

# SPRING RECIPES

FROM 15 MARCH TO 16 MAY 2021

 **VEGAN**

 **VEGETARIAN**

 **GLUTEN FREE**

 **DAIRY FREE**

 **ORGANIC**



 **CLEAN LABEL CHICKEN**

 **FREE-RANGE EGG**

 **SUSTAINABLE SEAFOOD**

 **ANIMAL-DERIVED GELATINE FREE**

## HOT DISHES

LASAGNA   8.20

VEGAN HOT DISH  8.70

HOT DISH 8.70

## ORGANIC JUICE - BAR

FRESHLY MADE TO ORDER

PRESSED FRUIT & VEGETABLE JUICES 4.95

350ml - 100% organic fruits and vegetables.

TO BE MIXED AS YOU WISH

**CARROT**

**ORANGE**

**APPLE**

**GINGER**

MIXED FRUIT JUICES 5.15

350ml - 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 5.35

350ml - 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.

## SANDWICHES

BAGUETTES

**EGG & MUSHROOM BAGUETTE**  

free-range egg, mushroom, levanto cheese, baby spinach, chive, parsley, mimosa sauce in an organic seeded black baguette. 4.65




**CHICKEN, SPICES & COMTÉ BAGUETTE**  

chicken breast, comté cheese, sun-dried tomato, baby spinach, white dried raisin, shredded almond, lemon sauce with spices in an organic seeded baguette. 4.65

RUSTICS


**HAM & CHEESE RUSTIC**

ham, emmental cheese, gherkin, salted butter in a rustic bread. 2.90


**TUNA & CUCUMBER RUSTIC**   

msc tuna spread, cucumber, chive, basil in a rustic bread. 3.10

BRIOCHÉS

**GRILLED VEGETABLES & PRESERVED LEMON Brioché** 

grilled aubergine, courgette and pepper, greek black olive, preserved lemon, rocket, basil & almond pesto in an organic sesame and nigella seed brioche. 3.50

**TURKEY & EMMENTAL Brioché** 


turkey, emmental cheese, cherry tomato, mustard sauce in an organic multigrain brioche. 3.70

## DESSERTS

MILKY  

**WHOLE MILK YOGURT** 

vanilla, hazelnut, blueberry. 2.10

**YOGHURT WITH RASPBERRY COULIS** 

reduced fat yoghurt, raspberry coulis, raspberry. 2.80

**YOGHURT WITH SALTED CARAMEL & CHOCOLATE GRANOLA**

reduced fat yoghurt, salted caramel, organic cojean granola chocolate hazelnut & pecan. 3.10


SWEET TREATS 

**COCONUT RICE PUDDING**  

rice from camargue with coconut milk. 2.55

**MOUSSE AU CHOCOLAT**  

apple and pear compote with vanilla covered with crumble. 2.70

**BIRCHER MUESLI** 

organic oat flake, roasted hazelnut, apple, coconut milk, maple syrup, raspberry. 2.95

**BLUE MOON RASPBERRY CHIA PUDDING**  

organic chia seed with organic coconut milk, superfood mix, raspberry coulis, raspberry, blueberry. 3.30

## DRINKS

ORGANIC COFFEE & TEA 

choose between coconut milk, oat drink, semi-skimmed milk or whole milk.

**ESPRESSO, ESPRESSO MACCHIATO** 2.10

**AMERICANO** 2.40

**DOUBLE ESPRESSO** 2.45

**LATTE, CAPPUCINO, FLAT WHITE, MOCHA** 2.85

**HOT CHOCOLATE** 2.85

**FRESH MINT** 2.20

**TEAS**

english breakfast, earl grey, green, peppermint. 2.20

COLD

**COCA COLA** 33 CL

classic, diet, zero. 1.40

**BELU** 30 CL

natural still or sparkling mineral water. 1.40

**EVIAN PET PREMIUM** 50 CL

natural mineral water. 1.50

**SAN PELLEGRINO** 50 CL

slightly sparkling natural mineral water. 1.60

**VOLVIC LEMON** 50 CL

drinks made with natural mineral water flavoured with: natural lemon extracts, citrus juice or exotic fruit juice. 1.70

**ORGANIC VOLVIC INFUSION** 37 CL 

organic drinks with mineral water and natural flavours: infusion of hibiscus with lychee and passion fruit, infusion of rooibos with mango and passion fruit. 1.70

**EVIAN** 75 CL

natural mineral water. 1.90

**SOMETHING & NOTHING** 33 CL

slightly sparkling water with natural extracts: cucumber, yuzu. 2.30

**COLD-PRESSED SHOTS** 6 CL

cold-pressed juices, cold stabilisation by high pressure: ginger, turmeric, pomegranate. 2.45

**ÉLOA** 50 CL

cold-pressed juices, cold stabilisation by high pressure: ginger, turmeric, pomegranate. 2.60

**LEMONAID** 33 CL 

organic lemonade: blood orange, passionfruit, lime, ginger. 2.80

FREE-RANGE EGG

BRIOCHES  3.75

**MUSHROOM & CHEDDAR** 

free-range omelette, mushroom, mature cheddar, sun-dried tomato, creamy mushroom sauce in a toasted rustic bun.


**BACON & EMMENTAL**

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

PORRIDGE   2.60

**OAT PORRIDGE**

organic oat flake, organic golden linseed, organic milk, apple compote, hazelnut.

TOAST  4.45


**NOVOCADO TOAST**

garden pea, baby spinach sprout, lemon juice, organic almond, olive oil, chilli, parsley, chive, organic cojean novocado spices, organic hemp seed on a slice of organic multi-seed bread.

ACAI BOWL 6.95

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

## SOUPS

HOMEMADE DAILY SOUPS  4.15

300ml - with organic vegetables.

## TOASTIES

**VEGGIE** 

in an organic whole grain bread. 5.95

**CLUB**

in an organic sesame seed bread. 6.35

SEE BLACKBOARD FOR OUR WEEKLY SPECIALS



## SALADS

PASTA

**ITALIAN PASTA SALAD** 

orecchiette pasta, mozzarella di bufala, caper, green olive, greek black olive, pine nut, basil, tomatade, olive oil. 5.75

MEAT

**CREAMY CHICKEN SALAD**  

grilled chicken breast, green bean, edamame, button mushroom, chervil, shallot, creamy lemon sauce. 5.90



**CHICKEN & KALE CÆSAR SALAD**  

grilled chicken, kale, white cabbage, PDO parmesan, seeded cracker, chervil, caesar sauce. 5.90

**CAJUN TABBOULEH SALAD**  

organic bulgur, marinated chicken breast with cajun spices, crushed tomato, dried raisin, rocket, red onion, coriander, parsley, olive oil and lemon sauce. 5.90

VEGETARIAN


**YOGI READY SALAD**  

organic freekeh, organic chickpea, courgette, caramelized onion, pine nut, chive, thyme, lemon, organic hemp yogi sauce, organic blond psyllium, red pepper, crushed tomato and organic cojean novocado spices. 5.75

## SNACKS

**POPCORN - PROPERCORN** 

hand-popped corn: sweet & salty, lightly sea salted. 0.90e

**CRISPS - BURTS** 


hand-cooked english crisps: sea salt, crushed peppercorn, sea salt & vinegar. 0.90e

**LOVE CORN** 

vegan and gluten free corn kernels: sea salt, smoked barbecue, habanero chili. 1.15e

**EMILY VEG CRISPS** 

dried veg: crunchy sweet potato, carrot & beetroot, crunchy french beans, sugar snap peas & black edamame. 1.90e

**BUCKWHEAT GALETTES** 

6 thin buckwheat galettes from belle-île-en-mer. 2.00e

**POLLEN & GRACE - BAR**  

organic vegan and gluten free superfood bars with superfruits or superfoods: sesame & acai berry, coconut caramel & maca. 3.30e

prices apply to take away