

SUMMER RECIPES

FROM JUNE TO SEPTEMBER 2022



JUICE-BAR FRESHLY MADE TO ORDER

PRESSED FRUIT & VEGETABLE JUICES £5.05

35cl - 100% organic fruits and vegetables

TO BE MIXED AS YOU WISH:

CARROT · ORANGE · APPLE · GINGER

MIXED FRUIT JUICES £5.20

35cl - 100% organic fruits

SUMMER BREEZE

Pineapple, strawberry, apple.

SECRET GARDEN

Strawberry, banana, kiwi, apple.

RED VIVAL

Blackcurrant, raspberry, strawberry, apple.

ACAI BLUSH

Acai, raspberry, banana, apple.

MIXED FRUIT & VEGETABLE JUICES £5.40

35cl - 100% organic fruits and vegetables

GREEN MANGO

Spinach, mango, pineapple, ginger, apple.

GREEN POWER

Spinach, cucumber, apple.

SUPERHULK

Kale, banana, pineapple, orange, chia seed.

YOGI TIME

Pineapple, banana, carrot, hemp seed.

EXTRA SHOT OF GINGER + £0.50

HOT DISHES

LASAGNA  £8.40

HOT DISH £8.70

VEGAN HOT DISH  £8.70

VEGETABLE GYOZA MISO SOUP  £8.70

TOASTIES

VEGGIE  £6.95

In an organic whole grain bread.

CLUB £7.20

In an organic sesame seed bread.

SEE BLACKBOARD FOR OUR WEEKLY SPECIALS

BREAKFAST

SERVED UNTIL 11AM

FREE-RANGE EGG BRIOCHE

TOMATO MOZZA & BASIL EGG BRIOCHE  £4.90

Free range omelette, cherry tomato, mozzarella, basil, in a toasted brioche bun.

BACON & EMMENTAL EGG BRIOCHE £4.90

Free-range omelette, bacon, emmental cheese, pepper sauce in a toasted brioche bun.

PORRIDGES

BANANA & ALMOND BUTTER OAT PORRIDGE £3.40

Organic oat flake, organic linseed, banana and almond butter, organic whole milk.

BLUEBERRY & AGAVE SYRUP OAT PORRIDGE £3.40

Organic oat flake, organic linseed, blueberry and agave syrup, organic whole milk.

TOAST

AVOCADO TOAST  £4.90


Fresh avocado, lime juice, coriander, organic gomasio on an organic multigrain bread.

BOWL

ACAI BOWL £9.50

Organic açai, organic strawberry, organic banana, organic apple, raspberry, blueberry, raspberry strawberry & mango cojean organic granola.

SOUPS

HOT   £4.15

30cl - With organic vegetables.

GAZPACHO  £4.95

35cl - Tomato*, cucumber*, pepper*, whole wheat bread*, olive oil, sherry vinegar. *From organic farming.

BREAD

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL £0.35

SALADS

VEGETARIAN

GREEK PASTA SALAD  £5.75

Casarecce pasta, feta cheese, courgette, crushed tomato, greek black olive, pine nut, basil and mint pesto.

GREEN QUINOA & AVOCADO SALAD   £5.75

Organic white quinoa, organic green lentil, broccoli, granny smith apple, spinach & coriander pesto, avocado and chervil.

YOGI READY SALAD  £5.75

Organic freekeh, chickpea, courgette, onion compote, pine nut, chive, thyme, lemon, organic hemp yogi sauce, organic blond psyllium, pepper, crushed tomato & berber spices.

JAPANESE COLESLAW SALAD   £5.75

White radish, carrot, white cabbage, creamy tahini & coriander sauce, sesame seeds, chive.

SANDWICHES

BAGUETTES

CHICKEN CÆSAR BAGUETTE   £4.85

Chicken breast, PDO grana padano, baby spinach, caesar sauce in a seeded baguette.


HAM & RED LEICESTER BAGUETTE  £4.85

Ham, red leicester, lettuce, tarragon & parsley sauce in a seeded baguette.

AVOCADO & PESTO ROSSO BAGUETTE  £4.85

Avocado, sundried tomato pesto, cherry tomato, rocket in a seeded baguette.

BLOOMERS

THE BLT  £4.20

Bacon, lettuce, tomato, PDO grana padano, creamy parsley sauce with caper and gherkin, organic multi-grain bloomer bread.

THE PLOUGHMAN'S   £4.20

Mature cheddar, red onion pickles, baby spinach, celery & granny smith apple herby sauce, organic multigrain bloomer bread.

CUCUMBER, FETA & BASIL PESTO BLOOMER  £4.20

Cucumber, cream cheese, basil pesto, feta cheese, baby spinach in an organic multigrain bloomer bread.

RUSTIC

TUNA & CUCUMBER RUSTIC   £3.20

Sustainably sourced tuna spread, cucumber, chive, basil in an organic rustic bread.

HAM & CHEESE RUSTIC £3.40

Ham, emmental cheese, gherkin, salted butter in an organic rustic bread.

MEAT

CHICKEN KALE CÆSAR SALAD   £5.90

Grilled chicken, kale, white cabbage, PDO grana padano, pumpkin seeds, caesar sauce.

GNOCCHI SARDE PASTA SALAD   £5.90

Gnocchi sarde, sustainably sourced tuna, courgette, caper, greek black olive, chive, sun-dried tomato sauce, artichoke spread with basil.

CHICKEN & PESTO ROSSO TABBOULEH SALAD   £6.25

Organic bulgur, marinated chicken breast with red pesto, tomato, red onion, parsley, basil, lemon juice, olive oil, lemon, coriander.

BRIOCHE

GRILLED VEGETABLES & PRESERVED LEMON Brioché  £3.50

Free-range egg, sun-dried tomato, pine nuts, rocket, red pepper spread in an organic sesame and nigella seeds brioche.

TURKEY & EMMENTAL Brioché £3.70

Turkey, emmental cheese, cherry tomato, mustard sauce in an organic multigrain brioche.

SPICY CHICKEN & MANGO Brioché  £3.70

Chicken breast, mango, white radish, almond, coriander, red onion, raisins, creamy lemon sauce with spices in an organic poppy seed brioche.

CHICKEN & GUACAMOLE Brioché  £3.70

Marinated chicken breast with smoked spices, guacamole, pineapple, coriander in an organic poppy seed brioche.

SUNNY EGG Brioché  £3.70

Free-range egg, sun-dried tomato, pine nuts, rocket, red pepper spread in an organic sesame and nigella seeds brioche.

EXTRA SALMON Brioché  £3.90

Sustainably sourced smoked salmon, granny smith apple, white radish, dill, gravlax sauce in an organic poppy seeds brioche.

DESSERTS

SWEET TREATS

YOGHURT WITH STRAWBERRY COULIS & RASPBERRY  £2.80

Reduced fat yoghurt, strawberry coulis, raspberry.

YOGHURT WITH MAPLE SYRUP & GRANOLA £3.10

Reduced fat yoghurt, maple syrup, organic cojean granola with almond & seeds.

PLAIN MUESLI BIRCHER  £3.10

Organic oat flake, roasted hazelnut, apple, coconut milk, maple syrup, raspberry.

MOUSSE AU CHOCOLAT   £3.10

Free-range eggs.

PEAR & VANILLA CRUMBLE   £3.20

Apple and pear compote flavoured with vanilla covered with crumble.

STRAWBERRY AND APPLE CRUMBLE   £3.20

Apple and strawberry compote covered with vegan crumble.

BLUE MOON CHIA PUDDING   £3.85

Organic chia seed with organic coconut milk, super-food mix, strawberry coulis, raspberry, blueberry.

PEACH, APRICOT & ALMOND GRANOLA CHIA PUDDING  £3.85

Organic chia seed with organic coconut milk, peach and apricot coulis, organic cojean granola «Le temps des copains».

FRUITS

FRUIT SALAD £3.50

Mixed chopped fresh fruit.

MANGO £3.60

PINEAPPLE £3.60

PASTRIES & CAKES

COOKIES £1.60

Milk chocolate or white chocolate.

LE PETIT CANELÉ  £1.60

Caramelised rum and vanilla flavoured cake.

CROISSANT £1.60

PAIN AU CHOCOLAT £1.70

PASTEL DE NATA £1.80


Vanilla flan on a flaky pastry base.

PECAN NUT BROWNIE  £2.50

CAKES  £2.50

Lemon poppyseed, marble.

BANANA BREAD  £2.50

FINANCIERS  £3.00

Almond, hazelnut, matcha & white chocolate, tonka & chocolate.

HOT DRINKS

TEAS & INFUSIONS

L'AUTHENTIQUE £2.75

Black tea from Nepal

LE VIF £2.75

Sencha green tea from Japan

L'AUDACIEUX £2.75

Roasted green tea from Japan

L'ÉLÉGANT £2.75

White tea from Nepal with rose petal

LA BIENFAISANTE £2.75

Detox herbal tea

LA SAISSANTE £2.75

Spicy herbal tea

SPECIALTY COFFEE

ESPRESSO, ESPRESSO MACCHIATO £2.10

AMERICANO £2.40

DOUBLE ESPRESSO £2.45

LATTE, CAPPUCCINO, FLAT WHITE, MOCHA £2.85

HOT CHOCOLATE £2.85

SUPERCHARGED LATTES £3.95

CHAI LATTE

MATCHA

ICED DRINKS

ICED COFFEE £2.85

ICED LATTE £2.85



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TOASTIES

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In an organic whole grain bread.

CLUB £7.20

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BACON & EMMENTAL EGG BRIOCHE £4.90

Free-range omelette, bacon, emmental cheese, pepper sauce in a toasted brioche bun.

PORRIDGES

BANANA & ALMOND BUTTER OAT PORRIDGE £3.40

Organic oat flake, organic linseed, banana and almond butter, organic whole milk.

BLUEBERRY & AGAVE SYRUP OAT PORRIDGE £3.40

Organic oat flake, organic linseed, blueberry and agave syrup, organic whole milk.

TOAST

AVOCADO TOAST £4.90

Fresh avocado, lime juice, coriander, organic gomasio on an organic multigrain bread.

BOWL

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Organic açai, organic strawberry, organic banana, organic apple, raspberry, blueberry, raspberry strawberry & mango cojean organic granola.

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30cl - With organic vegetables.

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GREEN QUINOA & AVOCADO SALAD £5.75

Organic white quinoa, organic green lentil, broccoli, granny smith apple, spinach & coriander pesto, avocado and chervil.

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JAPANESE COLESLAW SALAD £5.75

White radish, carrot, white cabbage, creamy tahini & coriander sauce, sesame seeds, chive.

SANDWICHES

BAGUETTES

CHICKEN CÆSAR BAGUETTE £4.85

Chicken breast, PDO grana padano, baby spinach, cæsar sauce in a seeded baguette.

HAM & RED LEICESTER BAGUETTE £4.85

Ham, red leicester, lettuce, tarragon & parsley sauce in a seeded baguette.

AVOCADO & PESTO ROSSO BAGUETTE £4.85

Avocado, sundried tomato pesto, cherry tomato, rocket in a seeded baguette.

BLOOMERS

THE BLT £4.20

Bacon, lettuce, tomato, PDO grana padano, creamy parsley sauce with caper and gherkin, organic multi-grain bloomer bread.

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RUSTIC

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Sustainably sourced tuna spread, cucumber, chive, basil in an organic rustic bread.

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Ham, emmental cheese, gherkin, salted butter in an organic rustic bread.

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Grilled chicken, kale, white cabbage, PDO grana padano, pumpkin seeds, cæsar sauce.

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Gnocchi sarde, sustainably sourced tuna, courgette, caper, greek black olive, chive, sun-dried tomato sauce, artichoke spread with basil.

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Organic bulgur, marinated chicken breast with red pesto, tomato, red onion, parsley, basil, lemon juice, olive oil, lemon, coriander.

BRIOCHES

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Free-range egg, sun-dried tomato, pine nuts, rocket, red pepper spread in an organic sesame and nigella seeds brioche.

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PASTRIES & CAKES

COOKIES £1.60

Milk chocolate or white chocolate.

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Caramelised rum and vanilla flavoured cake.

CROISSANT £1.60

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Vanilla flan on a flaky pastry base.

PECAN NUT BROWNIE £2.50

CAKES £2.50

Lemon poppyseed, marble.

BANANA BREAD £2.50

FINANCIERS £3.00

Almond, hazelnut, matcha & white chocolate, tonka & chocolate.

HOT DRINKS ^{ORG}

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