



cojean **SPRING**

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TO RECEIVE OUR WEEKLY SPECIALS**



## INFORMATION

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VEGAN



DAIRY FREE



ORGANIC



MSC  
CERTIFIED SUSTAINABLE SEAFOOD



VEGETARIAN



GLUTEN FREE



FREE-RANGE  
EGG



ANIMAL-DERIVED  
GELATINE FREE

# BREAKFAST

EVERY DAY UNTIL 11AM - RECIPES ON THE BLACKBOARD

## EGG MUFFINS

MATURE CHEDDAR & EGG MUFFIN   £3.55

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

BACON & EGG MUFFIN  £3.75

free-range omelette, bacon, emmental cheese, smoked barbecue sauce in a rustic bun.  
*served toasted.*

## GREEN TOAST

GREEN TOAST  £3.65

avocado, lime juice, coriander, organic toasted 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

MULTI FLAKES PORRIDGE  £2.60

organic rice, millet and buckwheat flakes, organic golden linseed, 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  - TURMERIC 

### 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.

BERRY BOOST  - açai, raspberry, banana, apple.

## ORGANIC 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, chia seed.

YOUNG BLOOD 🌿 - beetroot, strawberry, pineapple, apple.

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

## ACAI BOWL ..... £6.95

ACAI BOWL 🌿 🌱

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

## BUBBLE TEAS 🌿

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

CLASSIC JASMINE 🌱 - LIME 🌱 - 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

HOT 🌿 🌱 ..... £3.95

300ml – fresh soups made daily using organic vegetables.

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

# SALADS

## VEGETARIAN

LENTIL & AVOCADO SALAD  £4.05

organic lentil, avocado, tomato, red onion, chervil, lemon juice, olive oil, basil essential oil, balsamic vinegar.

SPRING QUINOA SALAD   £4.95

organic quinoa, goat cheese ball, broad bean, artichoke, radish, tomato, chervil, olive oil, organic apple vinegar.

VERDE MOZZA SALAD   £4.95

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

MANGO KURAKKAN SALAD   £4.95

organic kurakkan, edamame, cauliflower, apple, baby spinach, red onion, coconut, mint, organic red berries vinegar, curry and mango sauce.

GREEN SUPERFOOD SALAD   £4.95

organic red quinoa, broccoli, pea, radish, rocket, sakura cress, chive, ginger, olive oil, organic red berry vinegar, spinach and basil hummus.

THAI VEGGIE SALAD  £5.05

marinated tofu, carrot, green cabbage, red onion, coriander, ginger, lime, soya sauce, sesame oil.

## PASTA

LINGUINE PASTA SALAD  £4.95

spinach conchiglie, courgette, crushed tomato, baby spinach, green olive, pine nut, basil pesto.

LOVE PASTA SALAD £5.05

orecchiette, marinated chicken fillet with pesto, mozzarella di bufala, courgette, cherry tomato, parsley, creamy lemon and basil sauce.

## MEAT & FISH

NIÇOISE SALAD    £5.05

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

THAI CHICKEN SALAD   £5.15

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

GUAC'AMOR SALAD   £5.15

organic bulgur, msc cod, courgette, guacamole, red pepper spread, grapefruit, ginger, daikon cress.

CAJUN TABBOULEH SALAD  £5.60

organic bulgur, marinated chicken fillet with cajun spices, crushed tomato, golden raisin, rocket, red onion, coriander, parsley, olive oil and lemon sauce.

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

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

MINI TOFU & BASIL  £2.65

organic tofu with carrot and pepper, cherry tomato, baby spinach, basil pesto in a mini rustic baguette.

MINI SMOKED SALMON & TZATZIKI £2.85

smoked salmon, organic cucumber, dill, tzatziki sauce in a mini rustic baguette.

MINI TURKEY & EMMENTAL £3.25

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

MINI HAM, CHEDDAR & COURGETTE £3.25

ham, mature cheddar, grilled courgette, basil, basil pesto in an organic poppy seed roll.

## RUSTIC BAGUETTES

MEDITERRANEAN BAGUETTE  £4.15

ash goat cheese, sun-dried tomato, basil, caper and green olive tapenade in a rustic baguette.

CURED HAM & PARMESAN BAGUETTE £4.25

cured ham, parmesan, tomatade, butter, rocket in a rustic baguette.

THAI CHICKEN BAGUETTE £4.25

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

## PITAS

VEGGIE PITA  £3.05

courgette, artichoke, pink radish, edamame, green olive, red onion, purple shiso, creamy lemon sauce in a whole wheat pita bread.

GREEK CHICKEN PITA £3.35

chicken fillet, pea, white radish, tomato tartare, lemon juice, red onion, coriander, mint, greek yoghurt sauce in a whole wheat pita bread.

## WRAPS

LEMON CHICKEN WRAP £4.65

chicken fillet, comté cheese, sun-dried tomato, baby spinach, chervil, lemon 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

mixed chopped fresh fruit.

SHOT OF POMEGRANATE £2.65

pomegranate seeds, mint leaf. a vitamin C bomb: 33% of RDA.

PINEAPPLE £2.65

MANGO £2.65

FRUIT MIX £2.95

mixed chopped fresh fruit.

## SMALL SWEET TREATS

MOUSSE AU CHOCOLAT   £2.35

BIRCHER MUESLI  £2.55

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

BLACKCURRANT BIRCHER MUESLI  £2.55

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

MANGO BIRCHER MUESLI  £2.55

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

NUSH YOGHURT   £2.70

cashew milk dairy free yoghurts: vanilla or strawberry.

APRICOT & GRANOLA CHIA PUDDING   £2.95

organic chia seed with organic coconut milk, apricot coulis, agave nectar granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).

RASPBERRY & RHUBARB CHIA PUDDING   £2.95

organic chia seed with organic coconut milk, raspberry and rhubarb coulis, raspberry, organic pumpkin seed.

STRAWBERRY & CHLORELLA CHIA PUDDING   £2.95

organic chia seed with chlorella and organic coconut milk, candied strawberry coulis, blueberry, pomegranate.

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.*

## PASTRIES, BREADS & CAKES

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL 	£0.30
COOKIES  milk chocolate or white chocolate.	£1.25
CROISSANT	£1.25
PAIN AU CHOCOLAT	£1.35
LE PETIT CANELÉ 	£1.45
PASTEL DE NATA 	£1.50
OATMEAL COOKIE  chocolate, coconut & pecan nut or multigrain.	£1.65
CINNAMON ROLL	£1.65
CAKES  carrot, chocolate, lemon poppyseed, marble, pistachio-chocolate.	£1.95

## MILKY

WHOLE MILK YOGHURT lemon, raspberry, blueberry.	£1.45
YOGHURT WITH RASPBERRY COULIS reduced fat yoghurt, raspberry coulis, fresh raspberry.	£2.20
YOGHURT WITH BLUEBERRY & HONEY reduced fat yoghurt, blueberry, honey, organic pumpkin seed.	£2.20
YOGHURT WITH STRAWBERRY & GRANOLA reduced fat yoghurt, candied strawberry coulis, agave nectar granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).	£2.30

# DRINKS

## COLD

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COCA COLA 330ml

classic, diet, zero.

£1.20

EVIAN 500ml

natural mineral water.

£1.40

ARIZONA 330ml

tea flavoured drinks: green tea honey, green tea pomegranate, black tea peach, black tea lemon.

£1.50

BADOIT 500ml

slightly sparkling natural mineral water.

£1.50

EVIAN 750ml

natural mineral water.

£1.80

MOJU COLD-PRESSED BOOSTERS 60ml

cold-pressed boosters: ginger, habanero, matcha, turmeric.

£2.25

ALOE 500ml

aloe vera drinks: lime, litchi, original.

£2.40

EVIAN FRUITS & PLANTS 370ml

natural mineral water with a unique pairing of fruits & delicate botanicals: lemon juice-elderflower, grape juice-rose, raspberry juice-verbena.

£2.55

LEMONAID 330ml 

organic lemonade: lime, blood orange, passion fruit.

£2.60

KARMA COLA 330ml 

organic soft drinks: ginger ale, cola, lemony lemonade.

£2.60

COJEAN COCONUT WATER 330ml

100% coconut water.

£2.90

NOA 314ml

functional drinks containing green tea and melissa extracts: wild apple-gooseberry, blueberry-birch, elderflower-rhubarb.

£2.90

COJEAN COLD-PRESSED JUICES 250ml

cold-pressed fruit and vegetables juices, stabilised at high pressure.

£2.95

WOW CHIA 250ml

a blend of cold-pressed fruit juice and hydrated chia: orange, carrot & mango, apple, spinach & kiwi, water melon & pomegranate.

£2.95

WOW DARK DETOX 250ml

activated charcoal, cold-pressed juice, agave and filtered water: lemon, raspberry.

£2.95

CAPTAIN KOMBUCHA 400ml 

organic naturally bubbly probiotic drinks: original, coconut, raspberry.

£3.40

# DRINKS

## HOT

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



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

OSHIBORI	£0.40
fresh green tea-scented wipe.	

PROPERCORN  	£0.90
hand-popped corn: sweet & salty, lightly sea salted.	
TYRRELLS CRISPS  	£0.90
hand-cooked english crisps: sea salt, sea salt & vinegar.	
EMILY VEG CRISPS  	£1.90
dried veg: crunchy sweet potato, carrot & beetroot, crunchy french beans, sugar snap peas & black edamame.	
ENERGY BALLS - COJEAN   	£1.90
organic vegan and gluten free raw energy balls: red berries & amaranth, matcha & ginger, coconut.	
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.	
N'EAT  	£2.30
vegan and gluten free bars: apricot, banana, blueberry, red berries.	
GETRAW   	£2.40
organic vegan and gluten free raw bars: raspberry, toffee-hazelnut, chocolate-walnut, liquorice.	
CRACKERS   	£2.90
organic vegan and gluten free crackers: 4 seed saltine, coconut & chia.	
REUSABLE COTTON BAG	£3.50
natural cotton reusable bag to carry your lunch.	

TAKEAWAY PRICES ONLY

**cojean LUDGATE**

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**cojean BERKELEY**

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