



MENU

Winter 2026

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.

Breakfast

		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
LE PAIN QUOTIDIEN BREAKFAST with or without a soft-boiled egg	834 kcal/878 kcal	3/6	✓		✓			✓
PROTEIN PANCAKES	647 kcal	2/6			✓			
HAM & CHEESE CROISSANT	369 kcal	1/6						✓
PAIN PERDU	742 kcal	2/6	✓					✓
MINI PANCAKES	502 kcal	3/6	✓		✓	✓		
BREAKFAST BOWL	552 kcal	6/6	✓	✓	✓	✓	✓	✓

Cereals, Fresh Fruit & Yoghurt

		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
GRANOLA PARFAIT - Yoghurt/Skyr	470 kcal/466 kcal	3/6			✓		✓	✓
GRANOLA PARFAIT - Soy yoghurt	426 kcal	6/6	✓	✓	✓	✓	✓	✓
FRESH FRUIT SALAD - V	125 kcal	4/6	✓		✓	✓		✓
CHIA PASSION FRUIT DEUCE	312 kcal	5/6	✓	✓	✓	✓	✓	

Organic eggs

		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
SOFT BOILED EGG (1 OR 2)	300 kcal/450 kcal	2/6			✓			✓
BAKED EGGS (1 OR 2)	342 kcal/386 kcal	2/6			✓			✓
SCRAMBLED EGGS	484 kcal	1/6						✓
- with grilled bacon	549 kcal	1/6						✓
- with avocado	643 kcal	2/6	✓					✓
- with Atlantic smoked salmon	569 kcal	1/6						✓
SCRAMBLED EGGS TOAST	511 kcal	3/6	✓		✓			✓

Bread & Bakery

		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
SELECTION OF ORGANIC BREAD & BAGUETTE	733 kcal	4/6		✓	✓		✓	✓
PORTION OF BAGUETTE	162 kcal	3/6			✓	✓		✓
HAZELNUT & RAISIN FLUTE	252 kcal	4/6			✓	✓	✓	✓
BUTTER CROISSANT	223 kcal	2/6			✓			✓
PAIN AU CHOCOLAT	311 kcal	1/6			✓			
PAIN AUX RAISINS	302 kcal	1/6			✓			
SMALL BRIOCHE	239 kcal	2/6			✓			✓
CHOCOLATE CRUFFIN	403 kcal	1/6			✓			
CHOCOLATE TWIST	264 kcal	1/6			✓			
CINNAMON ROLL - V	277 kcal	1/6			✓			
HIBISCUS CROISSANT - V	230 kcal	1/6			✓			
ALMOND CROISSANT	365 kcal	3/6			✓		✓	✓
APPLE GALETTE	354 kcal	2/6			✓			✓
PISTACHIO SWIRL	481 kcal	1/6			✓			

Tartines

		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
AVOCADO TOAST - V	522 kcal	6/6	✓	✓	✓	✓	✓	✓
- with organic scrambled eggs	749 kcal	5/6	✓	✓	✓	✓	✓	✓
- with Atlantic smoked salmon	605 kcal	5/6	✓	✓	✓	✓	✓	✓
CROQUE MONSIEUR	966 kcal	1/6						✓
GARDENER'S CROQUE - V	911 kcal	6/6	✓	✓	✓	✓	✓	✓
TUNA	451 kcal	3/6			✓	✓		✓
BELGIAN BEEF TARTARE	517 kcal	1/6						✓
CHICKEN & SMOKED MOZZARELLA TOAST	634 kcal	1/6						✓

Sides

		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
MIXED SALAD - V	63 kcal	2/6	✓		✓			✓
GUACAMOLE - V	290 kcal	3/6			✓	✓		✓
AVOCADO - V	382 kcal	4/6	✓		✓	✓		✓
HUMMUS - V	354 kcal	4/6			✓	✓	✓	✓
CHEESES (GOUDA & GOAT CHEESE)	369 kcal	1/6						✓
BELGIAN FARMER'S HAM	68 kcal	2/6				✓		✓
BELGIAN FARMER'S HAM & CHEESE	262 kcal	1/6						✓
ATLANTIC SMOKED SALMON	169 kcal	1/6						✓

Our combo's

		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
			✓	✓	✓	✓	✓	✓

DAILY BAKER'S LUNCH - 1/2 tartine tuna	620 kcal	5/6	v	v	v	v	v	v
DAILY BAKER'S LUNCH - 1/2 tartine avocado	656 kcal	5/6	v	v	v	v	v	v
<i>Salades</i>		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
CAESAR	701 kcal	1/6	v	v	v	v	v	v
WARM GOAT CHEESE	778 kcal	4/6	v	v	v	v	v	v
ATLANTIC SMOKED SALMON & TUNA	721 kcal	5/6	v	v	v	v	v	v
<i>Flatbreads</i>		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
PORTOBELLO & ROASTED VEGETABLES FLATBREAD - V	591 kcal	5/6	v	v	v	v	v	v
- with dried Serrano ham	660 kcal	5/6	v	v	v	v	v	v
- with mozzarella di bufala D.O.P.	748 kcal	4/6	v	v	v	v	v	v
- with mozzarella di bufala D.O.P. and dried Serrano ham	817 kcal	4/6	v	v	v	v	v	v
ORGANIC BAKED EGGS FLATBREAD	817 kcal	3/6	v	v	v	v	v	v
ITALIAN FLATBREAD	820 kcal	1/6	v	v	v	v	v	v
<i>Soups & Quiches</i>		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
QUICHE - LORRAINE	914 kcal	2/6	v	v	v	v	v	v
QUICHE - FETA AND SPINACH	788 kcal	3/6	v	v	v	v	v	v
POT AU FEU	326 kcal	5/6	v	v	v	v	v	v
- with quinoa	421 kcal	6/6	v	v	v	v	v	v
- with chicken	419 kcal	5/6	v	v	v	v	v	v
ORGANIC SOUP OF THE DAY - V	686 kcal	5/6	v	v	v	v	v	v
<i>Specials</i>		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
HARVEST BOWL	619 kcal	6/6	v	v	v	v	v	v
- with avocado	771 kcal	6/6	v	v	v	v	v	v
- with feta	793 kcal	5/6	v	v	v	v	v	v
- with chicken	712 kcal	6/6	v	v	v	v	v	v
SALMON MISO BOWL	608 kcal	3/6	v	v	v	v	v	v
PISTACHIO MORTADELLA PINSÀ	869 kcal	3/6	v	v	v	v	v	v
ARGENTINIAN PASTRAMI CROQUE	780 kcal	3/6	v	v	v	v	v	v