



cojean **WINTER**

cojean

FRAIS & HUMAIN DEPUIS 2001

cojean opened its doors in paris, seventeen years ago. this wasn't supposed to be a business. it was a love story. we created a place where omnivores, vegetarians, pescetarians and flexitarians could meet. where control freaks and food geeks found something in common. where the greedy and the needy filled their stomachs. where the tattooed traders and the corporate accountants suddenly spoke the same language. cojean was created in Paris with all those people in mind.

seventeen years on, we're opening in london and are proud to offer londoners inspirational food, for the mind and the body. we only have one hard and fast rule here. it's got to be good. good on the taste buds and where good people come together.

bon appétit and lots of love,
alain cojean

**SIGN UP ON WWW.COJEAN.CO.UK
TO RECEIVE OUR WEEKLY SPECIALS**

INFORMATION



VEGAN



DAIRY FREE



ORGANIC



SUSTAINABLE
SEAFOOD



CLEAN LABEL
CHICKEN



VEGETARIAN



GLUTEN FREE



FREE-RANGE
EGG



ANIMAL-DERIVED
GELATINE FREE



BREAKFAST

UNTIL 11AM - RECIPES ON THE BLACKBOARD

FREE-RANGE EGG BRIOCHE

MATURE CHEDDAR   £3.55

free-range omelette, mature cheddar, baby spinach, hollandaise sauce in a rustic bun.
served toasted.

BACON & EMMENTAL  £3.75

free-range egg omelette, bacon, emmental cheese, basil, pepper sauce in a rustic bun.
served toasted.

AVOCADO TOAST

AVOCADO TOAST  £4.15

fresh avocado, lime juice, coriander, organic toasted sesame seed on organic multigrain bread. *served toasted.*

FREE-RANGE SCRAMBLED EGGS

MUSHROOM & TOMATO    £3.75

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

BACON & COMTÉ   £3.95

free-range scrambled eggs, bacon, comté cheese, parsley.

PORRIDGE

OAT  £2.60

organic oat flake, golden linseed, organic milk, apple compote, golden raisin, hazelnut.

CHIA SEED & ALMOND MILK   £2.95

organic chia seed, organic almond milk, organic banana, blueberry, maple syrup, organic pumpkin seed.

ORGANIC 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 - TURMERIC

MIXED FRUIT JUICES

FRESHLY MADE TO ORDER £4.75

350ml - 100% fruit.

BERRY BOOST - açai, raspberry, banana, apple.

EARLY DAWNING - pineapple, apple, fresh mint.

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

SECRET GARDEN - strawberry, banana, kiwi, apple.

MIXED FRUIT & VEGETABLE JUICES FRESHLY MADE TO ORDER.....£4.95

350ml - 100% fruit and vegetables.

GREEN MANGO - spinach, mango, pineapple, ginger, apple.

GREEN POWER - spinach, cucumber, apple.

SUPERHULK - kale, banana, pineapple, orange, chia seed.

YOUNG BLOOD - beetroot, strawberry, pineapple, apple.

HOT BUBBLE TEAS

350ml - aromatic green tea and tapioca pearl, with or without organic oat drink.

CLASSIC JASMINE - LIME - OAT MATCHA £4.15

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

HOMEMADE DAILY SOUPS £3.95

300ml – with organic vegetables.

ASIAN£7.30

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

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

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

SALADS

VEGETARIAN

WINTER ORZO SALAD  £4.05

orzo pasta, organic green lentil, apple, blueberry, creamy dill and lemon sauce.

GOAT CHEESE RED LENTIL SALAD   £4.95

organic red lentil, green bean, green pea, ash goat cheese, hazelnut, chive, nut oil, cider vinegar.

YELLOW SUPERFOOD SALAD 2   £4.95

organic red, white and black quinoa, pumpkin, black radish, chickpea, cranberry, blueberry, pumpkin seed, ginger, nut oil, organic red berry vinegar, turmeric hummus.

PASTA

ITALIAN PASTA SALAD  £4.95

orecchiette pasta, mozzarella di bufala, caper, green olive, black olive, pine nut, basil, tomatade, olive oil.

CRAYFISH PASTA SALAD  £5.05

squid-ink spaghetti pasta, sweet pepper marinated crayfish, avocado, chervil, lemon, arrabiata sauce.

MEAT & FISH

SMOKED SALMON & POACHED EGG SALAD    £5.05

free-range poached egg, Asc smoked salmon, organic red rice, chickpea, dill, creamy lemon sauce.

CREAMY CHICKEN SALAD   £5.15

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

CHICKEN & GOAT CHEESE TABBOULEH SALAD  £5.60

organic bulgur, grilled chicken fillet, goat cheese ball, baby spinach, pomegranate, red onion, mint, lemon juice, olive oil.

CHICKEN & STILTON BOWL SALAD    £7.35

chicken fillet, stilton, avocado, edamame, baby spinach, crunchy oat sesame seed bread, blueberry, chervil. large pot of walnut oil and cashew nut sauce.

SANDWICHES

MINI

MINI HAM & CHEESE £2.50

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

MINI CREAMY CASHEW MUSHROOM  £2.65

grilled carrot, baby spinach, mushroom, cashew nut and organic tofu spread in a mini rustic baguette.

MINI CHICKEN & MIMOLETTE  £2.85

chicken fillet, mimolette cheese, sun-dried tomato, rocket, pepper sauce in a mini rustic baguette.

MINI PUMPKIN GOAT CHEESE  £3.05

pumpkin, ash goat cheese, pecan nut, black grape, daikon cress, tomatade sauce in an organic poppy seed roll.

MINI TURKEY & EMMENTAL £3.25

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

RUSTIC BAGUETTES

HAM & MATURE CHEDDAR BAGUETTE £4.25

ham, mature cheddar, baby spinach, honey mustard sauce in a rustic baguette.

CHICKEN & MUSHROOM BAGUETTE  £4.25

chicken fillet, gran moravia, chervil, grilled mushroom & cep spread in a rustic baguette.

TUNA & CUCUMBER BAGUETTE   £4.25

msc tuna spread, organic cucumber, basil, baby spinach in a rustic baguette.

PITAS

CAESAR CHICKEN PITA  £3.35

chicken fillet, caper, gran moravia, cherry tomato, parsley, caesar sauce in a whole wheat pita bread.

SALMON & GUACAMOLE PITA   £3.35

asc smoked salmon, cucumber, purple shiso, ginger & lemongrass guacamole in a whole wheat pita bread.

WRAPS

HAM & COMTÉ CHEESE WRAP £4.65

ham, comté cheese, baby spinach, chervil, tartare sauce in a tortilla wrap.

SATAY CHICKEN WRAP  £4.65

chicken fillet, grilled mango, baby spinach, peanut, creamy satay sauce with paprika in a tortilla wrap.

TOASTED

WEEKLY RECIPES ON THE BLACKBOARD

VEGETARIAN  £5.55

in organic whole grain bread.

CLUB £5.75

in organic sesame seed bread.

DESSERTS

SMALL SWEET TREATS

LEMON TART IN-A-POT

lemon cream, whipped cream on an almond crumble.
previously frozen.

£2.25

RASPBERRY TART IN-A-POT

pistachio mousse on an almond crumble, raspberry coulis, raspberry.
previously frozen.

£2.25

COCONUT RICE PUDDING - COJEAN

coconut rice pudding, oat cream.

£2.25

MOUSSE AU CHOCOLAT

previously frozen.

£2.35

BLACKBERRY COCONUT POT

dairy-free coconut milk dessert, blackberry coulis.

£2.70

KIWI COCONUT POT

dairy-free coconut milk dessert, kiwi coulis.

£2.70

BLACKCURRANT BIRCHER MUESLI

organic oat flake, hazelnut, apple, coconut milk, maple syrup, blackcurrant puree, blueberry, mint.

£2.75

MANGO BIRCHER MUESLI

organic oat flake, hazelnut, apple, coconut milk, maple syrup, mango puree, passion fruit, mint.

£2.75

FIG BIRCHER MUESLI

organic oat flake, hazelnut, apple, coconut milk, maple syrup, fig compote, mint.

£2.75

NUSH YOGHURT

cashew milk dairy free yoghurts: vanilla or strawberry.

£2.90

CHIA SEED & ALMOND MILK PORRIDGE

organic chia seed, organic almond milk, organic banana, blueberry, maple syrup, organic pumpkin seed.

£2.95

MATCHA CHIA PUDDING

organic chia seed with matcha and organic coconut milk, pomegranate, agave nectar granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).

£2.95

CHOCOLATE & BANANA CHIA PUDDING

organic chia seed with organic coconut milk, banana and lime compote, chestnut flake, cashew nut and chocolate granola.

£2.95

MANGO CHIA PUDDING

organic chia seed with organic coconut milk, mango and passion fruit coulis, passion fruit.

£2.95

FRUIT

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| FRUIT SALAD | £2.25 |
| <i>mixed chopped fresh fruit.</i> | |
| CITRUS FRUIT SALAD | £2.65 |
| <i>orange, grapefruit, pink grapefruit, mint.</i> | |
| 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> | |

MILKY

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| WHOLE MILK YOGHURT  | £1.65 |
| <i>lemon, raspberry, blueberry.</i> | |
| YOGHURT WITH RASPBERRY COULIS  | £2.20 |
| <i>reduced fat yoghurt, raspberry coulis, raspberry.</i> | |
| YOGHURT WITH BLUEBERRY & HONEY  | £2.20 |
| <i>reduced fat yoghurt, blueberry, honey, organic pumpkin seed.</i> | |
| YOGHURT WITH CHESTNUT | £2.20 |
| <i>reduced fat yoghurt, chestnut cream, speculoos bits.</i> | |

PASTRIES, BREADS & CAKES

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| SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL  | £0.30 |
| COOKIES  | £1.25 |
| <i>milk chocolate, white chocolate, triple chocolate</i> | |
| CROISSANT | £1.25 |
| PAIN AU CHOCOLAT | £1.35 |
| LE PETIT CANELÉ  | £1.45 |
| <i>little caramelised rum and vanilla flavoured cake.</i> | |
| PASTEL DE NATA  | £1.50 |
| <i>little vanilla flan on a flaky pastry base.</i> | |
| CINNAMON ROLL | £1.65 |
| CAKES  | £1.95 |
| <i>carrot, lemon poppyseed, marble, pistachio-chocolate.</i> | |
| PUFFED BRIOCHE  | £2.00 |

DRINKS

COLD

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| COCA COLA 330ml classic, diet, zero. | £1.20 | BOTANIC PLANTMILK 250ml botanically enhanced coconut milk drinks: coffee damiana, chocolate yerba maté, yuzu matcha. | £2.60 |
| EVIAN 500ml natural mineral water. | £1.40 | LEMONAID 330ml  | £2.60 |
| ARIZONA 330ml tea flavoured drinks: green tea honey, green tea pomegranate, black tea peach, black tea lemon. | £1.50 | KARMA COLA 330ml  | £2.60 |
| BADOIT 500ml slightly sparkling natural mineral water. | £1.50 | COJEAN COCONUT WATER 330ml 100% coconut water. | £2.90 |
| EVIAN 750ml natural mineral water. | £1.80 | BOTANIC TEA 250ML botanical tea drinks: damiana, cannabidiol, green tea, yerba maté. | £2.90 |
| MOJU COLD-PRESSED BOOSTERS 60ml cold-pressed boosters: ginger, turmeric. | £2.25 | COJEAN COLD-PRESSED JUICES 250ml cold-pressed fruit and vegetables juices, stabilised at high pressure. | £2.95 |
| ALOE 500ml aloe vera drinks: lime, litchi, original. | £2.40 | CLEVER KOMBUCHA 300ml naturally sparkling fermented teas packed with a multitude of vitamins, enzymes and probiotics: original, ginger pear, peach lavender. | £3.40 |
| EVIAN FRUITS & PLANTS 370ml  | £2.55 | | |

DRINKS

ORGANIC COFFEE & TEA

all our hot drinks can be made using organic whole or semi-skimmed cow milk or soya drink or oat drink.



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| ESPRESSO, ESPRESSO MACCHIATO | £1.30 |
| AMERICANO, WHITE AMERICANO | £2.00 |
| LARGE AMERICANO | £2.00 |
| DOUBLE ESPRESSO | £2.00 |
| LATTE, FLAT WHITE, CAPPUCCINO | £2.40 |
| LARGE WHITE AMERICANO | £2.40 |
| CHAI LATTE | £2.70 |
| MATCHA LATTE | £2.70 |
| TURMERIC LATTE | £2.70 |
| TEAS | £1.90 |

english breakfast, earl grey, green, peppermint.

SNACKS

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| OSHIBORI | £0.40 |
| fresh green tea-scented wipe. | |
| PROPERCORN   | £0.90 |
| hand-popped corn: sweet & salty, lightly sea salted. | |
| BURTS   | £0.90 |
| hand-cooked english crisps: sea salt, crushed peppercorn, sea salt & vinegar. | |
| ENERGY BALLS - COJEAN    | £1.90 |
| organic vegan and gluten free raw energy balls: red berries & amaranth, matcha & ginger, coconut. | |
| EMILY VEG CRISPS   | £1.90 |
| dried veg: crunchy sweet potato, carrot & beetroot, crunchy french beans, sugar snap peas & black edamame. | |
| BUCKWHEAT GALETTES   | £2.00 |
| 6 thin buckwheat galettes from belle-île-en-mer. | |
| RHYTHM 108    | £2.20 |
| organic vegan and gluten free chocolate bars: hazelnut & praline, super coconut, sweet & salty almond. | |
| LITTLE MIRACLES    | £2.20 |
| organic vegan and gluten free bars: top six seed, top five nut. | |
| GETRAW    | £2.20 |
| organic vegan and gluten free raw bars: raspberry, toffee-hazelnut, chocolate-walnut, liquorice. | |
| CRACKERS    | £2.60 |
| organic vegan and gluten free crackers: 4 seed saltine, coconut & chia. | |
| REUSABLE COTTON BAG | £3.50 |
| natural cotton reusable bag to carry your lunch. | |

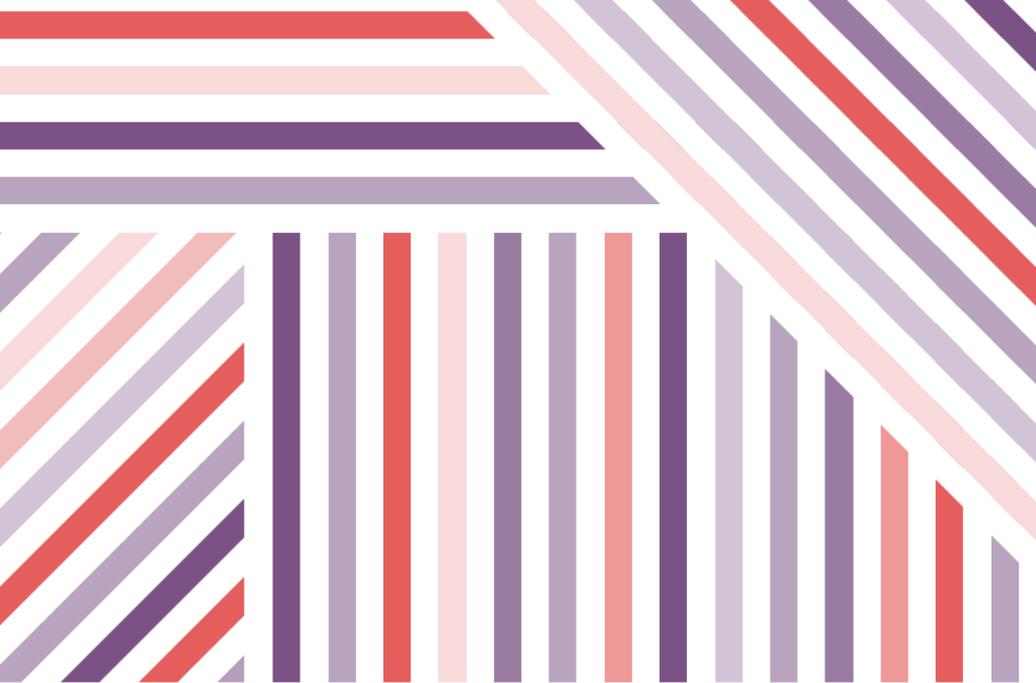


OUR PACKAGING

70% of our packaging is eco-friendly

86% of our cardboard and paper is recycled or certified

100% of our salad and dessert pots and juice cups are made from 80% recycled materials



cojean LUDGATE

50 - 52 LUDGATE HILL - LONDON EC4M 7AW - UK
+44 (0) 20 3841 9771
COJEANLUDGATE@COJEAN.CO.UK
OPEN MONDAY TO FRIDAY FROM 6.30AM TO 6PM

cojean BERKELEY

13 BERKELEY STREET - LONDON W1J 8DU - UK
+44 (0) 20 7491 8689
COJEANBERKELEY@COJEAN.CO.UK
OPEN MONDAY TO FRIDAY FROM 7.AM TO 7.PM
SATURDAY FROM 9.30AM TO 5.PM

cojean CHANCERY LANE

28 CHANCERY LANE - LONDON W2CA 1LB - UK
+44 (0) 20 7831 9490
COJEANCHANCERYLANE@COJEAN.CO.UK
OPEN MONDAY TO FRIDAY FROM 6.45AM TO 6.30PM



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@COJEANRESTAURANTS