



MENU

Spring 2025

Together with our nutritionist, we drew up 6 criteria so that you can enjoy carefree food with us.

Our "Better Choices" (symbol heart) meet at least 5 of the 6 criteria.

France

Organic Bread

BAKER'S BREAD BASKET	733 kcal
PORTION OF BAGUETTE	162 kcal
RAISINS & HAZELNUT FLUTE	252 kcal

Breakfast

HAM & CHEESE CROISSANT	329 kcal
PAIN PERDU	742 kcal
LE PAIN QUOTIDIEN BREAKFAST with or without a soft-boiled egg	834 kcal/878 kcal
MINI PANCAKES	502 kcal
BREAKFAST BOWL	603 kcal

Cereals, Fresh Fruit & Yoghurt

TROPICAL GRANOLA PARFAIT - Yoghurt/Skyr	470 kcal/466 kcal
TROPICAL GRANOLA PARFAIT - Soy yoghurt	426 kcal
CHIA RED FRUITS DELICE	341 kcal
FRESH FRUIT SALAD - V	125 kcal

Organic eggs

SOFT BOILED EGG (1 OR 2)	300 kcal/450 kcal
BAKED EGGS (1 OR 2)	342 kcal/386 kcal
SCRAMBLED EGGS	484 kcal
• with sliced avocado	643 kcal
• with grilled bacon	772 kcal
• with smoked salmon	569 kcal
SCRAMBLED EGGS TOAST	602 kcal

Viennoiseries

BUTTER CROISSANT	223 kcal
PAIN AU CHOCOLAT	311 kcal
BUTTER BRIOCHE	239 kcal
CHOCOLATE CRUFFIN	403 kcal
PAIN AU RAISINS	317 kcal
CHOCOLATE TORSADE	264 kcal
CINNAMON ROLL - V	277 kcal
HIBISCUS CROISSANT - V	230 kcal
ALMOND CROISSANT	365 kcal
CHIA CHOCOLATE MINI CAKE	436 kcal
APPLE GALETTE	354 kcal
PISTACHIO SWIRL	481 kcal

Tartines

AVOCADO TOAST - V	522 kcal
• with organic poached eggs	566 kcal
• with grilled bacon	618 kcal
• with Atlantic smoked salmon	605 kcal
TUNA	451 kcal
CHICKEN & AVOCADO	478 kcal
CHICKEN & SMOKED MOZZARELLA TOAST	777 kcal
GRATINATED CROQUE MONSIEUR	1000 kcal
GARDENER'S CROQUE - V	911 kcal

Sides

MIXED SALAD - V	63 kcal
PURÉE D'AVOCAT - V	354 kcal
HOUMOUS - V	451 kcal

							
Better Choices Score		Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Saturated fats <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
4/6			v	v		v	v
3/6				v	v		v
4/6				v	v	v	v
Better Choices Score		Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Saturated fats <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
1/6							v
2/6	v						v
3/6	v			v			v
3/6	v			v	v		
6/6		v	v	v	v	v	v
Better Choices Score		Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Saturated fats <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
3/6				v		v	v
6/6		v	v	v	v	v	v
5/6		v	v	v	v	v	
4/6		v		v	v		v
Better Choices Score		Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Saturated fats <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
2/6				v			v
2/6				v			v
1/6							v
2/6	v						v
1/6							v
1/6							v
3/6	v			v			v
Better Choices Score		Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Saturated fats <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
2/6				v			v
1/6				v			
2/6				v			v
1/6				v			
1/6				v			
1/6				v			
1/6				v			
3/6				v		v	v
1/6				v			
2/6				v			v
1/6				v			
Better Choices Score		Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Saturated fats <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
6/6		v	v	v	v	v	v
5/6		v	v	v		v	v
5/6		v	v	v		v	v
5/6		v	v	v		v	v
3/6				v	v		v
4/6	v		v		v		v
1/6							v
3/6	v		v				v
6/6		v	v	v	v	v	v
Better Choices Score		Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Saturated fats <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
2/6				v			v
4/6	v			v	v		v
4/6				v	v	v	v

SKYR BIO AUX HERBES	114 kcal	2/6				v		v
TABOULÉ DE QUINOA - V	153 kcal	3/6			v	v		v
LABEL ROUGE COOKED HAM & COMTÉ	169 kcal	1/6						v
SMOKED SALMON	169 kcal	1/6						v
BURRATA DI BUFALA	453 kcal	1/6						v

Our Favourites

DAILY BAKER'S LUNCH - 1/2 tartine tuna	654 kcal	5/6	v	v	v	v	>5g	<10E% calories
DAILY BAKER'S LUNCH - 1/2 tartine avocado	690 kcal	5/6	v	v	v	v		v

TARTINE LUNCH	617 kcal	1/6						v
		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Saturated fats <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories

Salades

CAESAR	689 kcal	1/6						v
WARM GOAT CHEESE	778 kcal	4/6	v			v	v	v
ATLANTIC SMOKED SALMON & TUNA	721 kcal	5/6	v	v		v	v	v

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QUICHE - LORRAINE	914 kcal	2/6			v			v
ORGANIC SOUP OF THE DAY - V	686 kcal	5/6	v	v	v	v		v

Hot dishes

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Saturated fats <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
PROTEIN PANCAKES	647 kcal	2/6	v			v		

Specials

SOURDOUGH FLATBREAD, 2 ORGANIC BAKED EGGS	817 kcal	3/6			v	v		v
ITALIAN FLATBREAD	820 kcal	1/6						v
GRILLED VEGETABLES FLATBREAD - V	826 kcal	6/6	v	v	v	v	v	v
• with dried Serrano ham	896 kcal	6/6	v	v	v	v	v	v
• with mozzarella di bufala D.O.P.	989 kcal	6/6	v	v	v	v	v	v
• with mozzarella di bufala D.O.P. and dried Serrano ham	1059 kcal	5/6	v	v	v		v	v
GRAVLAX TARTINE	437 kcal	4/6			v	v	v	v
BURRATA & HEIRLOOM TOMATOES	737 kcal	3/6	v				v	v
RASPBERRY YOGHURT SMOOTHIE	198 kcal	2/6			v	v		