

	D I N E - I N		
Quality	Simplicity	Conviviality	Authenticity

Breakfast & Brunch

EGG,* CHEDDAR & AVOCADO BREAKFAST SANDWICH 610 CAL with tomato-pepper jam, served with a small green salad • with bacon +170 CAL	13.5 +3.25
TOASTED HAM & GRUYÈRE CROISSANT 540 CAL served with a small green salad • with an organic egg* +80 CAL	13.5 +3.5
SMOKED SALMON* & HERBED GOAT CHEESE CROISSANT SANDWICH 460 CAL with cucumber, pickled onion, arugula on everything croissant, served with a small green salad	15
SCRAMBLED EGGS & GRUYÈRE CROISSANT SANDWICH 540 CAL on everything croissant, served with a small green salad • with smoked salmon* +50 CAL • with bacon +170 CAL • with avocado +70 CAL	14.5 +5.5 +3.25 +3.25
DUTCH MINI-PANCAKES 560 CAL with banana, maple butter, powdered sugar	13.75
BRIOCHE FRENCH TOAST 880 CAL with roasted apples, blueberries, chantilly cream, powdered sugar, maple syrup, cinnamon, mint	15
WARM BELGIAN WAFFLE 500 CAL with fresh berries and chantilly cream	12.95

Organic Eggs

Served with our artisanal bread | 200 CAL

<div>NEW</div> CHORIZO, SWEET POTATO & KALE FRITTATA (S) oven-baked omelette, served with a small green salad	15.75
BUTTERNUT SQUASH CAULIFLOWER & GOAT CHEESE FRITTATA 640 CAL oven-baked omelette, served with a small green salad	15.75
TWO SOFT-BOILED EGGS* 160-890 CAL	11

Fruit, Grains & Yogurt

YOGURT GRANOLA PARFAIT (N) 470 CAL Greek yogurt, granola, fresh fruit	12
FRESH FRUIT SALAD (V) 90 CAL selection of seasonal fruit	8.5
ORGANIC STEEL-CUT OATMEAL (V) • with fresh berries and milk of your choice 180-280 CAL • with honey walnuts, banana, maple syrup, and milk of your choice (N) 320-420 CAL	9.5 9.75 9.75
CHIA SEED PUDDING (V) (N) 590 CAL coconut milk, maple syrup, chia seeds, seasonal compote	9.5

From Our Bakery

CROISSANT 260 CAL	5
PAIN AU CHOCOLAT 310 CAL	5.5
PAIN AUX RAISINS 320 CAL	5.5
ALMOND CROISSANT (N) 530 CAL	6
CHOCOLATE ALMOND CROISSANT (N) 580 CAL	6.5
CHEESE DANISH 300 CAL	5.25
APPLE TURNOVER 250 CAL	5.25
<div>NEW</div> CINNAMON BAKKA BRIOCHE (S)	5.5
CHIA SEED MUFFIN 450 CAL	5.5
BLUEBERRY MUFFIN (V) 490 CAL	5.5
QUINOA SPELT SCONE (N) 500 CAL	5.5
<div>NEW</div> CHOCOLATE CHIP SCONE (S)	5.5

Sides

BREAD 110-650 CAL sourdough wheat, baguette, superseed, or five grain & raisin	6
AVOCADO MASH 370 CAL	7
HUMMUS 390 CAL	7
BACON 150 CAL	6.5
PROSCIUTTO 110 CAL	7
HAM & GRUYÈRE 320 CAL	9

Flatbreads

Pinsa Romana flatbread, made with ancient grains & our sourdough

RICOTTA, MUSHROOM & GRUYÈRE 690 CAL roasted mushrooms, pickled onion, arugula, balsamic glaze	17.5
BACON & GRUYÈRE BREKKIE* 830 CAL organic sunny-side egg, ricotta, tomato, olive oil, sweet harissa oil	17
CROQUE MADAME SANDWICH* 790 CAL organic sunny-side egg, ham, Gruyère, bechamel, parsley, served with a small green salad	18
Tartines Signature open-faced sandwiches, made on our sourdough wheat Substitute with superseed bread 230 CAL	+2
AVOCADO TOAST (V) 590 CAL avocado mash, citrus-cumin salt, chia seeds, side of marinated kale • with an organic egg* +80 CAL • with smoked salmon* +50 CAL	15.5 +3.5 +5.5
CHICKEN & MOZZARELLA MELT 460 CAL fresh mozzarella, chicken, tomato-pepper jam, basil oil	17
SMOKED SALMON* 540 CAL butter, scallion, dill, served with a side of herb aioli	18.25

OUR COMBOS	
BAKER'S LUNCH 590-680 CAL half of an avocado toast, a small quinoa & arugula salad, and a cup of soup of your choice • select two 350-440 CAL	18.5 14.5
<div>NEW</div> GRILLED THREE CHEESE TOASTIE & TOMATO SOUP (S) with Gruyère, fontina & fresh mozzarella, truffle mayo, caramelized onion on sourdough wheat, served with a cup of tomato basil soup and a small arugula salad	19.5

Sandwiches & Toasties

Served with a small green salad | 90 CAL

CHICKEN & MUSHROOM TOASTIE 1030 CAL with caramelized onion, Gruyère, truffle mayo on sourdough wheat	17.5
TARRAGON CHICKEN SALAD CROISSANT 380 CAL with pickled onion and arugula	15.5
TOMATO & MOZZARELLA 410 CAL with basil oil, tomato, arugula, balsamic vinegar on olive ciabatta	14
HAM & GRUYÈRE 430 CAL with mustard and cornichons on a French roll	15.5

Soup

Served with our artisanal bread | 200 CAL

CHICKEN SOUP 170-280 CAL with vegetables, quinoa, spicy harissa	7.5 / 9.5
ORGANIC LENTIL SOUP (V) 230-460 CAL	7.5 / 9.5
TOMATO BASIL SOUP 80-170 CAL	7.5 / 9.5

Salads & Quiches

GRILLED CHICKEN COBB 610 CAL chicken, avocado, bacon, Fourme d'Ambert, cucumber, hard-boiled egg, mixed greens, smoked tea vinaigrette, served with our artisanal bread	20
BLACK LENTIL BOWL (V) (N) 480 CAL balsamic beets, hummus, lentils, grape tomatoes, mixed greens, pistachio dukkah, vinaigrette, spicy tahini, served with our artisanal bread • with smoked salmon* +50 CAL	17 +5.5
QUINOA & AVOCADO (V) 580 CAL organic quinoa, fresh herbs, chickpeas, cucumber & tomato salad, radish, house basil vinaigrette, served with our artisanal bread	17
QUICHE LORRAINE 540 CAL buttery crust filled with savory custard, ham, Gruyère, leeks, served with a small green salad	16.5
MUSHROOM & GRUYÈRE QUICHE 590 CAL buttery crust filled with savory custard, roasted mushrooms, served with a small green salad	16.5

Desserts

CHOCOLATE CHIP CROOKIE 490 CAL	7.25
<div>NEW</div> EARL GREY BLUEBERRY CROOKIE (S)	7.25
<div>NEW</div> ALMOND BUTTER & JAM CROOKIE (N) (S)	7.25
CHOCOLATE CHIP COOKIE 710 CAL	5.5
DOUBLE CHOCOLATE CHIP COOKIE 250 CAL	4.5
BELGIAN CHOCOLATE BROWNIE 580 CAL	6.5
MINI BROWNIE 170 CAL	3.5
MINI APRICOT CAKE (N) 140 CAL	3.5
MINI CARROT CAKE (V) 150 CAL	3.5
MINI BANANA CHOCOLATE CAKE (N) 160 CAL	3.5
COCONUT MACAROON (N) 230 CAL	3.5
CHOCOLATE MOUSSE CAKE (N) 470 CAL	8.25
LEMON TART 460 CAL	7.75
MIXED BERRY TART (N) 430 CAL	9
APRICOT PISTACHIO TART (N) 380 CAL	7.75
PEAR ALMOND TART (N) 430 CAL	7.75
CANELÉ 180 CAL	4
FRENCH CREAM DOUGHNUT 550 CAL	7

Hot Beverages

Includes whole & non-fat dairy milk. • with oat milk or almond milk (N) • add vanilla syrup +30 CAL • add pistachio syrup (N) +100 CAL	+1 +1 +1
COFFEE 0 CAL	4.75
CAPPUCCINO 60-130 CAL	5.5 / 6.5
LATTE 60-140 CAL	5.5 / 6.5
CAFÉ AU LAIT 40-110 CAL	5.5 / 6.5
ESPRESSO 0 CAL	4 / 5
AMERICANO 0 CAL	4.5 / 5.5
MACCHIATO 20-160 CAL	4.5 / 5
TEA 0 CAL Ask your server about our tea selection	5
BELGIAN MOCHA 170-300 CAL	6.25 / 7.25
BELGIAN HOT CHOCOLATE 180-320 CAL	5.25 / 6
MATCHA LATTE 60-140 CAL	6.25 / 7.25
HONEY LEMON GINGER 90-200 CAL	5.5 / 6.25
<div>NEW</div> STICKY TOFFEE CHAI (S) • make it dirty with a shot of espresso	6.5 / 7.5 +1.75

Cold Beverages

COLD BREW COFFEE 0 CAL	6
ICED LATTE 30-110 CAL	6
<div>NEW</div> ICED STICKY TOFFEE CHAI (S) • make it dirty with a shot of espresso	6.5 +1.75
ICED PISTACHIO MATCHA LATTE (N) 90-160 CAL	6.75
ICED MATCHA LATTE 60-140 CAL	6.5
ICED TEA 0 CAL	5
ICED GREEN TEA 0 CAL	5
ORANGE JUICE 120 CAL	5.5
APPLE JUICE 150 CAL	5.5
STILL OR SPARKLING WATER 0 CAL	3.75
<div>NEW</div> SPARKLING MATCHA GINGERADE (S)	7

Homemade Lemonades

LEMONADE 60 CAL	5
LEMONADE ICED TEA 40 CAL	5
MINT LEMONADE 60 CAL	5.75