

# Breakfast

## BREAKFAST BOWL 9

organic scrambled eggs, quinoa tabbouleh, avocado, cucumber, salad cress, chives, coriander and tomato sauce with harissa

## SCRAMBLED EGGS TOAST 9

served warm with avocado, cherry tomatoes, organic pesto rosso and coriander

## SCRAMBLED EGGS 6

served with a selection of organic breads

• add bacon 8

• add smoked salmon 9

# Fresh Fruits & Yoghurt

## VEGAN TURMERIC PORRIDGE 5

avoine bio avec du lait d'avoine bio, curcuma bio, crunola® bio, myrtilles et menthe fraîche

## GRANOLA OR CRUNOLA® PARFAIT 6

with fresh fruits, with your choice of organic Greek yoghurt or organic vegan soya yoghurt

## FRESH FRUIT SALAD 5

# Soup & Pot-au-Feu

## VEGAN & ORGANIC SOUP OF THE DAY 6

### POT-AU-FEU

organic pot-au-feu with seasonal vegetables and chickpeas

• add organic grains 8

• add free-range chicken 11

# Tartines

Served on our organic sourdough bread 1/2 organic baguette + 1.35

## VEGAN AVOCADO TOAST 8

organic superseeds, cherry tomatoes, cucumber and salad cress

• add scrambled eggs / add smoked salmon 9.5 | 10

## BELGIAN BEEF TARTARE 7

organic beef with Grana Padano, basil oil and organic sun-dried tomatoes

## SMOKED SALMON 7

with cucumber, herb sauce, chives and organic butter

## CROQUE MONSIEUR 11

toasted organic sourdough bread, ham, organic cheese served with tomato salsa and a mixed salad

## CHICKEN & SMOKED MOZZARELLA 10

with grilled courgette, basil oil and parsley

# Salads & Quiches

## WARM GOAT'S CHEESE 12

with organic Nordic rye bread, blueberries, cucumber, cherry tomatoes, organic granola and blueberry dressing

## SALMON BUDDHA 11

quinoa tabbouleh, avocado, beetroot caviar, cucumber, organic superseeds and vegan dressing

## CHICKEN CAESAR 12

with bacon, avocado, cherry tomatoes, Grana Padano, organic cornichons, organic croutons and Caesar dressing

## QUICHE 11

½ quiche served with a side salad and organic bread

## OUR SUGGESTIONS

### VEGAN GARDENER'S LUNCH 11

toasted organic sourdough bread, with organic hummus, grilled courgette, organic pesto rosso, served with a mixed salad, cherry tomatoes, avocado, organic superseeds, vegan dressing and tomato salsa

### SEASONAL TARTINE 8

ask for more information at the counter

### SEASONAL SALAD 10

ask for more information at the counter