



cojean

SPRING RECIPES

FROM MARCH 18 TO JUNE 16, 2019



THE COVER OF THIS PAPER MENU IS MADE FROM RECYCLED PAPER AND FSC-CERTIFIED
THE INSIDE PAGES ARE MADE FROM FSC-CERTIFIED PAPER

EVERY YEAR we happily give **10% OF OUR PROFITS** to the NOURRIR AIMER DONNER foundation, to finance projects that really mean something to us.

EVERY EVENING we give away our unsold products to charitable organisations. it's a people thing.



VEGAN



DAIRY FREE



ORGANIC



CLEAN LABEL CHICKEN



FREE-RANGE EGG



VEGETARIAN



GLUTEN FREE



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.

ACAI BLUSH

acai, 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.

YOUNG BLOOD

beetroot, strawberry, pineapple, apple.

BREAKFAST

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

FREE-RANGE
SCRAMBLED EGGS 

TOMATO & CAJUN  

free-range scrambled eggs, red bean, crushed to-
mato with cajun spices, baby spinach, parsley. 3.75

BACON & COMTÉ 

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

TOAST 

AVOCADO TOAST

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

PORRIDGE 

STRAWBERRY OAT

organic oat flake, golden linseed, organic milk, can-
died strawberry coulis, golden raisin, 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

**BREAKFAST
EVERY MORNING
UNTIL 11AM**



SOUPS

HOMEMADE DAILY
SOUPS  4.95

300ml – with organic vegetables.

WEEKLY RECIPES
ON THE
BLACKBOARD

HOT DISHES

VEGETARIAN LASAGNE   _____ 7.30


HOT DISH _____ 7.90


VEGAN HOT DISH  _____ 7.90



SALADS



VEGETARIAN _____


VEGGIE & GREEN HUMMUS POT 
cauliflower, radish, pea, oat crumble, spinach and
basil hummus. 2.95



LENTIL & AVOCADO SALAD 
organic lentil, avocado, tomato, red onion, chervil,
lemon juice, olive oil, basil essential oil, balsamic
vinegar. 4.05

TOMATO ROSSO SALAD 
organic bulgur, organic tofu with hazelnut and
spinach, courgette, fennel, tomatade, daikon
cress. 4.95





SPRING QUINOA SALAD  
organic red, white and black quinoa, goat cheese
ball, broad bean, artichoke, radish, tomato, parsley,
olive oil, organic apple vinegar. 4.95




VERDE MOZZA SALAD  
broad bean, green bean, pea, mangetout, mozzarella
di bufala, chive, basil pesto. 4.95


RAW THAI SALAD 
carrot, white cabbage, broccoli, shiitake, red onion,
golden sesame, coriander, ginger, lime, soya sauce,
sesame oil. 4.95



GREEN SUPERFOOD SALAD  
organic red, white and black quinoa, broccoli, pea,
radish, rocket, sakura cress, chive, ginger, olive oil,
organic red berry vinegar, spinach and basil hummus.
4.95

MEAT & FISH _____


NIÇOISE SALAD    
free-range poached egg, organic red rice, MSC
tuna, green bean, black olive, caper, tomato, cherry
tomato, chive, basil pesto. 5.05



THAI CHICKEN SALAD   
chicken breast, carrot, white cabbage, green
cabbage, red onion, golden sesame, coriander,
ginger, lime, soya sauce, sesame oil. 5.15

SIMPLY GREEN COD 
MSC cod, organic barley, broad bean, green bean,
pea, daikon cress, basil pesto, chervil creamy
sauce. 5.15

CAJUN TABBOULEH SALAD  
organic bulgur, marinated chicken breast with cajun
spices, crushed tomato, golden raisin, rocket, red
onion, coriander, parsley, olive oil and lemon sauce.
5.60

PASTA _____

**CREAMY CHICKEN & GNOCCHI
SALAD** 
gnocchi sarde pasta, grilled chicken breast,
artichoke, edamame, fennel, radish, lemon juice,
parsley, creamy tarragon sauce. 5.05

**PRAWN & GUACAMOLE ORZO
SALAD**  
orzo, ASC prawn, courgette, rocket, guacamole,
olive oil, lemon and dill sauce. 5.05

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SANDWICHES

MINI _____

MINI HAM & CHEESE

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

MINI MOZZARELLA & BASIL 🍷

mozzarella, sun-dried tomato, basil, basil pesto in a mini rustic baguette. 2.65

MINI SMOKED SALMON & TZATZIKI 🐟

asc smoked salmon, organic cucumber, dill, tzatziki sauce in a mini rustic baguette. 2.85

MINI VERY VEGGIE 🌱

mangout, artichoke, gran moravia, tomatade, basil pesto in an organic poppy seed roll. 3.05

MINI TURKEY & EMMENTAL 🍷

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

BAGUETTES _____

CURED HAM & PARMESAN BAGUETTE

cured ham, parmesan, tomatade, butter, rocket in a seed baguette. 3.95

THAI CHICKEN BAGUETTE 🍷

chicken breast, grilled carrot, coriander, thai sauce in a seed baguette. 3.95

TUNA & CUCUMBER BAGUETTE 🐟 🍷

msc tuna sauce, organic cucumber, basil, baby spinach in a seed baguette. 3.95

WRAPS _____

AUBERGINE & FETA WRAP 🍷

grilled aubergine, tomato tartare, ppo feta cheese, rocket, mint, red onion, greek yogurt lemon sauce in a tortilla wrap. 4.65

TURKEY CLUB WRAP 🍷

turkey, bacon, emmental cheese, tomato, red onion, rocket, basil, tomatade, pepper sauce in a tortilla wrap. 4.65

PITAS _____

AUBERGINE & HUMMUS PITA 🌱

aubergine, cucumber, green cabbage, tomato tartare, green olive, vene cress, lemon hummus in a whole wheat pita. 3.05

GREEK CHICKEN PITA 🍷

chicken breast, pea, white radish, tomato tartare, coriander, mint, red onion, greek yogurt lemon sauce in a whole wheat pita. 3.35

TOASTIES _____

VEGGIE 🍷

in organic whole grain bread. 5.55

CLUB

in organic sesame seed bread. 5.75

WEEKLY RECIPES
ON THE BLACKBOARD

DESSERTS

FRUIT 🍷 🍷 _____

POMEGRANATE POT

pomegranate seeds, mint leaf. a vitamin c bomb. 1.95

FRUIT SALAD

mixed chopped fresh fruit. 2.25

PINEAPPLE

2.65

MANGO

2.65

FRUIT MIX

mixed chopped fresh fruit. 2.95

MILKY 🍷 🍷 _____

YOGURT WITH RASPBERRY COULIS

reduced fat yogurt, raspberry coulis, raspberry. 1.65

YOGURT WITH BLUEBERRY & HONEY

reduced fat yogurt, blueberry, honey, organic pumpkin seed. 1.65

WHOLE MILK YOGURT

lemon, raspberry, blueberry. 1.85

YOGURT WITH STRAWBERRY & GRANOLA

reduced fat yogurt, candied strawberry coulis, agave nectar granola (walnut, cashew nut, coconut, pumpkin seed, cranberry). 2.30

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

DESSERTS

SMALL SWEET TREATS 🍪

ACAI COMPOTE 🌿 🌱
apple, açai, banane and blackcurrant compote.
previously frozen 1.95

PEACH, APRICOT & SWEET POTATO COMPOTE 🌿 🌱
peach, apricot and sweet potato compote.
previously frozen 1.95

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 🌿
coconut rice pudding, oat cream. 2.25

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

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

MOUSSE AU CHOCOLAT 🌿 🍫 🍫
previously frozen 2.55

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

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

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

APRICOT & LEMON CHIA PUDDING 🌿 🌱
organic chia seed with organic coconut milk, apricot coulis, candied lemon zest, roasted pistachio. 2.95

RASPBERRY & RHUBARB CHIA PUDDING 🌿 🌱
organic chia seed with organic coconut milk, raspberry and rhubarb coulis, raspberry, organic pumpkin seed. 2.95

STRAWBERRY & SPIRULINA CHIA PUDDING 🌿 🌱
organic chia seed with spirulina and organic coconut milk, candied strawberry coulis, pomegranate. 2.95

DRINKS

COLD

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

BOTANIC LAB PLANTMILK 250 ML
botanically enhanced coconut milk drinks: coffee damiana, chocolate yerba maté, yuzu matcha. 2.60

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

BOTANIC LAB ICED TEA 250 ML
botanical tea drinks: damiana, cannabidiol, green tea, yerba maté. 2.90

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

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.

1.95

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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