

SPRING RECIPES

FROM MARCH TO JUNE 2022

JUICE-BAR FRESHLY MADE TO ORDER

PRESSED FRUIT & VEGETABLE JUICES _____ £5.05

35cl - 100% organic fruits and vegetables

TO BE MIXED AS YOU WISH:

CARROT · ORANGE · APPLE · GINGER

MIXED FRUIT JUICES _____ £5.20

35cl - 100% organic fruits

SUMMER BREEZE

Pineapple, strawberry, apple.

SECRET GARDEN

Strawberry, banana, kiwi, apple.

RED VIVAL

Blackcurrant, raspberry, strawberry, apple.

ACAI BLUSH

Acai, raspberry, banana, apple.

MIXED FRUIT & VEGETABLE JUICES _____ £5.40

35cl - 100% organic fruits and vegetables

GREEN MANGO

Spinach, mango, pineapple, ginger, apple.

GREEN POWER

Spinach, cucumber, apple.

SUPERHULK

Kale, banana, pineapple, orange, chia seed.

YOGI TIME

Pineapple, banana, carrot, hemp seed.

EXTRA SHOT OF GINGER + £0.50

HOT DISHES

LASAGNA  £8.40

HOT DISH £8.70

VEGAN HOT DISH  £8.70

VEGETABLE GYOZA MISO SOUP  £8.70

TOASTIES

VEGGIE  £6.95

In an organic whole grain bread.

CLUB £7.20

In an organic sesame seed bread.

SEE BLACKBOARD FOR OUR WEEKLY SPECIALS

BREAKFAST SERVED UNTIL 11AM

FREE-RANGE EGG BRIOCHES

TOMATO MOZZA & BASIL EGG BRIOCHE  £4.90

Free range omelette, cherry tomato, mozzarella, basil, in a toasted brioche bun.

BACON & EMMENTAL EGG BRIOCHE £4.90

Free-range omelette, bacon, emmental cheese, pepper sauce in a toasted brioche bun.

PORRIDGES

BANANA & ALMOND BUTTER OAT PORRIDGE £3.40

Organic oat flake, organic linseed, banana and almond butter, organic whole milk.

BLUEBERRY & AGAVE SYRUP OAT PORRIDGE £3.40

Organic oat flake, organic linseed, blueberry and agave syrup, organic whole milk.

TOAST

AVOCADO TOAST  £4.90

Fresh avocado, lime juice, coriander, organic gomasio on an organic multigrain bread.

BOWL

ACAI BOWL £9.50

Organic açai, organic strawberry, organic banana, organic apple, raspberry, blueberry, raspberry strawberry & mango cojean organic granola.

SOUPS

HOT £4.15

30cl - With organic vegetables.

SALADS

VEGETARIAN

SUPER LENTILS & AVOCADO SALAD  £5.75

Organic green lentil, avocado, tomato, red onion, chervil, olive oil, balsamic vinegar.

RED MOZZA SALAD  £5.75

Mozzarella, vegetable ratatouille - aubergine, courgette, tomato, red & green peppers - coriander & pine nuts.

VERDE PASTA SALAD  £5.75

Orzo, courgette, green pea, feta PDO, lemon juice, mint pesto.

MEAT

CHICKEN KALE CÆSAR SALAD  £5.90

Grilled chicken, kale, white cabbage, PDO parmigiano reggiano, pumpkin seeds, caesar sauce.

GNOCCHI SARDE PASTA SALAD  £5.90

Gnocchi sarde, sustainably sourced tuna, courgette, caper, greek black olive, chive, sun-dried tomato sauce, artichoke spread with basil.

QUINOA TABBOULEH, SPINACH HUMMUS AND SMOKED PAPRIKA CHICKEN   £6.25

Paprika marinated chicken breast, organic white quinoa, green beans, garden peas, cider vinegar, caraway seeds, on a spinach & basil hummus.

BREAD

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL £0.35

SANDWICHES

BAGUETTES

CHICKEN CÆSAR BAGUETTE  £4.85

Chicken breast, PDO parmigiano reggiano, baby spinach, caesar sauce in a seeded baguette.

HAM & CHEDDAR BAGUETTE  £4.85

Ham, mature cheddar, baby spinach, honey mustard sauce in a seeded baguette.

GREEN HUMMUS & AVOCADO BAGUETTE  £4.85

Avocado, sundried tomato, black olive, spinach & basil hummus in a seeded baguette.

RUSTIC

TUNA & CUCUMBER RUSTIC   £3.20

Sustainably sourced tuna spread, cucumber, chive, basil in an organic rustic bread.

HAM & CHEESE RUSTIC £3.40

Ham, emmental cheese, gherkin, salted butter in an organic rustic bread.

BRIOCHES

TURKEY & EMMENTAL BRIOCHÉ £3.70

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

CHICKEN & GUACAMOLE BRIOCHÉ  £3.70

Marinated chicken breast with smoked spices, guacamole, pineapple, coriander in an organic poppy seed brioche.

SUNNY EGG BRIOCHÉ  £3.70

Free-range egg, sun-dried tomato, pine nuts, rocket, red pepper spread in an organic sesame and nigella seeds brioche.

EXTRA SALMON BRIOCHÉ  £3.90

Sustainably sourced smoked salmon, granny smith apple, white radish, dill, gravlax sauce in an organic poppy seeds brioche.

BLOOMERS

THE BLT £4.20

Bacon, lettuce, tomato, PDO parmigiano reggiano, creamy parsley sauce with caper and gherkin, organic multigrain bloomer bread.

THE PLOUGHMAN'S  £4.20

Mature cheddar, red onion pickles, baby spinach, celery & granny smith apple herby sauce, organic multigrain bloomer bread.

DESSERTS

SWEET TREATS

YOGHURT WITH STRAWBERRY COULIS & RASPBERRY  £2.80

Reduced fat yoghurt, strawberry coulis, raspberry.

YOGHURT WITH MAPLE SYRUP & GRANOLA £3.10


Reduced fat yoghurt, maple syrup, organic cojean granola with almond & seeds.

PLAIN MUESLI BIRCHER  £3.10

Organic oat flake, roasted hazelnut, apple, coconut milk, maple syrup, raspberry.

MOUSSE AU CHOCOLAT   £3.10

Free-range eggs.

PEAR & VANILLA CRUMBLE  £3.20

Apple and pear compote flavoured with vanilla covered with crumble.

BLUE MOON CHIA PUDDING  £3.85

Organic chia seed with organic coconut milk, superfood mix, strawberry coulis, raspberry, blueberry.

PEACH, APRICOT & ALMOND GRANOLA CHIA PUDDING  £3.85

Organic chia seed with organic coconut milk, peach and apricot coulis, organic cojean granola «Le temps des copains».

FRUITS

FRUIT SALAD £3.50

Mixed chopped fresh fruit.

MANGO £3.60

PINEAPPLE £3.60

PASTRIES & CAKES

COOKIES £1.60

Milk chocolate or white chocolate.

LE PETIT CANELÉ  £1.60

Caramelised rum and vanilla flavoured cake.

CROISSANT £1.60

PAIN AU CHOCOLAT £1.70

PASTEL DE NATA £1.80

Vanilla flan on a flaky pastry base.

PECAN NUT BROWNIE  £2.50

CAKES  £2.50

Lemon poppyseed, marble.

BANANA BREAD  £2.50

FINANCIERS  £3.00

Almond, hazelnut, matcha & white chocolate, tonka & chocolate

HOT DRINKS

TEAS & INFUSIONS

L'AUTHENTIQUE £2.75

Black tea from Nepal

LE VIF £2.75

Sencha green tea from Japan

L'AUDACIEUX £2.75

Roasted green tea from Japan

L'ÉLÉGANT £2.75

White tea from Nepal with rose petal

LA BIENFAISANTE £2.75

Detox herbal tea

LA SAISSANTE £2.75

Spicy herbal tea

SPECIALTY COFFEE

ESPRESSO, ESPRESSO MACCHIATO £2.10

AMERICANO £2.40

DOUBLE ESPRESSO £2.45

LATTE, CAPPUCCINO, FLAT WHITE, MOCHA £2.85

HOT CHOCOLATE £2.85

SUPERCHARGED

LATTES _____ £3.95

CHAI LATTE

MATCHA

RAW CACAO



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



ORGANIC



CLEAN LABEL CHICKEN



FREE-RANGE EGG



SUSTAINABLE SEAFOOD



ANIMAL-DERIVED GELATINE FREE



DO NOT REFREEZE

prices apply to take away