



# M E N U

Quality

Simplicity

Conviviality

Authenticity

## Breakfast & Brunch

<b>EGG, CHEDDAR &amp; AVOCADO BREAKFAST SANDWICH*</b> with tomato-pepper jam, served with a green salad 610 cal • 4400mg s • with bacon 790 cal • 5050mg s	12          <b>+2.5</b>
<b>TOASTED HAM &amp; GRUYÈRE CROISSANT</b> served with a trio of mustard and a green salad 540 cal • 1170mg s • with an organic egg* 80 cal • 80mg s	12          <b>+3.25</b>
<b>SUNNY-SIDE BREAKFAST BOWL (N)</b> 14.5 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	
<b>DUTCH MINI-PANCAKES</b> 11.5 with banana, maple butter, powdered sugar 560 cal • 10mg s	
<b>WARM BELGIAN WAFFLE</b> 11 with fresh berries and whipped cream 500 cal • 10mg s	

## Fresh Fruits & Yogurt

<b>YOGURT GRANOLA PARFAIT (N)</b> 10.75 organic Greek yogurt, granola, fresh fruit 470 cal • 120mg s	
<b>FRESH FRUIT SALAD (V)</b> 7.25 selection of seasonal fruit 90 cal • 10mg s	
<b>ORGANIC STEEL-CUT OATMEAL (V)</b> • 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	8.75    <b>8.75</b>
<b>CHIA SEED PUDDING (V) (N)</b> 8 coconut milk, maple syrup, chia seeds, seasonal compote 590 cal • 35mg s	

## Organic Eggs & Omelettes

Served with our artisanal bread 200 cal • 250mg s

<b>ROASTED CAULIFLOWER &amp; CHEDDAR FRITTATA</b> oven-baked omelette, served with a small green salad 420 cal • 560mg s	14
<b>TWO SOFT-BOILED EGGS*</b> 10.5 160-890 cal • 160-700 mg s	
<b>SKILLET-BAKED EGGS*</b> • with avocado, tomato & feta 390 cal • 290mg s • with bacon & scallions 290 cal • 490mg s	13.5  <b>13.5</b>
<b>THREE EGG SCRAMBLE</b> 12 served with a small green salad 270 cal • 370mg s	
<b>OMELETTES</b> 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	  <b>+3.25</b>  <b>14.5</b>  <b>17</b>  <b>16.5</b>  <b>16</b>

## Viennoiseries

### CLASSICS

<b>CROISSANT</b> 260 cal • 210mg s	4.25
<b>PAIN AU CHOCOLAT</b> 310 cal • 200mg s	4.75
<b>PAIN AUX RAISINS</b> 320 cal • 280mg s	4.75
<b>BUTTER BRIOCHE</b> 350 cal • 340mg s	4.75
<b>HAZELNUT FLÛTE (N)</b> 340 cal • 340mg s	4.75

### SPECIALTY

<b>ALMOND CROISSANT (N)</b> 530 cal • 230mg s	5
<b>CHOCOLATE ALMOND CROISSANT (N)</b> 580 cal • 220mg s	5.25
<b>CHEESE DANISH</b> 300 cal • 300mg s	4.75
<b>APPLE TURNOVER</b> 250 cal • 220mg s	4.75
<b>CHIA SEED MUFFIN</b> 450 cal • 170mg s	4.75
<b>BLUEBERRY MUFFIN (V)</b> 490 cal • 360mg s	4.75
<b>QUINOA SPELT SCONE (N)</b> 500 cal • 310mg s	5

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## Tartines

Signature open-faced sandwiches, made on our sourdough wheat

Substitute with superseed bread 230 cal • 20mg s **+2**

<b>AVOCADO TOAST (V)</b> 13.75 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	    <b>+3.25</b> <b>+5.25</b>
<b>CHICKEN &amp; MOZZARELLA MELT</b> 15.75 fresh mozzarella, chicken, tomato-pepper jam, basil oil 730 cal • 1020mg s	
<b>TURKEY, BACON &amp; AVOCADO</b> 15.75 turkey, bacon, tomato, avocado, arugula, herb aioli 590 cal • 1200mg s	
<b>SMOKED SALMON*</b> 17 organic butter, scallion, dill, served with a side of herb aioli 540 cal • 1290mg s	

## Sandwiches

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

<b>TOMATO &amp; MOZZARELLA</b> 13 with basil oil, tomato, arugula, balsamic vinegar on olive ciabatta 410 cal • 900mg s	
<b>PROSCIUTTO &amp; MANCHEGO</b> 15 with dried figs and mustard butter on a French roll 410 cal • 960mg s	
<b>HAM &amp; GRUYÈRE</b> 15 with mustard and cornichons on a French roll 430 cal • 1000mg s	

## Soup

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

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

## Salads & Quiches

<b>GRILLED CHICKEN COBB</b> 18.5 chicken, avocado, bacon, Fourme d'Ambert, cucumber, hard-boiled egg, mixed greens, smoked tea vinaigrette, served with our artisanal bread 610 cal • 900mg s	
<b>WARM GRAIN BOWL (N)</b> 15.5 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	    <b>+4.5</b>
<b>BLACK LENTIL BOWL (V) (N)</b> 15.5 balsamic beets, hummus, lentils, grape tomatoes, mixed greens, pistachio dukkah, vinaigrette, spicy tahini, served with our artisanal bread 480 cal • 800mg s • with smoked salmon* 50 cal • 300mg s	    <b>+5.25</b>
<b>MEDITERRANEAN CAESAR</b> 17.5 grilled chicken, Niçoise olives, bell pepper, feta, croutons, romaine, kale, caesar dressing, zhug, served with our artisanal bread 570 cal • 1610mg s	
<b>QUICHE LORRAINE</b> 15 buttery crust filled with savory custard, ham, Gruyère, leeks, served with a small green salad 540 cal • 1010mg s	
<b>MUSHROOM &amp; GRUYÈRE QUICHE</b> 15 buttery crust filled with savory custard, roasted mushrooms, served with a small green salad 590 cal • 1020mg s	

## Sides

<b>BREAD</b> 5.25 sourdough wheat, sourdough rye, baguette, superseed, or five grain & raisin 110-650 cal • 380-1040mg s	
<b>AVOCADO MASH</b> 370 cal • 450mg s	6.5
<b>HUMMUS</b> 390 cal • 650mg s	6.5
<b>BACON</b> 150 cal • 650mg s	6
<b>PROSCIUTTO</b> 110 cal • 790mg s	6.5
<b>HAM &amp; GRUYÈRE</b> 320 cal • 1030mg s	8.5

## Desserts

<b>CHOCOLATE CHIP COOKIE</b> 710 cal • 490mg s	5
<b>DOUBLE CHOCOLATE CHIP COOKIE</b> 450 cal • 100mg s	4
<b>BELGIAN CHOCOLATE BROWNIE</b> 580 cal • 70mg s	5.5
<b>MINI BROWNIE</b> 170 cal • 20mg s	3
<b>MINI APRICOT CAKE (N)</b> 140 cal • 10mg s	3
<b>MINI CARROT CAKE (V)</b> 150 cal • 90mg s	3
<b>MINI BANANA CHOCOLATE CAKE (N)</b> 160 cal • 10mg s	3
<b>COCONUT MACARON (N)</b> 230 cal • 110mg s	3
<b>CHOCOLATE MOUSSE CAKE (N)</b> 470 cal • 50mg s	7.25
<b>LEMON TART</b> 460 cal • 90mg s	7.25
<b>MIXED BERRY TART (N)</b> 430 cal • 50mg s	8.5
<b>PASSIONFRUIT TART</b> 520 cal • 50mg s	7.25
<b>APRICOT PISTACHIO TART (N)</b> 380 cal • 70mg s	7.25
<b>PEAR ALMOND TART (N)</b> 430 cal • 80mg s	7.25
<b>CANELÉ</b> 180 cal • 30mg s	3.5

## Hot Beverages

Includes whole & non-fat dairy milk.

• with oat milk or almond milk (N)	+1
• add vanilla syrup 30 cal • 0mg s	+1

### CLASSICS

<b>COFFEE</b> 0 cal • 30mg s	4.5
<b>CAPPUCCINO</b> 60-130 cal • 70-100mg s	5.25 / 6.25
<b>LATTE</b> 60-140 cal • 70-100mg s	5.25 / 6.25
<b>CAFÉ AU LAIT</b> 40-110 cal • 50-80mg s	4.5 / 5.5
<b>ESPRESSO</b> 0 cal • 10mg s	3.5 / 4.5
<b>AMERICANO</b> 0 cal • 10mg s	4.25 / 5.25
<b>MACCHIATO</b> 20-160 cal • 50-80mg s	3.75 / 4.75
<b>TEA</b> 0 cal • 0mg s	4.25

Ask your server about our tea selection

### SPECIALTY

<b>BELGIAN MOCHA</b> 170-300 cal • 110-210mg s	5.25 / 6.25
<b>BELGIAN HOT CHOCOLATE</b> 180-320 cal • 130-160mg s	5.25 / 6.25
<b>MATCHA LATTE</b> 60-140 cal • 70-130mg s	5.25 / 6.25
<b>HONEY LEMON GINGER</b> 90-200 cal • 10-30mg s	5 / 6
<b>CHAI LATTE</b> 80-380 cal • 80-160mg s	5.25 / 6.25

## Cold Beverages

<b>COLD BREW COFFEE</b> 0 cal • 30mg s	5.5
<b>ICED LATTE</b> 30-110 cal • 70-100mg s	5.5
<b>ICED MATCHA LATTE</b> 60-140 cal • 70-130mg s	5.5
<b>ICED TEA</b> 0 cal • 10mg s	4.25
<b>ICED GREEN TEA</b> 0 cal • 10mg s	4.25
<b>ORANGE JUICE</b> 120 cal • 10mg s	5
<b>APPLE JUICE</b> 150 cal • 10mg s	5
<b>STILL OR SPARKLING WATER</b> 0 cal • 0mg s	3.25

## Homemade Lemonades

<b>LEMONADE</b> 60 cal • 20mg s	4.25
<b>LEMONADE ICED TEA</b> 40 cal • 10mg s	4.25
<b>MINT LEMONADE</b> 60 cal • 20mg s	4.5

\*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