



cojean

SUMMER RECIPES

FROM JUNE 17 TO SEPTEMBER 15, 2019



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 associations.



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



ORGANIC



CLEAN LABEL CHICKEN



FREE-RANGE EGG



SUSTAINABLE SEAFOOD



ANIMAL-DERIVED GELATINE FREE

FRESH EVERY DAY KITCHEN,
daily hot soups, weekly specials and a new
menu every season.

ORGANIC JUICE - BAR

FRESHLY MADE TO ORDER

PRESSED FRUIT & VEGETABLE JUICES _____ 4.55

350ml - 100% fruit and vegetables.

CARROT · ORANGE · APPLE · GINGER

**TO BE MIXED
AS YOU WISH**

MIXED FRUIT JUICES
_____ 4.75

350ml - 100% fruit.

SUMMER BREEZE

pineapple, strawberry, apple.

SECRET GARDEN

strawberry, banana, kiwi, apple.

EARLY DAWN

pineapple, apple, fresh mint.

AÇAÍ BLUSH

açaí, raspberry, banana, apple.

MIXED FRUIT &
VEGETABLE JUICES
_____ 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.

FRENCH KISS

beetroot, strawberry, pineapple, apple.

ICED LATTE

ICED LATTE _____ 2.60

organic double espresso, organic semi-skimmed cow milk or oat drink, iced.

SUMMER BOWLS

AÇAÍ STRAWBERRY BOWL

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

MANGO SPIRULINA BOWL

organic mango, organic banana, organic apple, spirulina, passion fruit, granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).

BANANA CHOCOLATE BOWL

organic banana, black chocolate, organic oat drink, coconut, granola (chestnut flake, chocolate, peanut).

**CHOOSE BETWEEN
TWO RECIPES A WEEK**

6.95

FREE-RANGE
EGG BRIOCHES  _____

MATURE CHEDDAR

free-range omelette, mature cheddar, baby spinach, hollandaise sauce in a toasted rustic bun. 3.55

BACON & EMMENTAL

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

TOAST  _____

AVOCADO TOAST

fresh avocado, lime juice, coriander, organic toasted sesame seed on organic multigrain bread. 4.15

**BREAKFAST
EVERY MORNING
UNTIL 11 AM**

BREAKFAST

FREE-RANGE
SCRAMBLED
EGGS   _____

TOMATO & CAJUN

free-range scrambled eggs, red bean, crushed tomato with cajun spices. 3.75

BACON & COMTÉ

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

PORRIDGE  _____

STRAWBERRY OAT

organic oat flake, golden linseed, organic milk, candied strawberry coulis, hazelnut. 2.60

CHIA SEED & OAT PORRIDGE

organic oat flake, organic chia seed, coconut milk, organic banana, blueberry, maple syrup, organic pumpkin seed. 2.95

SOUPS

HOT  _____ 3.95

300ml – with organic vegetables.

COLD  _____ 3.95

GAZPACHO

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

CUCUMBER WITH FENNEL & DILL

organic cucumber, organic fennel, dill, lime juice, soya cuisine.

WEEKLY RECIPES
ON THE
BLACKBOARD

HOT DISHES

LASAGNE   _____ 7.30

HOT DISH _____ 7.90

VEGAN HOT DISH  _____ 7.90

SALADS

VEGETARIAN _____

MELON   _____ 2.95

CURRIED WILD RICE & AVOCADO SALAD

organic wild rice mix, organic red lentil, avocado, organic chickpea, pea, watermelon seed, coriander, curry, soya sauce and sesame oil. 4.05

QUINOA & WHEAT PEARL SALAD

tri-colour wheat pearl, organic trio quinoa, organic green lentil, edamame, organic chickpea, red pepper, mustard, dill, basil, chervil, tarragon. 4.95

SUMMER BARLEY SALAD

organic barley, courgette, fennel, cherry tomato, tomato tartare, feta PDO cheese, black olive, green olive, tomatade, lemon juice, olive oil. 4.95

VEGGIE & CRUMBLE SALAD

cauliflower, radish, pea, oat crumble with thyme, creamy turmeric and cashew sauce. 4.95

ORANGE SUPERFOOD SALAD

organic trio quinoa, broccoli, white radish, edamame, cherry tomato, mint, parsley, organic red berry vinegar, sun-dried tomato hummus. 4.95

AUBERGINE & POACHED EGG SALAD

free-range poached egg, aubergine, white bean, cherry tomato, rocket, parmesan, lemon juice, basil pesto. 5.05

MEAT & FISH _____

LENTIL & SMOKED SALMON SALAD

organic green lentil, asc smoked salmon, courgette, fennel, dill, balsamic vinegar. 5.15

CHICKEN VERDE SALAD

grilled chicken breast, green pea, edamame, radish, fennel, parsley, rocket cream. 5.15

CHICKEN & PESTO TABBOULEH SALAD

organic bulgur, marinated chicken breast with basil pesto, aubergine, goat cheese ball, broad bean, sun-dried tomato, rocket, dried raisin, red onion, mint, daikon cress, lemon juice, olive oil. 5.60

PASTA _____

MEDITERRANEAN PASTA SALAD

conchiglie pasta, mozzarella di bufala, ratatouille, cherry tomato, sun-dried tomato, black olive, pine nut, basil pesto. 4.95

LOVE PASTA SALAD

orecchiette, marinated chicken breast with pesto, mozzarella di bufala, courgette, cherry tomato, parsley, creamy lemon and basil sauce. 5.05

GNOCCHI SARDE PASTA SALAD

gnocchi sarde, msc tuna, courgette, caper, black olive, chive, tomatade, artichoke spread with basil. 5.05

SIGN UP ON [COJEAN.CO.UK](https://www.cojean.co.uk) TO RECEIVE OUR WEEKLY SPECIALS

SANDWICHES

MINI

MINI HAM & CHEESE

ham, emmental cheese, gherkin, butter in a mini rustic baguette. 2.50

MINI GOAT CHEESE & PECAN NUT †

ash goat cheese, pecan nut, baby spinach, tomatade in a mini rustic baguette. 2.65

MINI CHICKEN & CUCUMBER †

chicken breast, cucumber, rocket, creamy lemon sauce in a mini rustic baguette. 2.85

MINI BANH MI 🌱

marinated tofu, carrot, cucumber, fried onion, coriander, thai sauce in an organic sesame and nigella seed roll. 3.05

MINI HAM, CHEDDAR & COURGETTE

ham, mature cheddar, grilled courgette, basil, basil pesto in an organic poppy seed roll. 3.25

MINI TURKEY & EMMENTAL

turkey, emmental cheese, chery tomato, mustard sauce in an organic multigrain roll. 3.25

TARTINES

SMOKED SALMON & GOAT CHEESE ←

Asc smoked salmon, goat cheese, daikon cress on organic multigrain toast. 3.35

GRILLED VEGETABLES & RICOTTA †

grilled vegetables spread, ricotta, black olive, vene cress on organic multigrain toast. 3.35

BAGUETTES

CHICKEN VERDE BAGUETTE †

chicken breast, mozzarella, baby spinach, basil pesto in a seed baguette. 3.95

GUACAMOLE & CHEDDAR BAGUETTE †

mature cheddar, sun-dried tomato, black olive, baby spinach, guacamole in a seed baguette. 3.95

ITALIAN BAGUETTE

cured ham, parmesan, sun-dried tomato, rocket, basil, artichoke spread in a seed baguette. 3.95

TOASTIES

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

MILKY 🐼 🌱

WHOLE MILK YOGURT

lemon, raspberry, blueberry. 1.85

YOGURT WITH RASPBERRY COULIS

reduced fat yogurt, raspberry coulis, raspberry. 2.20

YOGHURT WITH BLUEBERRY & HONEY

reduced fat yoghurt, blueberry, honey, organic pumpkin seed. 2.20

PASTRIES, BREADS & CAKES

SMALL MULTIGRAIN

WHOLEMEAL BREAD ROLL 🌱 0.30

COOKIES 🍪

milk chocolate, white chocolate or triple chocolate. 1.25

CROISSANT

1.25

PAIN AU CHOCOLAT

1.35

LE PETIT CANELÉ 🍪

little caramelised rum and vanilla flavoured cake. 1.50

PASTEL DE NATA 🍪

little vanilla flan on a flaky pastry base. 1.50

CINNAMON ROLL

1.65

PECAN NUT BROWNIE 🍪

1.85

CAKES 🍪

carrot, lemon poppyseed, marble, pistachio-chocolate. 1.95

PUFFED BRIOCHE 🍪

2.00

WEEKLY
RECIPES
ON THE
BLACKBOARD

DESSERTS

SMALL SWEET TREATS 🍪

LEMON TART IN-A-POT 🍋

lemon cream, whipped cream on a crumble, candied lemon zest. *previously frozen* 2.25

STRAWBERRY CHARLOTTE 🍓

strawberry compote, vanilla cream, sponge cake, white chocolate chip. *previously frozen* 2.25

COCONUT RICE PUDDING 🥥 🌿

coconut rice pudding, coconut cream. 2.25

COCONUT & COCOA POT 🥥 🌿 🌿

coconut milk, coconut cream, cocoa. 2.25

COCONUT POT 🥥 🌿 🌿

coconut milk, coconut cream. 2.25

MOUSSE AU CHOCOLAT 🍫 🍫

previously frozen 2.35

STRAWBERRY & RHUBARB CRUMBLE 🍓 🌿

strawberry and rhubarb compote covered with nut crumble. *previously frozen* 2.55

APPLE CRUMBLE 🍏 🌿

apple compote covered with nut crumble. *previously frozen* 2.55

BLACKCURRANT BIRCHER MUESLI 🌿

organic oat flake, hazelnut, apple, coconut milk, maple syrup, blackcurrant puree, blueberry, organic mint. 2.75

BIRCHER MUESLI 🌿

organic oat flake, hazelnut, apple, coconut milk, maple syrup, raspberry, organic mint. 2.75

COCO PARADISE 🌿 🌿

coconut yoghurt, fresh fruit. 3.45

STRAWBERRY COCO PARADISE 🍓 🌿 🌿

coconut yoghurt, fresh fruit, candied strawberry coulis. 3.65

GRANOLA COCO PARADISE 🌿 🌿

coconut yoghurt, fresh fruit, agave nectar granola (walnut, cashew nut, coconut, pumpkin seed, cranberry). 3.85

DRINKS

COLD

RADNOR 500 ML

spring water. 0.90

COCA COLA 330 ML

classic, diet, zero. 1.20

EVIAN 500 ML

natural mineral water. 1.40

BADOIT 500 ML

slightly sparkling natural mineral water. 1.50

EVIAN 750 ML

natural mineral water. 1.80

MOJU COLD-PRESSED BOOSTERS 60 ML

cold-pressed boosters: ginger, turmeric. 2.25

LEMONAID 330 ML 🌿

organic lemonades: lime, blood orange, passionfruit. 2.60

EVIAN FRUITS & PLANTS 370 ML 🌿

natural mineral water with a unique pairing of organic fruits & delicate botanicals: lemon juice elderflower, grape juice-rose. 2.90

COCONUT WATER 330 ML 2.90

COLD-PRESSED JUICES 250 ML

cold-pressed fruit and vegetables juices, stabilised at high pressure. 2.95

CLEVER KOMBUCHA 300 ML

naturally sparkling fermented teas packed with a multitude of vitamins, enzymes and probiotics: original, ginger pear, peach lavender. 3.40

LO BROS KOMBUCHA 330 ML 🌿

organic naturally sparkling and fermented green teas: ginger & lemon, raspberry & lemon, passion fruit. 3.40

DRINKS

ORGANIC COFFEE & TEA



**ESPRESSO, ESPRESSO
MACCHIATO**

1.70

AMERICANO

2.10

DOUBLE ESPRESSO

2.10

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

2.60

HOT CHOCOLATE

2.60

TEAS

english breakfast, earl grey, green, peppermint.

1.90

FRESH MINT

1.90

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

87% of our cardboard and paper is recycled or certified.

73% of our packaging is eco-friendly. when it's 100% friendly,
we'll be happy.

our salad & dessert pots and juice cups are **MADE FROM
80% RECYCLED MATERIALS.**

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

cojean

FRAIS & HUMAIN DEPUIS 2001



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