



cojean **WINTER**

## INFORMATION

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VEGAN



DAIRY FREE



ORGANIC



MSC  
CERTIFIED SUSTAINABLE SEAFOOD



VEGETARIAN



GLUTEN FREE



DRESSING



ANIMAL-DERIVED  
GELATINE FREE



# BREAKFAST

EVERY DAY UNTIL 11AM - RECIPES ON THE BLACKBOARD

## EGG MUFFINS

MATURE CHEDDAR & EGG MUFFIN  £3.55

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

BACON & EGG MUFFIN £3.75

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

## GREEN TOAST

GREEN TOAST  £3.65

avocado, lime juice, coriander, organic grilled 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 

### 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.

## 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.

YOUNG BLOOD  - beetroot, strawberry, pineapple, apple.

## MIXED FRUIT & VEGETABLE SUPER JUICES FRESHLY MADE TO ORDER .....£5.25

350ml - 100% fruit, vegetables and chia seeds.

SUPER ORANGE - mango, organic baobab, organic apple, organic chia seed.

SUPER GREEN - avocado, organic cucumber, organic moringa, organic kiwi, organic apple, organic chia seed.

SUPER PURPLE  - açai, raspberry, banana, apple, chia seed.

## 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.

## ASIAN .....£7.30

ASIAN VEGETABLE GYOZA SOUP  .....£7.30  
in a vegetable broth: vegetable gyoza, rice noodles, crunchy vegetables.

ASIAN CHICKEN GYOZA SOUP  .....£7.30  
in a vegetable broth: chicken gyoza, rice noodles, crunchy vegetables and a slightly spicy tom kha sauce with coconut milk.

ASIAN PRAWN GYOZA SOUP  .....£7.30  
in a vegetable broth: prawn gyoza, rice noodles, crunchy vegetables and a slightly spicy tom yum sauce with coconut milk.

# SALADS


## VEGETARIAN

LENTIL & POMEGRANATE SALAD  £4.05

organic green lentil, pomegranate, apple, lemongrass, parsley, hazelnut oil, cider vinegar.

GOAT CHEESE RED LENTIL SALAD   £4.95

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

GREEN SUPERFOOD SALAD   £4.95

organic white quinoa, kale, pumpkin, golden raisin, mint, organic pumpkin seed, organic apple vinegar, kale and chervil hummus.

## PASTA


ITALIAN PASTA SALAD  £4.95

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


JAPANESE PASTA SALAD £5.05

soba pasta, smoked salmon, edamame, grapefruit, black sesame seed, wasabi, dill, lemon juice, sesame oil, soya sauce.

## MEAT & FISH

CREAMY CHICKEN SALAD  £5.15

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

COD & QUINOA SALAD   £5.15

organic white and red quinoa, cod rilette, white radish, redcurrant, golden raisin, lime, dill, chive, coriander, sesame oil, organic red berry vinegar.

CHICKEN & POMEGRANATE TABBOULEH SALAD £5.60

organic spelt, grilled chicken fillet, herb 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 HUMMUS  £2.65

hummus, grilled carrot, golden raisin, coriander in a mini rustic baguette.

MINI CHICKEN & COMTÉ CHEESE £2.85

chicken fillet, comté cheese, chervil, mushroom spread with tarragon in a rustic baguette.

MINI TURKEY & EMMENTAL £3.25

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

MINI SALMON GRAVLAX £3.25

smoked salmon, apple, black radish, dill, gravlax sauce in an organic poppy seed roll.

## RUSTIC BAGUETTES

HAM & MATURE CHEDDAR BAGUETTE £4.25

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

CAESAR BAGUETTE £4.25

chicken fillet, parmesan, baby spinach, chervil, caesar sauce in a rustic baguette.

CURED HAM & MOZZARELLA BAGUETTE £4.25

cured ham, mozzarella, rocket, creamy honey, fig and walnut sauce in a rustic baguette.

## BLOOMERS

TURKEY CURRY & MATURE CHEDDAR BLOOMER £4.65

turkey fillet, mature cheddar, sun-dried tomato, baby spinach, curry sauce in a malted bloomer bread.

CRAYFISH & ORANGE BLOOMER £4.65

crayfish, orange, baby spinach, dill, creamy lemon sauce in a malted bloomer bread.

## TOASTS

AVOCADO & NORI TOAST  £3.35

nori seaweed with sesame seed, daikon cress, avocado, ginger and lemongrass spread on organic multigrain toast.

## WRAPS

LEBANESE CHICKEN WRAP £4.65

chicken fillet, sun-dried tomato, baby spinach, almond, lemon, coriander, hummus in a tortilla wrap.

HAM & COMTÉ CHEESE WRAP £4.65

ham, comté cheese, baby spinach, chervil, tartare 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
<i>mixed chopped fresh fruit.</i>	
SHOT OF COCONUT	£2.65
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>	

## SMALL SWEET TREATS

MOUSSE AU CHOCOLAT 	£2.15
COCO IN-A-POT  	£2.55
<i>coconut milk dessert: strawberry coulis or mango and passionfruit coulis.</i>	
FIG BIRCHER MUESLI 	£2.55
<i>organic oat flake, hazelnut, apple, coconut milk, maple syrup, fig compote, mint.</i>	
BLACKCURRANT BIRCHER MUESLI 	£2.55
<i>organic oat flake, hazelnut, apple, coconut milk, maple syrup, blackcurrant puree, blueberry, mint.</i>	
MANGO BIRCHER MUESLI 	£2.55
<i>organic oat flake, hazelnut, apple, coconut milk, maple syrup, mango puree, passion fruit, mint.</i>	
NUSH YOGHURT  	£2.70
<i>cashew milk dairy free yoghurt: vanilla or strawberry.</i>	
BLUEBERRY CHIA PUDDING  	£2.95
<i>organic chia seed with organic coconut milk, blueberry coulis, blueberry, chestnut flake, cashew nut and chocolate granola.</i>	
MANGO CHIA PUDDING  	£2.95
<i>organic chia seed with organic coconut milk, mango and passion fruit coulis, passion fruit.</i>	
MATCHA CHIA PUDDING  	£2.95
<i>organic chia seed with matcha and organic coconut milk, pomegranate, agave nectar granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).</i>	
CHIA SEED & ALMOND MILK PORRIDGE  	£2.95
<i>organic chia seed, organic almond milk, organic banana, blueberry, maple syrup, organic pumpkin seed. served hot or cold.</i>	

## PASTRIES, BREADS & CAKES

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SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL 	£0.30
COOKIES <small>milk chocolate, white chocolate, triple chocolate.</small>	£1.25
CROISSANT	£1.25
PAIN AU CHOCOLAT	£1.35
LE PETIT CANELÉ	£1.45
PASTEL DE NATA	£1.50
CINNAMON ROLL	£1.65
CAKES <small>carrot, chocolate, lemon poppyseed, marble, pistachio-chocolate.</small>	£1.95

## MILKY

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WHOLE MILK YOGHURT <small>lemon, raspberry or blueberry.</small>	£1.45
YOGHURT WITH RASPBERRY COULIS <small>reduced fat yoghurt, raspberry coulis, fresh raspberry.</small>	£2.20
YOGHURT WITH BLUEBERRY & HONEY <small>reduced fat yoghurt, blueberry, honey, organic pumpkin seed.</small>	£2.20
YOGHURT WITH MAPLE SYRUP & GRANOLA <small>reduced fat yoghurt, maple syrup, agave nectar granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).</small>	£2.30



# DRINKS

## COLD





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<b>COCA COLA</b> 330ml classic, diet, zero.	£1.20	<b>CHARITEA</b> 330ml 	£2.60
<b>EVIAN</b> 500ml natural mineral water.	£1.40	organic infusions: ginger & lemon green tea, lemon black tea, passion fruit & elderflower rooibos, mate.	
<b>ARIZONA</b> 330ml tea flavoured drinks: green tea honey, green tea pomegranate, black tea peach, black tea lemon.	£1.50	<b>LEMONAID</b> 330ml 	£2.60
<b>BADOIT</b> 500ml slightly sparkling natural mineral water.	£1.50	organic lemonade: lime, blood orange, passion fruit.	
<b>EVIAN</b> 750ml natural mineral water.	£1.80	<b>KARMA COLA</b> 330ml 	£2.60
<b>MOJU COLD-PRESSED BOOSTERS</b> 60ml cold-pressed boosters: ginger, turmeric.	£2.25	organic soft drinks: ginger ale, cola, lemony lemonade.	
<b>ALOE</b> 500ml aloe vera drinks: lime, litchi, original.	£2.40	<b>COJEAN COCONUT WATER</b> 330ml 100% coconut water.	£2.90
<b>EVIAN FRUITS &amp; PLANTS</b> 370ml natural mineral water with a unique pairing of fruits & delicate botanicals: lemon juice-elderflower, grape juice-rose, raspberry juice-verbena.	£2.55	<b>NOA</b> 314ml functional drinks containing green tea and melissa extracts: wild apple-gooseberry, blueberry-birch, elderflower-rhubarb.	£2.90
		<b>COJEAN COLD-PRESSED JUICES</b> 250ml cold-pressed fruit and vegetables juices, stabilised at high pressure.	£2.95
		<b>WOW CHIA</b> 250ml a blend of cold-pressed fruit juice and hydrated chia: orange, carrot & mango, apple, spinach & kiwi, water melon & pomegranate.	£2.95
		<b>CAPTAIN KOMBUCHA</b> 400ml 	£3.40
		organic naturally bubbly probiotic drinks: original, coconut, raspberry.	

# 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.	
BUCKWHEAT GAULETTES 	£2.00
6 thin buckwheat galettes from belle-île-en-mer.	
FRESH BUTTER SHORTBREAD BISCUITS	£2.00
6 little fresh butter shortbread biscuits from belle-île-en-mer.	
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 or coconut & chia.	
REUSABLE COTTON BAG	£3.50
natural cotton reusable bag to carry your lunch.	

**cojean LUDGATE**

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OPEN MONDAY TO FRIDAY FROM 6.30AM TO 6PM

**cojean BERKELEY**

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OPEN MONDAY TO FRIDAY FROM 7AM TO 7PM  
SATURDAY FROM 10AM TO 7PM

