



MENU

Spring 2024

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.

Le Pain Quotidien The Netherlands

Brunch

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Unsaturated oils <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
VEGAN BRUNCH	1457 kcal	5/6	✓	✓	✓	✓	✓	✓
FARMERS BRUNCH croissant/chocolate croissant	1179 kcal/1269 kcal	4/6	✓	✓	✓	✓	✓	✓

Cereals, Fresh Fruit & Yoghurt

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Unsaturated oils <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
CHIA PUDDING WITH RED FRUITS	431 kcal	✓ 5/6	✓	✓	✓	✓	✓	✓
GRANOLA PARFAIT - Plain yoghurt	424 kcal	3/6	✓	✓	✓	✓	✓	✓
GRANOLA PARFAIT - Soy yoghurt	392 kcal	✓ 5/6	✓	✓	✓	✓	✓	✓
FRESH FRUIT SALAD	125 kcal	4/6	✓	✓	✓	✓	✓	✓

Bakery

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Unsaturated oils <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
CINNAMON ROLL	277 kcal	1/6	✓	✓	✓	✓	✓	✓
CHOCOLATE TORSADE	264 kcal	1/6	✓	✓	✓	✓	✓	✓
SUISSE MUESLI	281 kcal		✓	✓	✓	✓	✓	✓
PISTACHIO SWIRL	481 kcal	1/6	✓	✓	✓	✓	✓	✓
HIBISCUS CROISSANT	230 kcal	1/6	✓	✓	✓	✓	✓	✓
ALMOND CROISSANT	365 kcal	3/6	✓	✓	✓	✓	✓	✓
BUTTER CROISSANT	223 kcal	2/6	✓	✓	✓	✓	✓	✓
CHOCOLATE CROISSANT	311 kcal	1/6	✓	✓	✓	✓	✓	✓
BRIOCHE	362 kcal	2/6	✓	✓	✓	✓	✓	✓
BREAKFAST MUFFIN	479 kcal		✓	✓	✓	✓	✓	✓
BAKER'S BREAD BASKET	733 kcal	4/6	✓	✓	✓	✓	✓	✓
SPINACH & PINE NUT SWIRL	252 kcal	2/6	✓	✓	✓	✓	✓	✓
HAZELNUT & RAISIN FLUTE	252 kcal	4/6	✓	✓	✓	✓	✓	✓

Organic eggs

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Unsaturated oils <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
OMELETTES (plain)	405 kcal	2/6	✓	✓	✓	✓	✓	✓
- with smoked Atlantic Kvarøy* salmon	492 kcal	2/6	✓	✓	✓	✓	✓	✓
- with soft goat cheese and basil oil	559 kcal	1/6	✓	✓	✓	✓	✓	✓
- with Dutch ham and old farmer's cheese	532 kcal	1/6	✓	✓	✓	✓	✓	✓
SOFT BOILED EGG (1 OR 2)	300 kcal/450 kcal	2/6	✓	✓	✓	✓	✓	✓
SCRAMBLED EGGS (plain)	405 kcal	1/6	✓	✓	✓	✓	✓	✓
- with smoked Atlantic Kvarøy* salmon	489 kcal	1/6	✓	✓	✓	✓	✓	✓
- with bacon	548 kcal	1/6	✓	✓	✓	✓	✓	✓
- with avocado	564 kcal	2/6	✓	✓	✓	✓	✓	✓
SOURDOUGH FLATBREAD, 2 ORGANIC BAKED EGGS	817 kcal	3/6	✓	✓	✓	✓	✓	✓
BREAKFAST BOWL	575 kcal	✓ 6/6	✓	✓	✓	✓	✓	✓

Breakfast

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Unsaturated oils <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
FRENCH TOAST	625 kcal	0/6	✓	✓	✓	✓	✓	✓
- with bacon	769 kcal	0/6	✓	✓	✓	✓	✓	✓
MINI PANCAKES	502 kcal	3/6	✓	✓	✓	✓	✓	✓
HAM & CHEESE CROISSANT	431 kcal	1/6	✓	✓	✓	✓	✓	✓
WARM BELGIAN WAFFLE WITH RED FRUITS	491 kcal	1/6	✓	✓	✓	✓	✓	✓
LE PAIN QUOTIDIEN BREAKFAST with or without a soft-boiled egg	834 kcal/878 kcal	3/6	✓	✓	✓	✓	✓	✓
LE PETIT	322 kcal	3/6	✓	✓	✓	✓	✓	✓

Tartines

		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Unsaturated oils <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
SOURDOUGH FLATBREAD, MUHAMMARA	585 kcal	✓ 6/6	✓	✓	✓	✓	✓	✓
- with Parma ham	655 kcal	✓ 6/6	✓	✓	✓	✓	✓	✓
- with mozzarella di bufala D.O.P.	748 kcal	✓ 5/6	✓	✓	✓	✓	✓	✓
LE PAIN QUOTIDIEN CROQUE	1097 kcal	1/6	✓	✓	✓	✓	✓	✓
SMOKED CHICKEN & BUFFALO MOZZARELLA	649 kcal	1/6	✓	✓	✓	✓	✓	✓
AVOCADO TOAST - V	522 kcal	✓ 6/6	✓	✓	✓	✓	✓	✓
- with an organic soft boiled egg	749 kcal	✓ 5/6	✓	✓	✓	✓	✓	✓
- with smoked salmon	606 kcal	✓ 5/6	✓	✓	✓	✓	✓	✓
TUNA	683 kcal	✓ 5/6	✓	✓	✓	✓	✓	✓

ITALIAN	653 kcal		1/6							
SALMON	465 kcal		1/6							
HUMMUS, BROCCOLINI & SPROUTED CRESS	483 kcal	✓	6/6	✓	✓	✓	✓	✓	✓	✓

Sides

			Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Unsaturated oils <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
SMOKED ATLANTIC KVARØY* SALMON	84 kcal		2/6	✓	✓	✓	✓	✓	✓
BACON	86 kcal		1/6						
DUTCH OLD FARMER'S CHEESE	152 kcal		1/6						
DUTCH HAM	56 kcal		1/6						
SMALL SALAD	63 kcal		2/6	✓	✓	✓	✓	✓	✓

Salads

			Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Unsaturated oils <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
TUNA	774 kcal	✓	5/6	✓	✓	✓	✓	✓	✓
CAESAR	517 kcal		1/6						
PANZANELLA	635 kcal	✓	5/6	✓	✓	✓	✓	✓	✓
- With mozzarella di bufala D.O.P.	836 kcal		4/6	✓	✓	✓	✓	✓	✓
BETTER CHOICE SALAD	845 kcal	✓	6/6	✓	✓	✓	✓	✓	✓

Hot dishes

			Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Unsaturated oils <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
QUICHE - LORRAINE	914 kcal		2/6	✓	✓	✓	✓	✓	✓
QUICHE - FETA AND SPINACH	788 kcal		3/6	✓	✓	✓	✓	✓	✓
QUICHE - ASPERGUS & BRIE	874 kcal		3/6	✓	✓	✓	✓	✓	✓
ORGANIC SOUP OF THE DAY - V	652 kcal	✓	5/6	✓	✓	✓	✓	✓	✓
ORGANIC RIBOLLITA	798 kcal	✓	6/6	✓	✓	✓	✓	✓	✓
ORGANIC RIBOLLITA - QUINOA	893 kcal	✓	6/6	✓	✓	✓	✓	✓	✓
ORGANIC RIBOLLITA - WITH BACON	831 kcal	✓	5/6	✓	✓	✓	✓	✓	✓

Our favorite lunch

			Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Unsaturated oils <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
BAKER'S LUNCH	690 kcal	✓	5/6	✓	✓	✓	✓	✓	✓
FISHERMAN LUNCH	480 kcal		4/6	✓	✓	✓	✓	✓	✓

Small Bites

			Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Sourced Protein > 50% / dish	Unsaturated oils <10E% calories	Nuts & Seeds >5g	Added Sugar <10E% calories
MUHAMMARA	601 kcal		3/6	✓	✓	✓	✓	✓	✓
AVOCADO MASH	579 kcal	✓	6/6	✓	✓	✓	✓	✓	✓
SMOKED SALMON AND AVOCADO RILETTE	628 kcal		3/6	✓	✓	✓	✓	✓	✓
HUMMUS	620 kcal	✓	5/6	✓	✓	✓	✓	✓	✓

