



M E N U

Quality

Simplicity

Conviviality

Authenticity

Breakfast & Brunch

EGG, CHEDDAR & AVOCADO BREAKFAST SANDWICH* with tomato-pepper jam, served with a green salad 610 cal • 4400mg s • with bacon 790 cal • 5050mg s	11 +2.5
TOASTED HAM & GRUYÈRE CROISSANT served with a trio of mustard and a green salad 540 cal • 1170mg s • with an organic egg* 80 cal • 80mg s	11 +3
SUNNY-SIDE BREAKFAST BOWL (N) organic sunny-side egg*, avocado, caramelized onion, roasted Brussels sprouts and sweet potato, farro, massaged kale, citrus-cumin salt, pistachio dukkah, served with our artisanal bread 590 cal • 1200mg s	13.5
DUTCH MINI-PANCAKES with banana, maple butter, powdered sugar 560 cal • 10mg s	10
WARM BELGIAN WAFFLE with fresh berries and whipped cream 500 cal • 10mg s	10

Fresh Fruits & Yogurt

YOGURT GRANOLA PARFAIT (N) organic Greek yogurt, granola, fresh fruit 470 cal • 120mg s	10
FRESH FRUIT SALAD (V) selection of seasonal fruit 90 cal • 10mg s	6.5
ORGANIC STEEL-CUT OATMEAL (V) • with fresh berries and milk of choice 180-280 cal • 90mg s • with honey walnuts, banana, maple syrup, and milk of choice (N) 320-420 cal • 140mg s	8 7.5
CHIA SEED PUDDING (V) (N) coconut milk, maple syrup, chia seeds, seasonal compote 590 cal • 35mg s	7.5

Organic Eggs & Omelettes

Served with our artisanal bread 200 cal • 250mg s

ROASTED CAULIFLOWER & CHEDDAR FRITTATA oven-baked omelette, served with a small green salad 420 cal • 560mg s	13
TWO SOFT-BOILED EGGS* 160-890 cal • 160-700 mg s	9.5
SKILLET-BAKED EGGS* • with avocado, tomato & feta 390 cal • 290mg s • with bacon & scallions 290 cal • 490mg s	12.5 12.5
THREE EGG SCRAMBLE served with a small green salad 270 cal • 370mg s	11
OMELETTES served with a small green salad Substitute with egg whites 140 cal • 300mg s • with avocado & tomato 580 cal • 930mg s • with smoked salmon* & Greek yogurt 580 cal • 1220mg s • with ham & Gruyère 430 cal • 960mg s • with mushroom & goat cheese 400 cal • 710mg s	 +3 13.5 16 15.5 15

Viennoiseries

CLASSICS	
CROISSANT 260 cal • 210mg s	4
PAIN AU CHOCOLAT 310 cal • 200mg s	4.5
PAIN AUX RAISINS 320 cal • 280mg s	4.5
BUTTER BRIOCHE 350 cal • 340mg s	4.5
HAZELNUT FLÛTE (N) 340 cal • 340mg s	4.5
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SPECIALTY	
ALMOND CROISSANT (N) 530 cal • 230mg s	4.75
CHOCOLATE ALMOND CROISSANT (N) 580 cal • 220mg s	5
CHEESE DANISH 300 cal • 300mg s	4.5
APPLE TURNOVER 250 cal • 220mg s	4.5
CHIA SEED MUFFIN 450 cal • 170mg s	4.5
BLUEBERRY MUFFIN (V) 490 cal • 360mg s	4.5
QUINOA SPELT SCONE 500 cal • 310mg s	4.5

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Tartines

Signature open-faced sandwiches, made on our sourdough wheat
Substitute with superseed bread 230 cal • 20mg s **+2**

AVOCADO TOAST (V) avocado mash, citrus-cumin salt, chia seeds, side of marinated kale 590 cal • 710mg s • with an organic egg* 80 cal • 80mg s • with smoked salmon* 50 cal • 300mg s	13 +3 +5
CHICKEN & MOZZARELLA MELT fresh mozzarella, chicken, tomato-pepper jam, basil oil 730 cal • 1020mg s	14.75
TURKEY, BACON & AVOCADO turkey, bacon, tomato, avocado, arugula, herb aioli 590 cal • 1200mg s	14.75
CROQUE MONSIEUR toasted ham & Gruyère tartine with sauce Mornay, served with a trio of mustard 960 cal • 2010mg s	16
SMOKED SALMON* organic butter, scallion, dill, served with a side of herb aioli 540 cal • 1290mg s	16

Sandwiches

Served with a small green salad 90 cal • 80mg s

TOMATO & MOZZARELLA with basil oil, tomato, arugula, balsamic vinegar on olive ciabatta 410 cal • 900mg s	11.5
PROSCIUTTO & MANCHEGO with dried figs and mustard butter on a French roll 410 cal • 960mg s	13.5
HAM & GRUYÈRE with mustard and cornichons on a French roll 430 cal • 1000mg s	13.5

Soup

Served with our artisanal bread (200 cal • 250mg s)

CHICKEN SOUP with vegetables, farro, spicy harissa 170-280 cal • 550-1090mg s	7 / 9
ORGANIC LENTIL SOUP (V) 230-460 cal • 640-1280mg s	6 / 8
SOUP OF THE DAY 60-420 cal • 390-800mg s	6 / 8

Salads & Quiches

GRILLED CHICKEN COBB chicken, avocado, bacon, Fourme d'Ambert, cucumber, hard-boiled egg, mixed greens, smoked tea vinaigrette, served with our artisanal bread 610 cal • 900mg s	17.5
WARM GRAIN BOWL (N) warm farro, massaged kale, roasted sweet potato and Brussels sprouts, goat cheese, pickled cranberries, honey walnuts, served with our artisanal bread 680 cal • 1640mg s • with grilled chicken 60 cal • 850mg s	14.5 +4
BLACK LENTIL BOWL (V) (N) balsamic beets, hummus, lentils, grape tomatoes, mixed greens, vinaigrette, spicy tahini, served with our artisanal bread 480 cal • 800mg s • with smoked salmon* 50 cal • 300mg s	14.5 +5
MEDITERRANEAN CAESAR grilled chicken, Niçoise olives, bell pepper, feta, croutons, romaine, kale, caesar dressing, zhug 570 cal • 1610mg s	16.5
QUICHE LORRAINE buttery crust filled with savory custard, ham, Gruyère, leeks, served with a small green salad 540 cal • 1010mg s	14
MUSHROOM & GRUYÈRE QUICHE buttery crust filled with savory custard, roasted mushrooms, served with a small green salad 590 cal • 1020mg s	14

Sides

BREAD sourdough wheat, sourdough rye, baguette, superseed, or five grain & raisin 110-650 cal • 380-1040mg s	5
AVOCADO MASH 370 cal • 450mg s	6.5
HUMMUS 390 cal • 650mg s	6.5
BACON 150 cal • 650mg s	5.5
PROSCIUTTO 110 cal • 790mg s	6.5
HAM & GRUYÈRE 320 cal • 1030mg s	8

Desserts

CHOCOLATE CHIP COOKIE 710 cal • 490mg s	5
DOUBLE CHOCOLATE CHIP COOKIE 450 cal • 100mg s	3.5
BELGIAN CHOCOLATE BROWNIE 580 cal • 70mg s	5
MINI BROWNIE 170 cal • 20mg s	3
MINI APRICOT CAKE (N) 140 cal • 10mg s	3
MINI CARROT CAKE (V) 150 cal • 90mg s	3
MINI BANANA CHOCOLATE CAKE (N) 160 cal • 10mg s	3
COCONUT MACARON (N) 230 cal • 110mg s	3
CHOCOLATE MOUSSE CAKE (N) 470 cal • 50mg s	6.5
LEMON TART 460 cal • 90mg s	6.5
MIXED BERRY TART (N) 430 cal • 50mg s	8
PASSIONFRUIT TART 520 cal • 50mg s	6.5
APRICOT PISTACHIO TART (N) 380 cal • 70mg s	6.5
PEAR ALMOND TART (N) 430 cal • 80mg s	6.5
CANELÉ 180 cal • 30mg s	3.5

Hot Beverages

Includes whole & non-fat dairy milk.
• with oat milk or almond milk **+0.9**
• add vanilla syrup 30 cal • 0mg s **+0.75**

CLASSICS

COFFEE 0 cal • 30mg s	4.25
CAPPUCCINO 60-130 cal • 70-100mg s	4.75 / 5.25
LATTE 60-140 cal • 70-100mg s	4.75 / 5.25
CAFÉ AU LAIT 40-110 cal • 50-80mg s	4.25 / 4.75
ESPRESSO 0 cal • 10mg s	3 / 3.5
AMERICANO 0 cal • 10mg s	4 / 4.5
MACCHIATO 20-160 cal • 50-80mg s	3.5 / 4
TEA 0 cal • 0mg s	3.75

SPECIALTY

BELGIAN MOCHA 170-300 cal • 110-210mg s	5 / 5.5
BELGIAN HOT CHOCOLATE 180-320 cal • 130-160mg s	4.75 / 5.25
MATCHA LATTE 60-140 cal • 70-130mg s	5 / 5.5
HONEY LEMON GINGER 90-200 cal • 10-30mg s	4.75 / 5.25
TURMERIC LATTE 90-290 cal • 70-150mg s	5 / 5.5
CHAI LATTE 80-380 cal • 80-160mg s	5 / 5.5

Cold Beverages

COLD BREW COFFEE 0 cal • 30mg s	5
ICED LATTE 30-110 cal • 70-100mg s	5
ICED MATCHA LATTE 60-140 cal • 70-130mg s	5
ICED TEA 0 cal • 10mg s	4
ICED GREEN TEA 0 cal • 10mg s	4
ORANGE JUICE 120 cal • 10mg s	5
APPLE JUICE 150 cal • 10mg s	5
STILL OR SPARKLING WATER 0 cal • 0mg s	3

Homemade Lemonades

LEMONADE 60 cal • 20mg s	4
LEMONADE ICED TEA 40 cal • 10mg s	4
MINT LEMONADE 60 cal • 20mg s	4.25

*Consuming raw or undercooked ingredients may increase your risk of foodborne illnesses.
2,000 calories a day is used for general nutrition, but calorie needs vary. Additional nutritional information upon request.
FOOD ALLERGENS: If you have a food allergy, please speak to the manager or your server. Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, MILK, SOY, FISH, SHELLFISH & SESAME.
(V) Vegan (N) Contains Nuts