

cojean

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## SUMMER RECIPES

FROM 29 JUNE TO 13 SEPTEMBER 2020

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**100%** of our salad pots, dessert pots and juice cups, are made from **100% PET recycled plastic**

**87%** of all our cardboard and paper packaging is made from recycled materials or **FSC/PEFC certified**

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**VEGAN**



**VEGETARIAN**



**GLUTEN FREE**



**DAIRY FREE**



**ORGANIC**



**CLEAN LABEL CHICKEN**



**FREE-RANGE EGG**



**SUSTAINABLE SEAFOOD**



**ANIMAL-DERIVED GELATINE FREE**

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## **FRESHLY MADE EVERY DAY,**

daily hot soups, weekly specials and a new menu every season.

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# ORGANIC JUICE - BAR

## FRESHLY MADE TO ORDER

### PRESSED FRUIT & VEGETABLE JUICES \_\_\_\_\_ 4.75

350ml - 100% organic fruit and vegetables.

CARROT · ORANGE · APPLE · GINGER

TO BE MIXED  
AS YOU WISH

### MIXED FRUIT JUICES \_\_\_\_\_ 4.95

350ml - 100% organic fruit.

#### SUMMER BREEZE

pineapple, strawberry, apple.

#### SECRET GARDEN

strawberry, banana, kiwi, apple.

#### EARLY DAWN

pineapple, apple, mint.

#### ACAI BLUSH

açaí, raspberry, banana, apple.

#### RED VIVAL

apple, strawberry, raspberry, blackcurrant.

### MIXED FRUIT & VEGETABLE JUICES \_\_\_\_\_ 5.15

350ml - 100% organic fruit and vegetables.

#### GREEN MANGO

spinach, mango, pineapple, ginger, apple.

#### GREEN POWER

spinach, cucumber, apple.

#### SUPERHULK

kale, banana, pineapple, orange, chia seed.

#### FRENCH KISS

beetroot, strawberry, pineapple, apple.

#### YOGI TIME

carrot, banana, pineapple, hemp.

# BOWL

### ACAI BOWL \_\_\_\_\_ 6.95

organic açaí, organic strawberry, organic banana, organic apple, raspberry, blueberry, gluten free granola (walnut, cashew nut, coconut, pumpkin seed, cranberry).

# BREAKFAST

BREAKFAST EVERY MORNING UNTIL 11AM

### PORRIDGE \_\_\_\_\_

#### PEACH, APRICOT & SWEET POTATO PORRIDGE WITH PISTACHIO

organic oat flake, organic brown linseed, organic milk, peach apricot sweet potato compote, grilled pistachio. 2.95

### FREE-RANGE SCRAMBLED EGGS \_\_\_\_\_

#### BACON & COMTÉ

free-range scrambled eggs, bacon, comté cheese. 3.95

### FREE-RANGE EGG BRIOCHES \_\_\_\_\_

#### MUSHROOM & CHEDDAR


free-range omelette, mushroom, mature cheddar, sun-dried tomato, creamy mushroom sauce in a toasted rustic bun. 3.55

#### BACON & EMMENTAL

free-range omelette, bacon, emmental cheese, basil, pepper sauce in a toasted rustic bun. 3.75




# SOUPS

HOT  \_\_\_\_\_ 4.15



300ml — 100% vegetarian, homemade with organic vegetables.

SEE BLACKBOARD FOR  
OUR WEEKLY SPECIALS


COLD  \_\_\_\_\_ 3.95 e

**GAZPACHO**  
organic tomato, organic cucumber, organic pepper, bread, olive oil, sherry vinegar.

# HOT DISHES





LASAGNE   \_\_\_\_\_ 7.70




HOT DISH \_\_\_\_\_ 8.30


VEGAN HOT DISH  \_\_\_\_\_ 8.30

# SALADS



MEAT & FISH \_\_\_\_\_

**NIÇOISE SALAD**      
free-range poached egg, organic red rice, msc tuna, green bean, greek black olive, caper, tomato, cherry tomato, chive, basil pesto. 5.65


**THAI CHICKEN SALAD**     
chicken breast, carrot, white cabbage, green cabbage, red onion, golden sesame, coriander, ginger, lime, soya sauce, sesame oil. 5.75

**CHICKEN & PESTO ROSSO  
TABBOULEH SALAD**   
organic bulgur, marinated chicken breast with pesto rosso, tomato, lemon, red onion, parsley, basil, coriander, lemon juice, olive oil. 6.25


VEGETARIAN \_\_\_\_\_

**ALL GREEN RICE SALAD**    
organic wild rice mix, edamame, broccoli, cucumber, basil & lemon pesto. 4.55

**MOZZA VERDE SALAD**    
broad bean, green bean, garden pea, mangetout, mozzarella di bufala, chive, basil pesto. 5.55

**SUMMER VEGETABLES  
& PESTO BARLEY SALAD**   
organic barley, grilled aubergine, red and yellow pepper, grilled courgette, cherry tomato, green olive, pine nut, basil & lemon pesto. 5.55

PASTA \_\_\_\_\_

**CRAYFISH PASTA SALAD**   
squid-ink spaghetti pasta, sweet pepper marinated crayfish, affila cress, arrabbiata sauce. 5.65



# SANDWICHES

## MINIS

**HAM & CHEESE RUSTIC**  
ham, emmental cheese, gherkin, butter in an organic rustic bread. 2.70

**TUNA & CUCUMBER RUSTIC** 🌱 🐟  
msc tuna spread, cucumber, chive, basil in an organic rustic bread. 2.90

**BANH MI BRIOCHÉ** 🌱  
marinated tofu, carrot, cucumber, fried onion, coriander, thai sauce in an organic sesame and nigella seed brioche. 3.30

**TURKEY & EMMENTAL BRIOCHÉ**  
turkey, emmental cheese, cherry tomato, mustard sauce in an organic multigrain brioche. 3.50

**HAM, CHEDDAR & COURGETTE BRIOCHÉ**  
ham, mature cheddar, grilled courgette, basil, basil pesto in an organic poppy seed brioche. 3.50

## BAGUETTES

**CURED HAM & PARMESAN BAGUETTE**  
cured ham, parmesan, tomatade, butter, rocket in an organic seed baguette. 4.25

**MEDITERRANEAN BAGUETTE** 🌱  
ash goat cheese, sun-dried tomato, basil, baby spinach, caper and green olive tapenade in an organic seed baguette. 4.25

## TOASTIES

**VEGGIE** 🌱  
in whole grain bread. 5.95

**CLUB**  
in sesame seed bread. 6.35

SEE BLACKBOARD FOR OUR WEEKLY SPECIALS

# DESSERTS

## FRUITS 🌱 🌿

**FRUIT SALAD**  
mixed chopped fresh fruit. 2.45

**MELON** 2.45

**MANGO** 2.85

**PINEAPPLE** 2.85

## PASTRIES, BREADS & CAKES

**SMALL MULTIGRAIN WHOLEMEAL BREAD ROLL** 🌱 0.35

**COOKIES** 🍪  
milk chocolate, white chocolate or triple chocolate 1.40

**CROISSANT** 1.40

**PAIN AU CHOCOLAT** 1.50

**CANELÉ** 🍷  
caramelised rum and vanilla flavoured cake. 1.60

**PASTEL DE NATA** 🍷  
vanilla flan on a flaky pastry base. 1.60

**CINNAMON ROLL** 1.80

**CAKES** 🍰  
carrot, lemon poppyseed, marble, pistachio-chocolate. 2.10

## YOGHURTS 🍓 🌿

**WHOLE MILK YOGHURT**  
lemon, raspberry, blueberry. 1.85

**YOGHURT WITH RASPBERRY COULIS**  
reduced fat yoghurt, raspberry coulis, raspberry. 2.70

**YOGHURT WITH BLUEBERRY & HONEY**  
reduced fat yoghurt, blueberry, honey, organic pumpkin seed. 2.70



# DESSERTS

## SMALL SWEET TREATS

**COCONUT & COCOA POT**     
coconut milk, coconut cream, cocoa. 2.25

**COCONUT POT**     
coconut milk, coconut cream. 2.25

**COCONUT RICE PUDDING**    
coconut rice pudding, coconut cream. 2.35

**MANGO, APRICOT & PISTACHIO BIRCHER**   
organic oat flake, hazelnut, apple, coconut milk, maple syrup, mango & apricot puree, grilled pistachio. 2.75

**SUPER BERRIES COCO PARADISE**    
coconut yoghurt, fresh fruit, seed mix. 3.85

## ENTREMET

**MOUSSE AU CHOCOLAT**   2.35


# DRINKS

## COLD

**COCA COLA** 330 ML  
classic, diet, zero. 1.20

**BELU** 330 ML  
natural still or sparkling mineral water 1.30


**COLD-PRESSED SHOTS** 60 ML  
cold-pressed juices, cold stabilisation by high pressure: ginger, turmeric, pomegranate. 2.25

**LUSCOMBE** 270 ML   
organic lightly sparkling drinks with fruit juice: blueberry, lime, rhubarb. 2.80

**COLD-PRESSED JUICES** 250 ML  
freshly cold-pressed fruit and vegetables juices, stabilised at high pressure. 2.95

**COLD-PRESSED POMEGRANATE JUICE** 250 ML  
cold-pressed pomegranate juice, cold stabilisation by high pressure. 2.95

**COLD-PRESSED LEMONADE** 400 ML  
cold-pressed drinks, stabilised at high pressure: lemon-lime, lemon-spirulina. 2.95

**LO BROS KOMBUCHA** 300 ML   
organic naturally sparkling and fermented green teas: ginger & lemon, raspberry & lemon, passion fruit. 3.40

**COLD-PRESSED COCONUT WATER** 250 ML  
cold-pressed coconut water, cold stabilisation by high pressure. 3.45



# DRINKS

## ORGANIC COFFEE & TEA



<b>ESPRESSO, ESPRESSO MACCHIATO</b>	1.85	<b>HOT CHOCOLATE</b>	2.65
<b>AMERICANO</b>	2.15	<b>FRESH MINT</b>	1.95
<b>DOUBLE ESPRESSO</b>	2.20	<b>TEAS</b>	
<b>LATTE, CAPPUCCINO, FLAT WHITE, MOCHA</b>	2.65	english breakfast, earl grey, green, peppermint.	1.95

# SNACKS

<b>POPCORN - PROPERCORN</b>   hand-popped corn: sweet & salty, lightly sea salted.	0.90	<b>BUCKWHEAT GALETTES</b>    6 thin buckwheat galettes from belle-île-en-mer.	2.00
<b>CRISPS - BURTS</b>   hand-cooked english crisps: sea salt, crushed peppercorn, sea salt & vinegar.	0.90	<b>CHOCOLATE BARS</b>	
<b>LOVE CORN</b>   vegan and gluten free corn kernels: sea salt, smoked barbecue, habanero chili.	1.15	<b>RHYTHM 108</b>    organic vegan and gluten free chocolate bars: hazelnut & praline, super coconut, sweet & salty almond.	2.20
<b>EMILY VEG CRISPS</b>   dried veg: crunchy sweet potato, carrot & beet- root, crunchy french beans, sugar snap peas & black edamame.	1.90	<b>LITTLE MIRACLES</b>    organic vegan and gluten free bars: top six seed, top five nut.	2.20

## NOURRIR, AIMER, DONNER

the cojean foundation NOURRIR AIMER DONNER, under the auspices of the Fondation de France, it's main aim is to fight poverty while contributing towards the development of the world's poorest communities

## NOS INVENDUS

every evening we give away our unsold products to charitable organizations



cojean

FRAIS & HUMAIN DEPUIS 2001