



MENU

Spring - Summer 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 EXPRESS	421Kcal / 433 Kcal	3/6	v		v			v
LE PAIN QUOTIDIEN BREAKFAST CLASSIC	902Kcal / 989Kcal	3/6	v		v			v
LE PAIN QUOTIDIEN BREAKFAST GOURMAND	1053Kcal / 1141Kcal	2/6	v					v
PROTEIN PANCAKES	647 kcal	2/6	v			v		
HAM & CHEESE CROISSANT	369 kcal	1/6						v
PAIN PERDU	771 kcal	1/6	v					v
MINI PANCAKES	502 kcal	3/6	v		v	v		
BREAKFAST BOWL	552 kcal	6/6	v	v	v	v	v	v

Yogurt & Fruit

		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			v		v	v
GRANOLA PARFAIT - Soy yoghurt	426 kcal	6/6	v	v	v	v	v	v
FRESH FRUIT SALAD - V	125 kcal	4/6	v		v	v		v
CHIA RED FRUIT DELICE	312 kcal	5/6	v	v	v	v	v	

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

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		v	v		v	v
PORTION OF BAGUETTE	162 kcal	3/6			v	v		v
HAZELNUT & RAISIN FLUTE	252 kcal	4/6			v	v	v	v
BUTTER CROISSANT	223 kcal	2/6			v			v
PAIN AU CHOCOLAT	311 kcal	1/6			v			
PAIN AUX RAISINS	302 kcal	1/6			v			
SMALL BRIOCHE	239 kcal	2/6			v			v
TORTILLON	257 kcal	1/6			v			
CHOCOLATE TWIST	264 kcal	1/6			v			
CINNAMON ROLL - V	277 kcal	1/6			v			
HIBISCUS CROISSANT - V	230 kcal	1/6			v			
ALMOND CROISSANT	365 kcal	3/6			v		v	v
APPLE GALETTE	354 kcal	2/6			v			v
PISTACHIO SWIRL	481 kcal	1/6			v			

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	v	v	v	v	v	v
• with organic scrambled eggs	749 kcal	5/6	v	v	v		v	v
• with Atlantic smoked salmon	605 kcal	5/6	v	v	v		v	v
SALMON & AVOCADO	452 kcal	2/6				v		v
CROQUE MONSIEUR	966 kcal	1/6						v
GARDENER'S CROQUE - V	911 kcal	6/6	v	v	v	v	v	v
TUNA	451 kcal	3/6			v	v		v
BELGIAN BEEF TARTARE	517 kcal	1/6						v
CHICKEN & SMOKED MOZZARELLA TOAST	634 kcal	1/6						v

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

Our combo's

DAILY BAKER'S LUNCH - 1/2 tartine tuna	620 kcal	 5/6	 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 avocado	656 kcal	 5/6	v	v	v	v		v
TARTINE LUNCH - 1/2 ham & cheese tartine	566 kcal	1/6	v	v	v	v		v

Salads

CAESAR	701 kcal	1/6	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
WARM GOAT CHEESE	778 kcal	4/6	v			v	v	v
MEDITERRANEAN SALAD	682 kcal	4/6	v	v	v			v
• with dried Serrano ham	752 kcal	3/6	v	v				v

Flatbreads

GRILLED VEGETABLES FLATBREAD - V	826 kcal	 6/6	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
• with dried Serrano ham	896 kcal	 6/6	v	v	v	v	v	v
• with mozzarella di bufala D.O.P.	989 kcal	 6/6	v	v	v	v	v	v
• with mozzarella di bufala D.O.P. and dried Serrano ham	1059 kcal	 5/6	v	v	v		v	v
ORGANIC BAKED EGGS FLATBREAD	817 kcal	3/6			v	v		v
ITALIAN FLATBREAD	820 kcal	1/6						v

Soups & Quiches

QUICHE - LORRAINE	914 kcal	2/6	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
QUICHE - FETA AND SPINACH	788 kcal	3/6	v		v			v
ORGANIC SOUP OF THE DAY - V	686 kcal	 5/6	v	v	v	v		v

Specials

GOURMET BREAKFAST	854 kcal	1/6	 Fruits & vegetables > 80g / dish	 Fiber > 7g / dish	 Plant Based Protein > 50% / dish	 Better fats <10E% calories	 Nuts & Seeds >5g	 Less Sugar <10E% calories
SEASONAL BOWL	947 kcal	 5/6	v	v	v	v		v
• with feta	1121 kcal	4/6	v	v	v			v
• with chicken	1040 kcal	 5/6	v	v	v	v		v
SALMON & QUINOA BOWL	765 kcal	4/6	v	v		v		v
• with avocado	917 kcal	4/6	v	v		v		v
CROQUE CLUB CHICKEN	808 kcal	4/6	v	v		v		v