamari roasted cashew nuts, roasted seed & soya with cranberry, tamari roasted sicilian almonds.
- BUCKWHEAT GALETTES** £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-goji, 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

