



MENU

Autumn 2025

Together with our nutritionist, we drew up 6 criteria so that you can enjoy carefree food with us.
Our "Better Choices" (symbol heart) meet at least 5 of the 6 criteria.

Le Pain Quotidien The Netherlands

Organic eggs

OMELETTES (plain)	405 kcal
• with Dutch ham and old farmer's cheese	532 kcal
• with smoked Atlantic Kvarøy* salmon	492 kcal
• with soft goat cheese and basil oil	559 kcal
SOFT BOILED EGG (1 OR 2)	300 kcal/450 kcal
SCRAMBLED EGGS (plain)	405 kcal
• with a 1/2 avocado	723 kcal
• with smoked Atlantic Kvarøy* salmon	489 kcal
• with bacon	548 kcal
SOURDOUGH FLATBREAD, 2 ORGANIC BAKED EGGS	817 kcal

Better Choices Score	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
2/6				v		v
1/6						v
2/6				v		v
1/6						v
2/6			v			v
1/6						v
2/6	v					v
1/6						v
1/6						v
3/6			v	v		v

Breakfast

FRENCH TOAST	625 kcal
• with bacon	769 kcal
MINI PANCAKES	502 kcal
WARM BELGIAN WAFFLE WITH RED FRUITS	491 kcal
HAM & CHEESE CROISSANT	431 kcal
BREAKFAST BOWL WITH ORGANIC CANNABIS BREAD	609 kcal
LE PAIN QUOTIDIEN BREAKFAST with or without a soft-boiled egg	834 kcal/878 kcal

Better Choices Score	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
0/6						
0/6						
3/6	v		v	v		
1/6			v			
1/6						v
6/6	v	v	v	v	v	v
3/6	v		v			v

Brunch

VEGAN BRUNCH	1457 kcal
FARMERS BRUNCH croissant/chocolate croissant	1179 kcal/1269 kcal

Better Choices Score	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
5/6	v	v	v		v	v
4/6	v	v			v	v

Cereals, Fresh Fruit & Yoghurt

GRANOLA PARFAIT - Plain yoghurt	424 kcal
GRANOLA PARFAIT - Soy yoghurt	381 kcal
PASSIONFRUIT CHIA PUDDING - V	297 kcal
FRESH FRUIT SALAD	125 kcal

Better Choices Score	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
3/6			v		v	v
4/6		v	v	v		v
5/6	v	v	v	v	v	
4/6	v		v	v		v

Bakery

CINNAMON ROLL - V	277 kcal
ALMOND CROISSANT	365 kcal
PISTACHIO SWIRL	481 kcal
HIBISCUS CROISSANT - V	230 kcal
BUTTER CROISSANT	223 kcal
CHOCOLATE CROISSANT	311 kcal
BRIOCHE	362 kcal
BAKER'S BREAD BASKET	733 kcal
HAZELNUT & RAISIN FLUTE - V	252 kcal

Better Choices Score	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
1/6			v			
3/6			v		v	v
1/6			v			
1/6			v			
2/6			v			v
1/6			v			
2/6			v			v
4/6		v	v		v	v
4/6			v	v	v	v

Salads

CAESAR	773 kcal
GOAT CHEESE	778 kcal

Better Choices Score	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
1/6						v
4/6	v			v	v	v

Hot dishes

QUICHE - LORRAINE	914 kcal
QUICHE - FETA AND SPINACH	788 kcal
ORGANIC SOUP OF THE DAY - V	513 kcal
POT-AU-FEU - V	326 kcal
POT AU FEU - QUINOA V	421 kcal
POT AU FEU - BACON	392 kcal
POT AU FEU - CHICKEN	419 kcal

Better Choices Score	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
2/6			v			v
3/6	v		v			v
5/6	v	v	v	v		v
5/6	v		v	v	v	v
5/6	v	v	v	v	v	v
5/6	v		v	v	v	v
5/6	v		v	v	v	v

Better Choices Score	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
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Tartines

		Score	> 80g / dish	> 7g / dish	> 50% / dish	<10E% calories	>5g	<10E% calories
TUNA	683 kcal	5/6		v	v	v	v	v
LE PAIN QUOTIDIEN CROQUE	1097 kcal	1/6						v
SALMON & AVOCADO	686 kcal	4/6	v	v		v		v
ITALIAN	653 kcal	1/6						v
SOURDOUGH FLATBREAD WITH GRILLED VEGETABLES & HUMMUS - V	826 kcal	6/6	v	v	v	v	v	v
AVOCADO TOAST - V	522 kcal	6/6	v	v	v	v	v	v
• with an organic soft boiled egg	749 kcal	5/6	v	v	v		v	v
• with smoked salmon	606 kcal	5/6	v	v	v		v	v
SOURDOUGH FLATBREAD WITH MUSHROOM TAPENADE & ROASTED VEGGIES	591 kcal	5/6	v	v	v	v		v
• with buffalo mozzarella D.O.P.	748 kcal	4/6	v	v	v			v
• with Parma ham	660 kcal	4/6	v	v	v	v		v
SMOKED CHICKEN & BUFFALO MOZZARELLA	649 kcal	1/6						v
		Better Choices Score	Fruits & vegetables > 80g / dish	Fiber > 7g / dish	Plant Based Protein > 50% / dish	Better fats <10E% calories	Nuts & Seeds >5g	Less Sugar <10E% calories

Sides

AVOCADO MASH	290 kcal	3/6			v	v		v
SMOKED ATLANTIC KVARØY* SALMON	84 kcal	2/6				v		v
BACON	86 kcal	1/6						v
DUTCH OLD FARMERS CHEESE	152 kcal	1/6						v
PARMA HAM	96 kcal	1/6						v
DUTCH HAM	56 kcal	1/6						v
SMALL SALAD	63 kcal	2/6			v			v

Our favorite lunch

BAKER'S LUNCH	690 kcal	5/6	v	v	v	v		v
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Seasonal specials

PROTEÏNE PANCAKES	647 kcal	2/6	v			v		
MORTADELLA & PISTACHIO PINSA	869 kcal	3/6			v		v	v
HARVEST BOWL - V	619 kcal	6/6	v	v	v	v	v	v
HARVEST BOWL with avocado	771 kcal	6/6	v	v	v	v	v	v
HARVEST BOWL with feta	793 kcal	5/6	v	v	v		v	v
HARVEST BOWL with chicken	712 kcal	6/6	v	v	v	v	v	v
SALMON MISO BOWL	684 kcal	3/6	v			v		v