

# SANDWICHS



ACCOMPAGNEMENT SALADE

POSSIBILITE DE FAIRE AVEC DU PAIN SANS GLUTEN

## CLUB SANDWICH POULET

PAIN DE MIE BIO AUX GRAINES ET AUX CÉRÉALES, POULET, CRISPY BACON, EMMENTAL  
BIO, OEUFS BIO, MAYONNAISE BIO, ROQUETTE (LOCAL)  
ORGANIC BREAD WITH SEEDS AND CEREALS, CHICKEN, CRISPY BACON, ORGANIC EMMENTAL  
ORGANIC EGG, ORGANIC MAYONNAISE, ROQUETTE

## CLUB SANDWICH DINDE

PAIN DE MIE BIO AUX GRAINES ET AUX CÉRÉALES, DINDE, EMMENTAL BIO, AVOCAT BIO,  
CREAM CHEESE, ROQUETTE (LOCAL)  
ORGANIC BREAD WITH SEEDS AND CEREALS, TURKEY, ORGANIC EMMENTAL, ORGANIC  
AVOCADO, CREAM CHEESE, ROQUETTE

## CLUB SANDWICH SAUMON

PAIN DE MIE BIO AUX GRAINES ET AUX CÉRÉALES, SAUMON FUMÉ, AVOCAT BIO, CREAM CHEESE  
OIGNONS ROUGES BIO, ROQUETTE (LOCAL)  
ORGANIC BREAD WITH SEEDS AND CEREALS, SALMON, ORGANIC AVOCADO, CREAM CHEESE,  
ORGANIC RED ONIONS, ROQUETTE

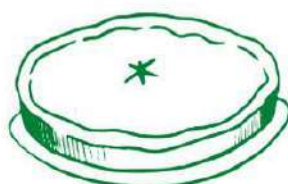
## CLUB SANDWICH VEGAN

PAIN DE MIE BIO AUX GRAINES ET AUX CÉRÉALES, HOUMOUS MAISON BIO,  
POIVRONS GRILLÉS BIO, ROQUETTE (LOCAL)  
ORGANIC BREAD WITH SEEDS AND CEREALS, ORGANIC HOMEMADE HUMMUS,  
ORGANIC ROASTED PEPPERS, ROQUETTE



# QUICHE MAISON DU JOUR

ACCOMPAGNEMENT SALADE





# BUDDHA BOWL

## GREEN BUDDHA BOWL

POUSSES D'EPINARDS (LOCAL), CHOU KALE BIO, COURGETTES CROQUANTES BIO, BROCOLIS BIO, AVOCAT BIO,  
LENTILLES VERTES BIO, GRAINES BIO  
SPINACH SPROUTS, KALE, ORGANIC ZUCCHINIS, ORGANIC BROCCOLI, ORGANIC AVOCADO,  
ORGANIC GREENS LENTILS, ORGANIC SEEDS

## VEGAN BUDDHA BOWL

MESCLUN (LOCAL), HOUMOUS MAISON BIO, CAROTTES FONDANTES BIO, PATATES DOUCES BIO,  
BETTERAVES BIO, COURGETTES CROQUANTES BIO, GRAINES BIO  
MESCLUN SALAD, ORGANIC HOMEMADE HUMMUS, ORGANIC CARROTS, ORGANIC SWEET POTATOES,  
ORGANIC BEETS, ORGANIC ZUCCHINIS, ORGANIC SEEDS

## VEGGIE BUDDHA BOWL

ROQUETTE (LOCAL), OEUF DUR BIO, QUINOA BIO, BROCOLIS BIO, AVOCAT BIO, BETTERAVES BIO, GRAINES BIO  
SALAD, ORGANIC EGG, ORGANIC QUINOA, ORGANIC AVOCADO, ORGANIC BEETS,  
ORGANIC BROCCOLIS, ORGANIC SEEDS

## CHICKEN BUDDHA BOWL

ROQUETTE (LOCAL), POULET RÔTI, COURGETTES CROQUANTES BIO, QUINOA BIO, PATATES DOUCES BIO,  
CAROTTES BIO, GRAINES BIO  
SALAD ORGANIC, ROAST CHICKEN ZUCCHINIS, ORGANIC QUINOA, ORGANIC SWEET POTATOES,  
ORGANIC CARROTS, ORGANIC SEEDS

## SALMON BUDDHA BOWL

POUSSES D'EPINARDS (LOCAL), SAUMON FUMÉ, LENTILLES VERTES BIO, COURGETTES CROQUANTES BIO,  
BROCOLIS BIO, POIS CHICHES BIO, GRAINES BIO  
SPINACH SPROUTS, SMOKED SALMON, ORGANIC ZUCCHINIS, ORGANIC BROCCOLI, ORGANIC GREENS LENTILS,  
ORGANIC CHICKPEAS, ORGANIC SEEDS



### DRESSING TO CHOOSE

- LEMON, OLIVE OIL
- BALSAMIQUE VINEGAR, OLIVE OIL
- SOY, SESAME OIL
- HONEY, MUSTARD, OLIVE OIL

### NOS ASSAISONNEMENTS

#### AU CHOIX

- CITRON, HUILE D'OLIVE
- SOJA, HUILE DE SÉSAME
- MIEL, MOUTARDE, HUILE D'OLIVE
- VINAIGRE BALSAMIQUE, HUILE D'OLIVE





# BAGELS

ACCOMPAGNEMENT SALADE

## LE NORWAY

CREAM CHEESE, SAUMON FUMÉ, OIGNONS ROUGES BIO,

CREAM CHEESE, SMOKED SALMON, ORGANIC RED ONIONS

## LE VIKING

CREAM CHEESE, DINDE, CRISPY BACON, OEUFS BIO, ROQUETTE (LOCAL),

CREAM CHEESE, TURKEY, CRISPY BACON, ORGANIC EGG, ROQUETTE

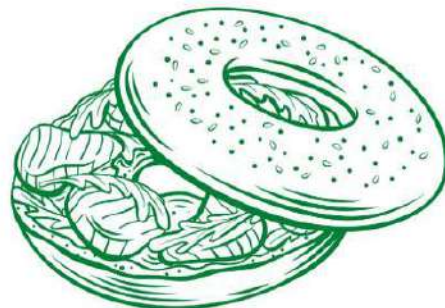
## LE CAMPAGNARD

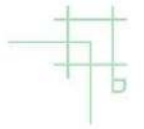
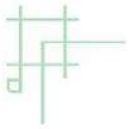
CREAM CHEESE, CHÈVRE BIO, POIVRONS GRILLÉS BIO, BRESAOLA,

OIGNONS ROUGES BIO, ROQUETTE (LOCAL)

CREAM CHEESE, ORGANIC GOAT CHEESE, BRESAOLA BEEF JERKY, ORGANIC GRILLED PEPPERS,

ORGANIC RED ONIONS, ROQUETTE





# BRUSCHETTA

ACCOMPAGNEMENT SALADE

## MARGHERITA

SAUCE TOMATES BIO, MOZZARELLA BIO, BASILIC, OLIVES

ORGANIC TOMATOES SAUCE, ORGANIC MOZZARELLA, BASIL, OLIVES

## LA VEGGIE

SAUCE TOMATES BIO, MOZZARELLA BIO, POIVRONS GRILLÉS BIO, BASILIC, OLIVES

ORGANIC TOMATOES SAUCE, ORGANIC MOZZARELLA, ORGANIC PEPPERS, BASIL, OLIVES

## LA WOO

SAUCE TOMATES BIO, MOZZARELLA, CHÈVRE BIO, BRESAOLA,

OIGNONS ROUGES BIO, BASILIC, OLIVES

ORGANIC TOMATOES SAUCE, ORGANIC MOZZARELLA, GOAT CHEESE,

BRESAOLA BEEF JERKY, ORGANIC RED ONIONS, BASIL, OLIVES



## SOUPE DU JOUR



SERVIE AVEC DES CROÛTONS DE PAIN BIO,

DE L'EMMENTAL RÂPÉ BIO ET DES GRAINES

100% BIO

100% HEALTHY

100% FRESH

100% VEGAN



# SALADES



## LA JULES

**MESCLUN (LOCAL), EMINICÉS DE POULET, COPEAUX DE PARMIGIANO REGGIANO  
CRISPY BACON, CROÛTONS , OLIVES, SAUCE CÉSAR , GRAINES BIO**

SALAD MESCLUN, CHICKEN, PARMIGIANO REGGIANO CHEESE, CRISPY  
BACON, CROUTONS, OLIVES, CESAR SAUCE, ORGANIC SEEDS

## LA BIQUETTE



**MESCLUN (LOCAL), TOASTS DE CHÈVRE BIO, BRESAOLA, POIVRONS GRILLÉS BIO  
COPEAUX DE PARMIGIANO REGGIANO, OIGNONS ROUGES BIO, OLIVES, GRAINES BIO**

SALAD MESCLUN, ORGANIC GOAT CHEESE TOAST, BRESAOLA BEEF JERKY, ORGANIC  
ROASTED PEPPERS, PARMIGIANO REGGIANO CHEESE, ORGANIC RED ONIONS, OLIVES  
ORGANIC SEEDS

### EXTRA

#### SUPLÉMENTS

<b>SAUMON FUMÉ</b> SMOKED SALMON	5
<b>FILET DE POULET RÔTI</b> ROASTED CHICKEN	3
<b>BRESAOLA</b> BEEF JERKY	4
<b>HOUMOUS BIO MAISON</b> ORGANIC HUMMUS	2
<b>AVOCAT BIO</b> ORGANIC AVOCADO	2
<b>CHÈVRE BIO OU EMMENTAL BIO</b> ORGANIC GOAT CHEESE OR ORGANIC EMMENTAL CHEESE	2
<b>BLANC DE DINDE</b> TURKEY	2
<b>QUINOA BIO</b> ORGANIC QUINOA	2
<b>OEUF DUR</b> SOFT - BOILED ORGANIC EGGS	2
<b>CRISPY BACON</b>	2,50
<b>AUTRES LÉGUMES BIO</b> OTHER ORGANIC VEGETABLES	2

# DESSERTS



## FONDANT AU CHOCOLAT SANS GLUTEN BIO

ORGANIC AND GLUTEN FREE CHOCOLATE CAKE

## BROOKIES TOUT CHOCO SANS GLUTEN BIO

ORGANIC AND GLUTEN FREE CHOCOLAT BROOKIES



## BANANA BREAD SANS GLUTEN BIO

ORGANIC AND GLUTEN FREE BANANA BREAD

## MARBRÉ SANS GLUTEN BIO AU CHOCOLAT ET NOIX DE PÉCAN

ORGANIC AND GLUTEN FREE CHOCOLAT AND PECAN NUTS



## CARROT CAKE VEGAN SANS GLUTEN BIO

ORGANIC AND GLUTEN FREE CARROT CAKE

## FROMAGE BLANC BIO AVEC MIEL BIO

ORGANIC FROMAGE BLANC WITH HONEY



## COMPOTES DE FRUITS BIO SANS SUCRES AJOUTÉS

POMME, POIRE, MYRTILLE, MANGUE

ORGANIC FRUITS COMPOTES WITHOUT ADDED SUGARS

## MUESLI BOWL



## FROMAGE BLANC BIO, MUESLI CROUSTILLANT BIO, FRUITS

## FRAIS BIO DE SAISON, MIEL BIO ET GRAINES

ORGANIC FROMAGE BLANC, ORGANIC CRISPY MUESLI, ORGANIC

FRESH FRUITS, HONEY, SEEDS



## MUESLI BOWL + BROOKIES





## HOT DRINKS



EXPRESSO  
DÉCA  
CAFÉ AMÉRICAIN  
NOISETTE

DOUBLE EXPRESSO  
LATTE MACHIATTO  
CAFÉ CRÈME  
CAPPUCCINO



**CHOCOLAT CHAUD BIO AVEC DE LA PÂTE À TARTINER**

**THÉS BIO / INFUSIONS BIO LES JARDINS DE GAÏA**



**MOCHACCINO**



**CHAÏ LATTE**

THÉ NOIR, CARDAMOME, CANNELLE, GINGEMBRE, CLOUS DE GIROFLE  
BLACK TEA, CARDAMOM, CINNAMON, GINGER, CLOVES



**MATCHA LATTE**

THÉ MATCHA, CANNELLE, GINGEMBRE, SUCRE DE FLEUR DE COCO  
MATCHA TEA, CINNAMON, GINGER, COCONUT FLOWER SUGAR



**GOLDEN LATTE**

CURCUMA, CANNELLE, GINGEMBRE, CARDAMOME, NOIX DE MUSCADE  
CLOUS DE GIROFLE, POIVRE NOIR, SUCRE DE FLEUR DE COCO  
TURMERIC, CINNAMON, GINGER, CARDAMOM, NUTMEG, CLOVE, BLACK PEPPER,  
COCONUT FLOWER SUGAR



**MACA-CACAO LATTE**

MACA (OU GINSENG PÉRUVIEN) CACAO CRU, CANNELLE, SUCRE DE FLEUR DE COCO  
MACA (OR PERUVIAN GINSENG), RAW CACAO, CINNAMON,  
COCONUT FLOWER SUGAR



NOS LAITS BIO AU CHOIX : AMANDE , AVOINE, COCO + 0,50  
CHOICE OF ORGANIC MILKS : ALMOND, OAT, COCONUT + 0,50



## Cold Drinks

EAU PLATE	(50 CL)
EAU GAZEUSE	(50 CL)
SIROP À L'EAU <small>(grenadine menthe, fraise, citron, pêche)</small>	(50 CL)
COCA, COCA ZÉRO	(33 CL)
BIÈRE BLONDE STURM BIO	(33 CL)
BIÈRE BUD	(33 CL)

### LEMONAID



#### LEMONAID CITRON VERT

EAU GAZÉIFIÉE, JUS DE CITRON VERT, SUCRE DE CANNE  
SPARKLING WATER, LIME JUICE, CANE SUGAR

#### LEMONAID GINGER

EAU GAZÉIFIÉE, JUS DE CITRON, SUCRE DE CANNE, PURÉE DE GINGEMBRE  
SPARKLING WATER, LEMON JUICE, CANE SUGAR, GINGER

### CHARITEA



#### CHARITEA BLACK

INFUSION DE THÉ NOIR, SIROP D'AGAVE, JUS DE CITRON  
BLACK TEA INFUSION, AGAVE SYRUP, LEMON JUICE

#### CHARITEA GREEN

INFUSION DE THÉ VERT ET DE GINGEMBRE, SIROP D'AGAVE, MIEL, JUS DE CITRON  
GREEN TEA INFUSION, GINGER AGAVE SYRUP, HONEY, LEMON JUICE

#### CHARITEA RED

INFUSION DE ROOIBOS, SIROP D'AGAVE, JUS DE FRUIT DE LA PASSION  
JUS DE BAIE DE SUREAU  
ROOIBOS INFUSION, AGAVE SYRUP, PASSION FRUIT JUICE, ELDERBERRY JUICE



## JUS DE FRUITS BIO

À L'EXTRACTEUR DE JUS PRESSÉ À FROID  
PURE ORGANIC COLD-PRESSED FRUIT JUICE

5,9

### STARTER



ORANGE, ANANAS, MENTHE FRAÎCHE

ORANGE, PINEAPPLE, FRESH MINT

### ACE



ORANGE, CAROTTE, CITRON

ORANGE, CARROT, LEMON

### DETOX



POMME, CAROTTE, BETTERAVE, GINGEMBRE

APPLE, CARROT, BEETROOT, GINGER

### WOO



POMME, KIWI, CITRON, ANANAS

APPLE, KIWI, LEMON, PINEAPPLE

### PEACEFULL



POMME, KIWI, ORANGE

APPLE, KIWI, ORANGE

ADD GINGER - 0,5  
SUPPLÉMENT GINGER  
ADD TURMERIC - 0,5  
SUPPLÉMENT CURCUMA



## JUS DE LÉGUMES DETOX DU JOUR BIO



ADD GINGER - 0,5  
SUPPLÉMENT GINGER  
ADD TURMERIC - 0,5  
SUPPLÉMENT CURCUMA

6,5

