

## 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.

Le Pain Quotidien The Netherlands

Organic eggs  MELETTES (plain)  with Dutch ham and old farmer's cheese		Better Choices	Fruits &	Fiber	Plant Based			
OMELETTES (plain) with Dutch ham and old farmer's cheese			and the second second		Flaill Daseu	Better fats	Nuts &	Less Sugar
OMELETTES (plain) with Dutch ham and old farmer's cheese			vegetables		Protein		Seeds	
OMELETTES (plain) with Dutch ham and old farmer's cheese		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	. F.a	<10E% calories
with Dutch ham and old farmer's cheese	405 kcal	2/6	> 60g / disti	> / g / disti	> 50% / disti	V V	>5g	V V
	532 kcal	1/6				<b>V</b>		V
with smoked Atlantic Kvarøy* salmon	492 kcal	2/6				V		V
with soft goat cheese and basil oil	559 kcal	1/6						V
OFT BOILED EGG (1 OR 2 )	300 kcal/450 kcal	2/6			V			٧
<u> </u>					·			
CRAMBLED EGGS (plain)	405 kcal	1/6						V
with a 1/2 avocado	723 kcal 489 kcal	2/6 1/6	V					V
with smoked Atlantic Kvarøy* salmon with bacon	548 kcal	1/6						V V
with bacon	540 KCai	1/0						V
OURDOUGH FLATBREAD, 2 ORGANIC BAKED EGGS	817 kcal	3/6			V	V		V
			€3		Ø)	₹ (a)	*	Ŷ
			S	\$		<u>°</u>	Ų.	W
		Better	Fruits &	Fiber	Plant Based	Better fats	Nuts &	Less Sugar
		Choices	vegetables		Protein		Seeds	
Breakfast		Score		- Za / diah	> 50% / dish	<10E% calories	. F.a	10E% colorios
RENCH TOAST	625 kcal	0/6	> 80g / dish	> 7g / dish	> 50% / disn	<10E% calones	>5g	<10E% calories
with bacon	769 kcal							
		0/6						
MINI PANCAKES	502 kcal	3/6	V		V	V		
VARM BELGIAN WAFFLE WITH RED FRUITS	491 kcal	1/6			V			
IAM & CHEESE CROISSANT	431 kcal	1/6						V
REAKFAST BOWL WITH ORGANIC PROTEIN BREAD  E PAIN QUOTIDIEN BREAKFAST	668 kcal	<b>∅</b> 6/6	V	V	V	V	V	V
rith or without a soft-boiled egg	834 kcal/878 kcal	3/6	V		V			V
			۵۰	.0.	d	л	and the same	-
			₹5		Ð)	6	*	Ŷ
			Fruito 8	Eibor	Plant Based	Better fete	Nute 8	Loce Sugar
		Better	Fruits & vegetables	Fiber	Plant Based Protein	Better fats	Nuts & Seeds	Less Sugar
		Choices	vegetables		Trotoni		occus	
Brunch		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
EGAN BRUNCH	1457 kcal	<b>ॐ</b> 5/6	V	V	V		٧	V
ARMERS BRUNCH croissant/chocolate croissant	1179 kcal/1269	4/6	V	V			V	V
	kcal							
			D		Ø)	Д	*	Ŷ
			S	\$		<u>°</u>	Ų.	W
		Dattar	Fruits &	Fiber	Plant Based	Better fats	Nuts &	Less Sugar
		Better Choices	vegetables	56.	Protein	Donor rais	Seeds	Loos Gagai
Campala Emph Emph & Vanhamt		Score	Ŭ					
Cereals, Fresh Fruit & Yoghurt			> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
GRANOLA PARFAIT - Plain yoghurt	424 kcal	3/6			V		V	V
GRANOLA PARFAIT - Soy yoghurt	381 kcal	4/6		V	V	V		V
CHIA PUDDING WITH RED FRUITS - V	341 kcal		V	V	V	V	V	
RESH FRUIT SALAD	125 kcal	4/6	V		V	V		V
			₹ <sub>0</sub>			Ţ.	e#an	~9
			69	₩		f. (3)	٣	Ŷ
		D-#	Fruits &	Fiber	Plant Based	Better fats	Nuts &	Less Sugar
		Better Choices	vegetables		Protein	201101 10110	Seeds	_ccc caga.
Palramy		Score	, in the second second					
Bakery			> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
CINNAMON ROLL - V	277 kcal	1/6 3/6			V			
LIMOND CROISSANT CHOCOLATE TORSADE	365 kcal 264 kcal	1/6			V		V	V
PISTACHIO SWIRL	481 kcal	1/6			V			
IIBISCUS CROISSANT - V	230 kcal	1/6						
BUTTER CROISSANT	223 kcal	2/6			v			V
CHOCOLATE CROISSANT	311 kcal	1/6			v			
RIOCHE	362 kcal	2/6			v			V
REAKFAST MUFFIN - V	479 kcal							
AKER'S BREAD BASKET	733 kcal	4/6		V	V		٧	٧
IAZELNUT & RAISIN FLUTE - V	252 kcal	4/6			٧	٧	٧	٧
			₹3		Ø)	Î. (3)	*	Ŷ
			0	Ψ			~	
		Better	Fruits &	Fiber	Plant Based	Better fats	Nuts &	Less Sugar
		Choices	vegetables		Protein		Seeds	
Salads		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
CAESAR	773 kcal	1/6	237 4.011					V
UNA & GRAINS	819 kcal	3/6	V	V				V
PANZANELLA - V	602 kcal	4/6	V		V	V		V
	762 kcal	3/6			V	V		٧
with buffalo mozzarella D.O.P.						2		
with buffalo mozzarella D.O.P.			E)		Ð)	Ħ Ô	*	Ŷ
with buffalo mozzarella D.O.P.			7	- Y				
with buffalo mozzarella D.O.P.			Fruits &	Fiber	Plant Based	Better fats	Nuts &	Less Sugar
with buffalo mozzarella D.O.P.		Better			Don't a 'a		Seeds	
with buffalo mozzarella D.O.P.		Better Choices	vegetables		Protein		Seeds	
			vegetables			<10E% calories		<10E% calories
Hot dishes	914 kcal	Choices Score		> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
Hot dishes DUICHE-LORRAINE	914 kcal 788 kcal	Choices Score	vegetables		> 50% / dish V	<10E% calories		<10E% calories V
Hot dishes	914 kcal 788 kcal 959 kcal	Choices Score	vegetables > 80g / dish		> 50% / dish	<10E% calories		V
Hot dishes QUICHE - LORRAINE QUICHE - FETA AND SPINACH	788 kcal	Choices Score 2/6 3/6	vegetables > 80g / dish  V	> 7g / dish	> 50% / dish V V	<10E% calories	>5g	V V
Hot dishes DUICHE - LORRAINE DUICHE - FETA AND SPINACH DUICHE - SEASONAL	788 kcal 959 kcal	Choices Score 2/6 3/6 $\bigcirc$ 5/6	vegetables > 80g / dish  V  V	> 7g / dish V	> 50% / dish V V		>5g	V V V

		Better Choices	Fruits & vegetables	Fiber	Plant Based Protein	Better fats	Nuts & Seeds	Less Sugar
Tartines		Score	> 80g / dish		> 50% / dish	<10E% calories	>5g	<10E% calories
ITALIAN	653 kcal	1/6	2 00g / dioi1		2 00 70 7 dioi1	110E /0 Galories		V
LE PAIN QUOTIDIEN CROQUE	1097 kcal	1/6						V
SOURDOUGH FLATBREAD WITH GRILLED VEGETABLES & HUMMUS - V	826 kcal	<b>ॐ</b> 6/6	V		V	V	٧	V
AVOCADO TOAST - V	522 kcal	<b>⊘</b> 6/6	V		V	V	V	V
with an organic soft boiled egg	749 kcal	<b>ॐ</b> 5/6	V		V		٧	V
with smoked salmon	606 kcal	<b>ॐ</b> 5/6	V	V	V		٧	V
SOURDOUGH FLATBREAD WHITE BEAN SPREAD	585 kcal	<b>⊘</b> 6/6	V	V	V	V	٧	V
SOURDOUGH FLATBREAD WITH FETA & MUHAMMARA	745 kcal	<b>⊘</b> 6/6	V		V	V	٧	٧
with Parma ham	816 kcal							
SMOKED CHICKEN & BUFFALO MOZZARELLA	649 kcal	1/6						V
			Ø	<b>\$</b>	Ø)	# <u>{{\beta}}</u>	#	Ŷ
		Better Choices	Fruits & vegetables		Plant Based Protein	Better fats	Nuts & Seeds	Less Sugar
Sides		Score	> 80g / dish		> 50% / dish	<10E% calories	>5g	<10E% calories
SMOKED ATLANTIC KVARØY* SALMON	84 kcal	2/6				V		V
BACON	86 kcal	1/6						V
AVOCADO MASH	579 kcal	<b>ॐ</b> 6/6	V	V	V	V	٧	V
HUMMUS	620 kcal			V	V	V	٧	V
DUTCH HAM	56 kcal	1/6						V
SMALL SALAD	63 kcal	2/6			V			V
			₹3		Ø)		Ť	₫°
		Better Choices	Fruits & vegetables		Plant Based Protein	Better fats	Nuts & Seeds	Less Sugar
Our favorite lunch		Score	> 80g / dish		> 50% / dish	<10E% calories	>5g	<10E% calories
BAKER'S LUNCH	690 kcal	<b>ॐ</b> 5/6	V		V	V		V
	1000 1000	,						
			Ø		Ø)	<u> </u>	*	Ŷ
		Better Choices	Fruits & vegetables		Plant Based Protein	Better fats	Nuts & Seeds	Less Sugar
Seasonal specials		Score	> 80g / dish		> 50% / dish	<10E% calories	>5g	<10E% calories
PROTEIN PANCAKES	647 kcal	2/6	V			V		
SALMON GRAVLAX TARTINE	437 kcal	4/6				V	٧	V
BURRATA DI BUFALA WITH HEIRLOOM TOMATOES	737 kcal	3/6	V				٧	V

\_