



cojean

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## **SUMMER RECIPES**

FROM 29 JUNE TO 13 SEPTEMBER 2020

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**100%** of our salad pots, dessert pots and juice cups, are made from **100% PET recycled plastic**

**87%** of all our cardboard and paper packaging is made from recycled materials or **FSC/PEFC certified**

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**VEGAN**



**VEGETARIAN**



**GLUTEN FREE**



**DAIRY FREE**



**ORGANIC**



**CLEAN LABEL CHICKEN**



**FREE-RANGE EGG**



**SUSTAINABLE SEAFOOD**



**ANIMAL-DERIVED GELATINE FREE**

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**FRESHLY MADE EVERY DAY,**  
daily hot soups, weekly specials and a new  
menu every season.

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# ORGANIC JUICE - BAR

## FRESHLY MADE TO ORDER

### PRESSED FRUIT & VEGETABLE JUICES \_\_\_\_\_ 4.75

350ml - 100% organic fruit and vegetables.

**CARROT · ORANGE · APPLE · GINGER**

**TO BE MIXED  
AS YOU WISH**

### MIXED FRUIT JUICES \_\_\_\_\_ 4.95

350ml - 100% organic fruit.

#### **SUMMER BREEZE**

pineapple, strawberry, apple.

#### **SECRET GARDEN**

strawberry, banana, kiwi, apple.

#### **EARLY DAWN**

pineapple, apple, mint.

#### **ACAI BLUSH**

açaí, raspberry, banana, apple.

#### **RED VIVAL**

apple, strawberry, raspberry, blackcurrant.

### MIXED FRUIT & VEGETABLE JUICES \_\_\_\_\_ 5.15

350ml - 100% organic fruit and vegetables.

#### **GREEN MANGO**

spinach, mango, pineapple, ginger, apple.

#### **GREEN POWER**

spinach, cucumber, apple.

#### **SUPERHULK**

kale, banana, pineapple, orange, chia seed.

#### **FRENCH KISS**

beetroot, strawberry, pineapple, apple.

#### **YOGI TIME**

carrot, banana, pineapple, hemp.

# BOWL

### ACAI BOWL \_\_\_\_\_ 6.95

organic açaí, organic strawberry, organic banana, organic apple, raspberry, blueberry, gluten free granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).

# BREAKFAST

**BREAKFAST EVERY MORNING UNTIL 11AM**

### PORRIDGE \_\_\_\_\_

#### **PEACH, APRICOT & SWEET POTATO PORRIDGE WITH PISTACHIO**

organic oat flake, organic brown linseed, organic milk, peach apricot sweet potato compote, grilled pistachio. 2.95

### FREE-RANGE SCRAMBLED EGGS \_\_\_\_\_

#### **BACON & COMTÉ**

free-range scrambled eggs, bacon, comté cheese. 3.95

### FREE-RANGE EGG BRIOCHES \_\_\_\_\_

#### **MUSHROOM & CHEDDAR**

free-range omelette, mushroom, mature cheddar, sun-dried tomato, creamy mushroom sauce in a toasted rustic bun. 3.55

#### **BACON & EMMENTAL**

free-range omelette, bacon, emmental cheese, basil, pepper sauce in a toasted rustic bun. 3.75

# SOUPS

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HOT  \_\_\_\_\_ 4.15

300ml – 100% vegetarian, homemade with organic vegetables.

**SEE BLACKBOARD FOR  
OUR WEEKLY SPECIALS**

COLD  \_\_\_\_\_ 3.95 e

## GAZPACHO

organic tomato, organic cucumber, organic pepper, bread, olive oil, sherry vinegar.

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# HOT DISHES

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LASAGNE   \_\_\_\_\_ 7.70

HOT DISH \_\_\_\_\_ 8.30

VEGAN HOT DISH  \_\_\_\_\_ 8.30

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# SALADS

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MEAT & FISH \_\_\_\_\_

## NIÇOISE SALAD

free-range poached egg, organic red rice, msc tuna, green bean, greek black olive, caper, tomato, cherry tomato, chive, basil pesto. 5.65

## THAI CHICKEN SALAD

chicken breast, carrot, white cabbage, green cabbage, red onion, golden sesame, coriander, ginger, lime, soya sauce, sesame oil. 5.75

## CHICKEN & PESTO ROSSO TABBOULEH SALAD

organic bulgur, marinated chicken breast with pesto rosso, tomato, lemon, red onion, parsley, basil, coriander, lemon juice, olive oil. 6.25

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PASTA \_\_\_\_\_

## CRAYFISH PASTA SALAD

squid-ink spaghetti pasta, sweet pepper marinated crayfish, affila cress, arrabbiata sauce. 5.65

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VEGETARIAN \_\_\_\_\_

## ALL GREEN RICE SALAD

organic wild rice mix, edamame, broccoli, cucumber, basil & lemon pesto. 4.55

## MOZZA VERDE SALAD

broad bean, green bean, garden pea, mangetout, mozzarella di bufala, chive, basil pesto. 5.55

## SUMMER VEGETABLES & PESTO BARLEY SALAD

organic barley, grilled aubergine, red and yellow pepper, grilled courgette, cherry tomato, green olive, pine nut, basil & lemon pesto. 5.55

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# SANDWICHES

## MINIS \_\_\_\_\_

### HAM & CHEESE RUSTIC

ham, emmental cheese, gherkin, butter in an organic rustic bread. 2.70

### TUNA & CUCUMBER RUSTIC 🌱 ⚡

MSC tuna spread, cucumber, chive, basil in an organic rustic bread. 2.90

### BANH MI BRIOCHÉ 🌱

marinated tofu, carrot, cucumber, fried onion, coriander, thai sauce in an organic sesame and nigella seed brioche. 3.30

### TURKEY & EMMENTAL BRIOCHÉ

turkey, emmental cheese, cherry tomato, mustard sauce in an organic multigrain brioche. 3.50

### HAM, CHEDDAR & COURGETTE BRIOCHÉ

ham, mature cheddar, grilled courgette, basil, basil pesto in an organic poppy seed brioche. 3.50

## BAGUETTES \_\_\_\_\_

### CURED HAM & PARMESAN BAGUETTE

cured ham, parmesan, tomato, butter, rocket in an organic seed baguette. 4.25

### MEDITERRANEAN BAGUETTE 🌱

ash goat cheese, sun-dried tomato, basil, baby spinach, caper and green olive tapenade in an organic seed baguette. 4.25

## TOASTIES \_\_\_\_\_

### VEGGIE 🌱

in whole grain bread. 5.95

### CLUB

in sesame seed bread. 6.35

SEE BLACKBOARD FOR  
OUR WEEKLY SPECIALS

# DESSERTS

## FRUITS 🌱 🌿 \_\_\_\_\_

### FRUIT SALAD

mixed chopped fresh fruit. 2.45

### MELON

2.45

### MANGO

2.85

### PINEAPPLE

2.85

## YOGHURTS 🌱 🌿 \_\_\_\_\_

### WHOLE MILK YOGHURT

lemon, raspberry, blueberry. 1.85

### YOGHURT WITH RASPBERRY COULIS

reduced fat yoghurt, raspberry coulis, raspberry. 2.70

### YOGHURT WITH BLUEBERRY & HONEY

reduced fat yoghurt, blueberry, honey, organic pumpkin seed. 2.70

## PASTRIES, BREADS & CAKES \_\_\_\_\_

### SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL 🌱 0.35

### COOKIES 🌱

milk chocolate, white chocolate or triple chocolate 1.40

### CROISSANT

1.40

### PAIN AU CHOCOLAT

1.50

### CANELÉ 🌱

caramelised rum and vanilla flavoured cake. 1.60

### PASTEL DE NATA 🌱

vanilla flan on a flaky pastry base. 1.60

### CINNAMON ROLL

1.80

### CAKES 🌱



carrot, lemon poppyseed, marble, pistachio-chocolate. 2.10

# DESSERTS

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## SMALL SWEET TREATS

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**COCONUT & COCOA POT**     
coconut milk, coconut cream, cocoa. 2.25

**COCONUT POT**     
coconut milk, coconut cream. 2.25

**COCONUT RICE PUDDING**    
coconut rice pudding, coconut cream. 2.35


**MANGO, APRICOT & PISTACHIO BIRCHER**   
organic oat flake, hazelnut, apple, coconut milk, maple syrup, mango & apricot puree, grilled pistachio. 2.75

**SUPER BERRIES COCO PARADISE**    
coconut yoghurt, fresh fruit, seed mix. 3.85

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## ENTREMET

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**MOUSSE AU CHOCOLAT**   2.35

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# DRINKS

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## COLD

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**COCA COLA** 330 ML  
classic, diet, zero. 1.20

**EVIAN** 500 ML  
natural mineral water. 1.40

**SAN PELLEGRINO** 500 ML  
slightly sparkling natural mineral water. 1.50

**EVIAN** 750 ML  
natural mineral water. 1.80

**SOMETHING & NOTHING** 330 ML  
slightly sparkling water with natural extracts: cucumber, yuzu. 2.10

**COLD-PRESSED SHOTS** 60 ML  
cold-pressed juices, cold stabilisation by high pressure: ginger, turmeric, pomegranate. 2.25

**ÉLOA** 500 ML  
aloe vera drinks: lime, litchi, original. 2.40


**LEMONAID** 330 ML  
organic lemonade: blood orange, passionfruit, lime, ginger. 2.60


**LUSCOMBE** 270 ML  
organic lightly sparkling drinks with fruit juice: blueberry, lime, rhubarb. 2.80

**COLD-PRESSED JUICES** 250 ML  
freshly cold-pressed fruit and vegetables juices, stabilised at high pressure. 2.95

**COLD-PRESSED POMEGRANATE JUICE** 250 ML  
cold-pressed pomegranate juice, cold stabilisation by high pressure. 2.95

**COLD-PRESSED LEMONADE** 400 ML  
cold-pressed drinks, stabilised at high pressure: lemon-lime, lemon-spirulina. 2.95

**LO BROS KOMBUCHA** 300 ML   
organic naturally sparkling and fermented green teas: ginger & lemon, raspberry & lemon, passion fruit. 3.40

**CLEVER KOMBUCHA** 300 ML   
naturally sparkling fermented teas packed with a multitude of vitamins, enzymes and probiotics: original, ginger, lemon lavender, lime sea salt. 3.40

**COLD-PRESSED COCONUT WATER** 250 ML  
cold-pressed coconut water, cold stabilisation by high pressure. 3.45

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# DRINKS

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## ORGANIC COFFEE & TEA



### ESPRESSO, ESPRESSO MACCHIATO

1.85

### AMERICANO

2.15

### DOUBLE ESPRESSO

2.20

### LATTE, CAPPUCCINO, FLAT WHITE, MOCHA

2.65

### HOT CHOCOLATE

2.65

### FRESH MINT

1.95

### TEAS

english breakfast, earl grey, green, peppermint.  
1.95

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# SNACKS

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### POPCORN - PROPERCORN

hand-popped corn: sweet & salty, lightly sea salted.  
0.90

### CRISPS - BURTS

hand-cooked english crisps: sea salt, crushed  
peppercorn, sea salt & vinegar. 0.90

### LOVE CORN

vegan and gluten free corn kernels: sea salt,  
smoked barbecue, habanero chili. 1.15

### EMILY VEG CRISPS

dried veg: crunchy sweet potato, carrot & beet-  
root, crunchy french beans, sugar snap peas  
& black edamame. 1.90

### BUCKWHEAT GALETTES

6 thin buckwheat galettes from belle-île-en-mer.  
2.00

### CHOCOLATE BARS

#### RHYTHM 108

organic vegan and gluten free chocolate bars:  
hazelnut & praline, super coconut, sweet & salty  
almond. 2.20

#### LITTLE MIRACLES

organic vegan and gluten free bars: top six seed,  
top five nut. 2.20

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## NOURRIR, AIMER, DONNER

the cojean foundation NOURRIR AIMER DONNER,  
under the auspices of the Fondation de  
France, it's main aim is to fight poverty while  
contributing towards the development of the  
world's poorest communities

## NOS INVENDUS

every evening we give away our unsold  
products to charitable organizations

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cojean

FRAIS & HUMAIN DEPUIS 2001



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