



WINTER RECIPES

FROM 18 JANUARY TO 14 MARCH 2021



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



ORGANIC



CLEAN LABEL CHICKEN



FREE-RANGE EGG



SUSTAINABLE SEAFOOD



ANIMAL-DERIVED GELATINE FREE

HOT DISHES

LASAGNE _____ 7.70

HOT DISH _____ 8.30

VEGAN HOT DISH _____ 8.30

ORGANIC JUICE - BAR

FRESHLY MADE TO ORDER

PRESSED FRUIT & VEGETABLE JUICES _____ 4.75

350ml - 100% organic fruits and vegetables.

TO BE MIXED AS YOU WISH

CARROT

ORANGE

APPLE

GINGER

MIXED FRUIT JUICES _____ 4.95

350ml - 100% organic fruits.

SUMMER BREEZE

pineapple, strawberry, apple.

SECRET GARDEN

strawberry, banana, kiwi, apple.

RED VIVAL

blackcurrant, raspberry, strawberry, apple.

ACAI BLUSH

acai, raspberry, banana, apple.

MIXED FRUIT & VEGETABLE JUICES _____ 5.15

350ml - 100% organic fruits and vegetables.

GREEN MANGO

spinach, mango, pineapple, ginger, apple.

GREEN POWER

spinach, cucumber, apple.

SUPERHULK

kale, banana, pineapple, orange, chia seed.

YOGI TIME

pineapple, banana, carrot, hemp seed.

SANDWICHES

BAGUETTE _____

EGG & MUSHROOM BAGUETTE _____ 4.25

free-range egg, mushroom, levanto cheese, baby spinach, chive, parsley, mimosa sauce in an organic seed baguette.

RUSTICS _____

HAM & CHEESE RUSTIC _____ 2.70

ham, emmental cheese, gherkin, salted butter in a rustic bread.

CÆSAR RUSTIC _____ 3.10

chicken breast, parmesan, chervil, caesar sauce in a rustic baguette.

BRIOCHÉS _____

MUSHROOM, PICKLE & CASHEW BRIOCHÉ _____ 3.30

mushroom stir-fry, red onion pickle, baby spinach, cashew nut and tofu spread with herbs in an organic sesame and nigella seed brioche.

TURKEY & EMMENTAL BRIOCHÉ _____ 3.50

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

DESSERTS

PASTRIES, BREADS & CAKES _____

SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL _____ 0.35

COOKIES _____ 1.40

milk chocolate or white chocolate.

CROISSANT _____ 1.40

PAIN AU CHOCOLAT _____ 1.50

PASTEL DE NATA _____ 1.60

vanilla flan on a flaky pastry base.

PECAN NUT BROWNIE _____ 1.95

CAKES _____ 2.10

carrot, lemon poppyseed, marble.

CHOCOLATE & HAZELNUT FINANCIER _____ 1.70

ALMOND & RASPBERRY FINANCIER _____ 1.80

BREAKFAST

SERVED UNTIL 11AM

FREE-RANGE EGG Brioches _____ 3.75

MUSHROOM & CHEDDAR _____ 3.75

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

BACON & EMMENTAL _____ 3.75

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

PORRIDGE _____ 2.95

PEACH, APRICOT, SWEET POTATO PORRIDGE WITH PISTACHIO _____ 2.95

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

BOWL

ACAI BOWL _____ 6.95

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

SOUPS

HOMEMADE DAILY SOUPS _____ 4.15

300ml - with organic vegetables.

TOASTIES

VEGGIE _____ 5.95

in an organic whole grain bread.

CLUB _____ 6.35

in an organic sesame seed bread.

SEE BLACKBOARD FOR OUR WEEKLY SPECIALS

SALADS

YOGI HARMONY SALAD _____ 5.55

organic wild rice, kale, mushroom, roasted celeriac, sakura cress, daikon cress, chive, rice vinegar, organic hemp yogi sauce with almond, organic blond psyllium, mushroom & tahini.

ITALIAN PASTA SALAD _____ 5.55

orecchiette pasta, mozzarella di bufala, caper, green olive, greek black olive, pine nut, basil, tomatade, olive oil.

ZAATAR CHICKEN TABBOULEH SALAD _____ 5.95

organic bulgur, organic red lentil, marinated chicken breast with zaatar spices, roasted sweet potato, cauliflower, pomegranate, dried raisin, red onion, lemon, coriander, parsley, cumin, olive oil, lemon juice, carrot and coriander hummus.

DRINKS

ORGANIC COFFEE & TEA

ESPRESSO, ESPRESSO MACCHIATO _____ 1.85

AMERICANO _____ 2.15

DOUBLE ESPRESSO _____ 2.20

LATTE, CAPPUCINO, FLAT WHITE, MOCHA _____ 2.65

HOT CHOCOLATE _____ 2.60

FRESH MINT _____ 1.95

TEAS _____ 1.95

english breakfast, earl grey, green, peppermint.

HOT CHOCOLATE _____ 2.65

COLD

COCA COLA 33 CL _____ 1.20

classic, diet, zero.

BELU 30 CL _____ 1.30

natural still or sparkling mineral water.

COLD-PRESSED SHOTS 60 CL _____ 2.25

cold-pressed juices, cold stabilisation by high pressure: ginger, turmeric, pomegranate.

LUSCOMBE 27 CL _____ 2.80

organic lightly sparkling drinks with fruit juice: blueberry, lime, rhubarb.

COLD-PRESSED JUICES 25 CL _____ 2.95

freshly cold-pressed fruit and vegetables juices, stabilised at high pressure.

COLD-PRESSED - POMEGRANATE JUICE 25 CL _____ 2.95

cold-pressed pomegranate juice, cold stabilisation by high pressure.

COLD-PRESSED LEMONADE 40 CL _____ 2.95

cold-pressed drinks, stabilised at high pressure: lemon-lime, lemon-spirulina.

LO BROS KOMBUCHA 30 CL _____ 3.40

organic naturally sparkling and fermented green teas: ginger & lemon, raspberry & lemon, passion fruit.

COLD-PRESSED COCONUT WATER 25 CL _____ 3.45

cold-pressed coconut water, cold stabilisation by high pressure.

ÉPICERIE

POPCORN - PROPERCORN _____ 0.40 e

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

CRISPS - BURTS _____ 0.90 e

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

LOVE CORN _____ 1.15 e

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

EMILY VEG CRISPS _____ 1.90 e

dried veg: crunchy sweet potato, carrot & beetroot, crunchy french beans, sugar snap peas & black edamame.

BUCKWHEAT GAULETTES _____ 2.00 e

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

prices apply to take away