



cojean

SPRING RECIPES

FROM 16 MARCH TO 14 JUNE 2020



THIS MENU IS MADE FROM FSC-CERTIFIED PAPER

10% OF OUR PROFITS are donated to the foundation NOURRIR AIMER DONNER, part of the Fondation de France charity network.

the foundation NOURRIR AIMER DONNER - FEED LOVE GIVE in English - strives to fight poverty and contribute to sustainable development in the poorest communities by working to provide access to food and water, and to combat any form of injustice in general.

EVERY EVENING, our unsold goods are distributed to charitable associations.



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



ORGANIC



CLEAN LABEL CHICKEN



FREE-RANGE EGG



SUSTAINABLE SEAFOOD



ANIMAL-DERIVED GELATINE FREE

FRESHLY MADE EVERY DAY,
daily hot soups, weekly specials and a new
menu every season.

ORGANIC JUICE - BAR

FRESHLY MADE TO ORDER

PRESSED FRUIT & VEGETABLE JUICES _____ 4.75

350ml - 100% organic fruit and vegetables.

CARROT • ORANGE • APPLE • GINGER

**TO BE MIXED
AS YOU WISH**

MIXED FRUIT JUICES _____ 4.95

350ml - 100% organic fruit.

SUMMER BREEZE

pineapple, strawberry, apple.

SECRET GARDEN

strawberry, banana, kiwi, apple.

EARLY DAWN

pineapple, apple, mint.

ACAI BLUSH

acai, raspberry, banana, apple.

MIXED FRUIT & VEGETABLE JUICES _____ 5.15

350ml - 100% organic fruit and vegetables.

GREEN MANGO

spinach, mango, pineapple, ginger, apple.

GREEN POWER

spinach, cucumber, apple.

SUPERHULK

kale, banana, pineapple, orange, chia seed.

FRENCH KISS

beetroot, strawberry, pineapple, apple.

BOWL

ACAI BOWL _____ 6.95

organic açai, organic strawberry, organic banana, organic apple, raspberry, blueberry, gluten free granola (walnut, cashew nut, coconut, organic pumpkin seed, cranberry).

BREAKFAST

BREAKFAST EVERY MORNING UNTIL 11AM

BREAKFAST MENUS _____

PARISIAN

organic hot drink, croissant or pain au chocolat. 2.95

IDEAL

organic hot drink, porridge. 3.95

ROYAL

organic pressed or mixed juice, avocado toast or free-range egg brioche or free-range scrambled eggs. 7.95

PORRIDGES _____

PEACH, APRICOT & SWEET POTATO PORRIDGE WITH PISTACHIO †

organic oat flake, organic golden linseed, organic milk, peach apricot sweet potato compote, grilled pistachio. 2.95

RASPBERRY, RHUBARB PORRIDGE

organic oat flake, organic chia seed, organic coconut milk, raspberry and rhubarb compote, pumpkin seed. 2.95

TOAST _____

AVOCADO TOAST

fresh avocado, lime juice, coriander, organic toasted sesame seed on organic multigrain bread. 4.45

FREE-RANGE EGG BRIOCHES _____

MUSHROOM & CHEDDAR †

free-range omelette, mushroom, mature cheddar, sun-dried tomato, creamy mushroom sauce in a toasted rustic bun. 3.55

HAM & COMTÉ

free-range omelette, comté cheese, ham, traditional mustard sauce in a toasted rustic bun. 3.75

BACON & EMMENTAL

free-range omelette, bacon, emmental cheese, basil, pepper sauce in a toasted rustic bun. 3.75

HERITAGE

free-range omelette, black pepper pastrami, mature cheddar, yellow mustard sauce in a toasted rustic bun. *exclusive to selfridges* 3.75

FREE-RANGE SCRAMBLED EGGS _____

MUSHROOM & TOMATO †

free-range scrambled eggs, mushroom, crushed tomato. 3.75

BACON & COMTÉ

free-range scrambled eggs, bacon, comté cheese. 3.95

SOUPS

HOMEMADE DAILY
SOUPS  _____ 4.15

300ml – with organic vegetables.

SEE BLACKBOARD FOR
OUR WEEKLY SPECIALS

HOT DISHES

LASAGNE   _____ 7.70

RISOTTO  _____ 7.70

HOT DISH _____ 8.30

VEGAN HOT DISH  _____ 8.30

SALADS

MEAT & FISH _____

NICOISE SALAD    

free-range poached egg, organic red rice, msc tuna, green bean, greek black olive, caper, tomato, cherry tomato, chive, basil pesto. 5.65

THAI CHICKEN SALAD   

chicken breast, carrot, white cabbage, green cabbage, red onion, golden sesame, coriander, ginger, lime, soya sauce, sesame oil. 5.75

**CHICKEN & PESTO ROSSO
TABBOULEH SALAD** 

organic bulgur, marinated chicken breast with pesto rosso, tomato, lemon, red onion, parsley, basil, coriander, lemon juice, olive oil. 6.25

PASTA _____

GREEK PASTA SALAD 

casarecce pasta, feta PDO, courgette, crushed tomato, greek black olive, pine nut, basil and mint pesto. 5.55

CRAYFISH PASTA SALAD 

squid-ink spaghetti pasta, sweet pepper marinated crayfish, avocado, chervil, arrabiata sauce. 5.65

VEGETARIAN _____

**CAULIFLOWER TABBOULEH
SALAD**  

cauliflower, grilled organic chickpea, dried raisin, red onion, lemon zest, parsley, mint, coriander, ginger, cumin, curry, olive oil. 3.15

**RAW VEGETABLES, CASHEW
& CHLOROPHYLL SALAD**  

broccoli, garden pea, red radish, alfa broccoli, cashew & herbs sauce - spinach, chervil, chive, cashew nut, vinegar of xeres, sunflower oil. 4.55

VERDE MOZZA SALAD  

broad bean, green bean, garden pea, mangetout, mozzarella di bufala, chive, basil pesto. 5.55

**QUINOA SALAD, COURGETTE
& GRILLED ALMOND**  

organic trio quinoa, courgette, garden pea, almond, sweet mint, oliv oil, lemon juice, grilled almond and courgette sauce. 5.55

**ORANGE SUPERFOOD
SALAD**  

organic red quinoa, organic red lentil, carrot, dried raisin, coriander, chervil, almond, olive oil, lemon juice, mustard, carrot and coriander hummus. 5.55

SANDWICHES

MINIS _____

HAM & CHEESE RUSTIC

ham, emmental cheese, gherkin, butter in a rustic bread. 2.70

OLIVE, TOMATO & CASHEW RUSTIC 🌱

cucumber, sun-dried tomato, baby spinach, cashew nut and organic tofu spread with olive in a rustic bread. 2.85

TUNA & CUCUMBER RUSTIC 🌱 ⚡

Msc tuna spread, cucumber, chive, basil in a rustic bread. 2.90

PASTRAMI & MUSTARD RUSTIC

pastrami, sun-dried tomato, rocket, mustard sauce in a rustic bread. 3.10

MUSHROOM, PICKLE & CASHEW BRIOCHÉ 🌱

mushroom stir fry, organic red onion pickle, baby spinach, cashew nut and tofu spread with herbs in an organic sesame and nigella seed brioche. 3.30

VERY VEGGIE BRIOCHÉ 🌱

mangetout, artichoke, mature cheddar, tomato, basil pesto in an organic poppy seed brioche. 3.30

TURKEY & EMMENTAL BRIOCHÉ

turkey, emmental cheese, cherry tomato, mustard sauce in an organic multigrain brioche. 3.50

BACON & EGG MAYO MIMOSA BRIOCHÉ 🍷

egg, caper, mayonnaise, sun-dried tomato, daikon cress, tartare sauce in an organic multigrain brioche. 3.50

SPECIAL SALMON BRIOCHÉ ⚡

smoked salmon, apple, black radish, dill, gravlax sauce in an organic poppy seed brioche. *exclusive to selfridges* 3.50

BAGUETTES _____

AVOCADO ALMOND & BLACK OLIVE 🌱

avocado, greek black olive, basil, pea sprout, courgette almond sauce in a seed baguette. 4.25

CHICKEN & MIMOLETTE CHEESE 🍗

chicken breast, mimolette cheese, sun-dried tomato, baby spinach, pepper sauce in a seed baguette. 4.25

CURED HAM & PARMESAN

cured ham, parmesan, tomato, butter, rocket in a seed baguette. 4.25

MEDITERRANEAN 🌱

ash goat cheese, sun-dried tomato, basil, baby spinach, caper and green olive tapenade in a seed baguette. 4.25

TOASTIES _____

VEGGIE 🌱

in whole grain bread. 5.95

CLUB

in sesame seed bread. 6.35

SEE BLACKBOARD FOR OUR WEEKLY SPECIALS

FRUITS 🌱 🌿 _____

FRUIT SALAD

mixed chopped fresh fruit. 2.45

PINEAPPLE

2.85

MANGO

2.85

FRUIT MIX

mixed chopped fresh fruit. 3.20

YOGHURTS 🍷 🌿 _____

WHOLE MILK YOGHURT

lemon, raspberry, blueberry. 1.85

YOGHURT WITH RASPBERRY COULIS

reduced fat yoghurt, raspberry coulis, raspberry. 2.70

YOGHURT WITH BLUEBERRY & HONEY

reduced fat yoghurt, blueberry, honey, organic pumpkin seed. 2.70

YOGHURT WITH STRAWBERRY & GRANOLA

reduced fat yoghurt, candied strawberry coulis, agave nectar gluten free granola (walnut, cashew nut, coconut, pumpkin seed, cranberry). 2.90

DESSERTS

PASTRIES, BREADS & CAKES _____

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL 🌱 0.35

COOKIES 🍪

milk chocolate, white chocolate or triple chocolate 1.40

CROISSANT

1.40

PAIN AU CHOCOLAT

1.50

LE PETIT CANELÉ 🍷

caramelised rum and vanilla flavoured cake. 1.60

PASTEL DE NATA 🍷

vanilla flan on a flaky pastry base. 1.60

CINNAMON ROLL

1.80

PECAN NUT BROWNIE 🍪

1.95

CAKES 🍪

carrot, lemon poppyseed, marble, pistachio-chocolate. 2.10

DESSERTS

SMALL SWEET TREATS 🍪

COCONUT & COCOA POT 🌿 🍌 🌿
coconut milk, coconut cream, cocoa. 2.25

COCONUT POT 🌿 🍌 🌿
coconut milk, coconut cream. 2.25

COCONUT RICE PUDDING 🌿 🌿
coconut rice pudding, coconut cream. 2.35

MOUSSE AU CHOCOLAT 🌿 🍫 2.35

RASPBERRY & RHUBARB CRUMBLE 🌿
raspberry and rhubarb compote covered with crumble 2.55

PEACH, APRICOT & SWEET POTATO CRUMBLE 🌿
peach, apricot and sweet potato compote covered with crumble. 2.55

BLACKBERRY BIRCHER MUESLI 🌿
organic oat flake, hazelnut, apple, coconut milk, maple syrup, blackberry compote, blackberry. 2.75

BIRCHER MUESLI 🌿
organic oat flake, hazelnut, apple, coconut milk, maple syrup, raspberry. 2.75

MANGO BIRCHER MUESLI 🌿
organic oat flake, hazelnut, apple, coconut milk, maple syrup, mango puree, passion fruit. 2.75

LEMON & CRUMBLE CHIA PUDDING 🌿 🌿
organic chia seed with organic coconut milk, lemon coulis, candied lemon zest covered with crumble. 3.20

RASPBERRY & RHUBARB CHIA PUDDING 🌿 🌿
organic chia seed with organic coconut milk, raspberry and rhubarb compote, raspberry, pumpkin seed. 3.20

STRAWBERRY & SPIRULINA CHIA PUDDING 🌿
organic chia seed with spirulina and organic coconut milk, candied strawberry coulis, blueberry, pomegranate. 3.20

RED FRUITS COCONUT 🌿 🌿
dairy-free coconut milk dessert, blackberry coulis, raspberry, blueberry, cocoa nib. 3.85

MANGO COCONUT & POMEGRANATE 🌿 🌿
organic mango coconut milk dessert, pomegranate, seed mix with cranberry (sunflower seed, pumpkin seed, chia seed and coconut). 3.85

DRINKS

COLD

COCA COLA 330 ML
classic, diet, zero. 1.20

EVIAN 500 ML
natural mineral water. 1.40

SAN PELLEGRINO 500 ML
slightly sparkling natural mineral water. 1.50

EVIAN 750 ML
natural mineral water. 1.80

SOMETHING & NOTHING 330 ML
slightly sparkling water with natural extracts: cucumber, yuzu. 2.10

COLD-PRESSED SHOTS 60 ML
cold-pressed juices, cold stabilisation by high pressure: ginger, turmeric, pomegranate. 2.25

ÉLOA 500 ML
aloe vera drinks: lime, litchi, original. 2.40

LEMONAID 330 ML 🌿
organic lemonade: blood orange, passionfruit, lime, ginger. 2.60

LUSCOMBE 270 ML 🌿
organic lightly sparkling drinks with fruit juice: blueberry, lime, rhubarb. 2.80

COLD-PRESSED JUICES 250 ML
freshly cold-pressed fruit and vegetables juices, stabilised at high pressure. 2.95

COLD-PRESSED POMEGRANATE JUICE 250 ML
cold-pressed pomegranate juice, cold stabilisation by high pressure. 2.95

COLD-PRESSED LEMONADE 400 ML
cold-pressed drinks, stabilised at high pressure: lemon-lime, lemon-spirulina. 2.95

CLEVER KOMBUCHA 300 ML
naturally sparkling fermented teas packed with a multitude of vitamins, enzymes and probiotics: original, ginger pear, lemon lavender, lime sea salt. 3.40

LO BROS KOMBUCHA 300 ML 🌿
organic naturally sparkling and fermented green teas: ginger & lemon, raspberry & lemon, passion fruit. 3.40

COLD-PRESSED COCONUT WATER 250 ML
cold-pressed coconut water, cold stabilisation by high pressure. 3.45

DRINKS

ORGANIC COFFEE & TEA



**ESPRESSO, ESPRESSO
MACCHIATO**

1.85

AMERICANO

2.15

DOUBLE ESPRESSO

2.20

**LATTE, CAPPUCCINO,
FLAT WHITE, MOCHA**

2.65

HOT CHOCOLATE

2.65

FRESH MINT

1.95

TEAS

english breakfast, earl grey, green, peppermint.
1.95

SNACKS

POPCORN - PROPERCORN  

hand-popped corn: sweet & salty, lightly sea salted.
0.90

CRISPS - BURTS  

hand-cooked english crisps: sea salt, crushed
peppercorn, sea salt & vinegar. 0.90

LOVE CORN  

vegan and gluten free corn kernels: sea salt,
smoked barbecue, habanero chili. 1.15

EMILY VEG CRISPS  

dried veg: crunchy sweet potato, carrot & beet-
root, crunchy french beans, sugar snap peas
& black edamame. 1.90

ENERGY BALLS   

organic vegan and gluten free raw energy balls:
red berries & amaranth, matcha & ginger, coconut.
1.90

BUCKWHEAT GALETTES  

6 thin buckwheat galettes from belle-île-en-mer.
2.00

CHOCOLATE BARS

RHYTHM 108   

organic vegan and gluten free chocolate bars:
hazelnut & praline, super coconut, sweet & salty
almond. 2.20

LITTLE MIRACLES   

organic vegan and gluten free bars: top six seed,
top five nut. 2.20

OUR PACKAGING

81% of our cardboard and paper is recycled or certified.
100% of our salad & dessert pots and juice cups are made
from 100% recycled materials.

our straws are paper and our cutlery are made from
renewable corn starch.

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FRAIS & HUMAIN DEPUIS 2001



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