



Pain
QUOTIDIEN

DINE - IN

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	12.75 +2.75
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	12.75 +3.5
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	15.5
DUTCH MINI-PANCAKES with banana, maple butter, powdered sugar 560 cal • 10mg s	12.5
WARM BELGIAN WAFFLE with fresh berries and whipped cream 500 cal • 10mg s	12

Fresh Fruits & Yogurt

YOGURT GRANOLA PARFAIT (N) organic Greek yogurt, granola, fresh fruit 470 cal • 120mg s	11.5
FRESH FRUIT SALAD (V) selection of seasonal fruit 90 cal • 10mg s	8
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	9.25 9.5 9.5
CHIA SEED PUDDING (V) (N) coconut milk, maple syrup, chia seeds, seasonal compote 590 cal • 35mg s	8.5

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	15
TWO SOFT-BOILED EGGS* 160-890 cal • 160-700 mg s	11.25
SKILLET-BAKED EGGS* • with avocado, tomato & feta 390 cal • 290mg s • with bacon & scallions 290 cal • 490mg s	14.5 14.5
THREE EGG SCRAMBLE served with a small green salad 270 cal • 370mg s	12.75
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	+3.5 15.5 18.25 17.75 17

Sides

BREAD sourdough wheat, sourdough rye, baguette, superseed, or five grain & raisin 110-650 cal • 380-1040mg s	6
AVOCADO MASH 370 cal • 450mg s	7
HUMMUS 390 cal • 650mg s	7
BACON 150 cal • 650mg s	6.5
PROSCIUTTO 110 cal • 790mg s	7
HAM & GRUYÈRE 320 cal • 1030mg s	9

From Our Bakery

VIENNOISERIES	
CROISSANT 260 cal • 210mg s	4.75
PAIN AU CHOCOLAT 310 cal • 200mg s	5.25
PAIN AUX RAISINS 320 cal • 280mg s	5.25
BUTTER BRIOCHE 350 cal • 340mg s	5.25
HAZELNUT FLûTE (N) 340 cal • 340mg s	5.25
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SPECIALTY	
PISTACHIO PINWHEEL (N) (S)	5.75
ALMOND CROISSANT (N) 530 cal • 230mg s	5.75
CHOCOLATE ALMOND CROISSANT (N) 580 cal • 220mg s	5.75
CHEESE DANISH 300 cal • 300mg s	5.25
APPLE TURNOVER 250 cal • 220mg s	5.25
CHIA SEED MUFFIN 450 cal • 170mg s	5.5
BLUEBERRY MUFFIN (V) 490 cal • 360mg s	5.5
QUINOA SPELT SCONE (N) 500 cal • 310mg s	5.5

Flatbreads

Pinsa Romana flatbread, made with ancient grains & our sourdough	
NEW RICOTTA, MUSHROOM & GRUYÈRE roasted mushrooms, pickled onion, arugula, balsamic glaze 690 cal • 1660mg s	17.5
NEW BACON & GRUYÈRE BREKKIE* organic sunny-side egg, ricotta, tomato, olive oil, sweet harissa oil 830 cal • 1830 mg s	17
NEW CROQUE MADAME SANDWICH* organic sunny-side egg, ham, Gruyère, bechamel, parsley, served with a small green salad 790 cal • 2000 mg s	18
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	14.75 +3.5 +5.5
CHICKEN & MOZZARELLA MELT fresh mozzarella, chicken, tomato- pepper jam, basil oil 730 cal • 1020mg s	16.75
TURKEY, BACON & AVOCADO turkey, bacon, tomato, avocado, arugula, herb aioli 590 cal • 1200mg s	16.75
SMOKED SALMON* oganic butter, scallion, dill, served with a side of herb aioli 540 cal • 1290mg s	18

OUR COMBOS

BAKER'S LUNCH 590-680 cal • 1470-1690mg s	18.25
half of an avocado toast, a small quinoa & arugula salad, and a cup of soup of your choice	
• select two 350-440 cal • 780-990mg s	14.25

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	14
PROSCIUTTO & MANCHEGO with dried figs and mustard butter on a French roll 410 cal • 960mg s	15.5
HAM & GRUYÈRE with mustard and cornichons on a French roll 430 cal • 1000mg s	15.5

Soup

Served with our artisanal bread (200 cal • 250mg s)	
NEW GAZPACHO (V) topped with mango, cucumber, radish, basil 190-370 cal • 470-930mg s	7.5 / 9.5
CHICKEN SOUP with vegetables, quinoa, spicy harissa 170-280 cal • 550-1090mg s	7.5 / 9.5
ORGANIC LENTIL SOUP (V) 230-460 cal • 640-1280mg s	7.5 / 9.5
SOUP OF THE DAY 60-420 cal • 390-800mg s	7.5 / 9.5

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	19.75
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	16.5 +4.75
BLACK LENTIL BOWL (V) (N) 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	16.5 +5.5
MEDITERRANEAN CAESAR grilled chicken, Niçoise olives, bell pepper, feta, croutons, romaine, kale, caesar dressing, zhug, served with our artisanal bread 570 cal • 1610mg s	19
QUINOA & AVOCADO (V) organic quinoa, fresh herbs, chickpeas, cucumber & tomato salad, radish, house basil vinaigrette, served with our artisanal bread 580 cal • 520mg s	16.5
QUICHE LORRAINE buttery crust filled with savory custard, ham, Gruyère, leeks, served with a small green salad 540 cal • 1010mg s	16
MUSHROOM & GRUYÈRE QUICHE buttery crust filled with savory custard, roasted mushrooms, served with a small green salad 590 cal • 1020mg s	16

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 (S) Seasonal Item

Desserts

CHOCOLATE CHIP CROOKIE 490 cal • 470mg s	7
BANANA WALNUT CROOKIE (N) (S)	7
GERMAN CHOCOLATE CROOKIE (N) (S)	7
CHOCOLATE CHIP COOKIE 710 cal • 490mg s	5.5
DOUBLE CHOCOLATE CHIP COOKIE 450 cal • 100mg s	4.25
STRAWBERRY MATCHA COOKIE (S)	4.25
SESAME TAHINI COOKIE (S)	4.25
BELGIAN CHOCOLATE BROWNIE 580 cal • 70mg s	5.75
MINI BROWNIE 170 cal • 20mg s	3.5
MINI APRICOT CAKE (N) 140 cal • 10mg s	3.5
MINI CARROT CAKE (V) 150 cal • 90mg s	3.5
MINI BANANA CHOCOLATE CAKE (N) 160 cal • 10mg s	3.5
COCONUT MACAROON (N) 230 cal • 110mg s	3.5
CHOCOLATE MOUSSE CAKE (N) 470 cal • 50mg s	7.75
LEMON TART 460 cal • 90mg s	7.75
MIXED BERRY TART (N) 430 cal • 50mg s	9
PASSIONFRUIT TART 520 cal • 50mg s	7.75
APRICOT PISTACHIO TART (N) 380 cal • 70mg s	7.75
PEAR ALMOND TART (N) 430 cal • 80mg s	7.75
CANELÉ 180 cal • 30mg s	4
FRENCH CREAM DOUGHNUT 420 cal • 220mg s	6

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

COFFEE 0 cal • 30mg s	4.5
CAPPUCCINO 60-130 cal • 70-100mg s	5.25 / 6.25
LATTE 60-140 cal • 70-100mg s	5.25 / 6.25
CAFÉ AU LAIT 40-110 cal • 50-80mg s	5.45 / 6.25
ESPRESSO 0 cal • 10mg s	3.75 / 4.75
AMERICANO 0 cal • 10mg s	4.5 / 5.5
MACCHIATO 20-160 cal • 50-80mg s	4.25 / 4.75
TEA 0 cal • 0mg s Ask your server about our tea selection	5

SPECIALTY

BELGIAN MOCHA 170-300 cal • 110-210mg s	5.5 / 6.25
BELGIAN HOT CHOCOLATE 180-320 cal • 130-160mg s	5.5 / 6.25
MATCHA LATTE 60-140 cal • 70-130mg s	5.5 / 6.5
HONEY LEMON GINGER 90-200 cal • 10-30mg s	5.5 / 6.25
CHAI LATTE 80-380 cal • 80-160mg s	5.5 / 6.5

Cold Beverages

COLD BREW COFFEE 0 cal • 30mg s	5.5
ICED LATTE 30-110 cal • 70-100mg s	5.5
ICED MATCHA LATTE 60-140 cal • 70-130mg s	6
ICED STRAWBERRY MATCHA LATTE (S)	6.5
ICED PISTACHIO MATCHA LATTE (N) (S)	6.5
ICED TEA 0 cal • 10mg s	5
ICED GREEN TEA 0 cal • 10mg s	5
ORANGE JUICE 120 cal • 10mg s	5.25
APPLE JUICE 150 cal • 10mg s	5.25
STILL OR SPARKLING WATER 0 cal • 0mg s	3.5

Homemade Lemonades

LEMONADE 60 cal • 20mg s	4.5
LEMONADE ICED TEA 40 cal • 10mg s	4.75
MINT LEMONADE 60 cal • 20mg s	5.25
STRAWBERRY LEMONADE (S)	5.25

*May contain raw or undercooked ingredients. Consuming raw
or undercooked meats, poultry, seafood, shellfish, or eggs may
increase your risk of foodborne illness.
2,000 calories a day is used for general nutrition, but calorie
needs vary. Additional nutritional information upon request.