



cojean

SPRING RECIPES

FROM 16 MARCH TO 14 JUNE 2020



THIS MENU IS MADE FROM FSC-CERTIFIED PAPER

10% OF OUR PROFITS are donated to the foundation NOURRIR AIMER DONNER, part of the Fondation de France charity network.

the foundation NOURRIR AIMER DONNER - FEED LOVE GIVE in English - strives to fight poverty and contribute to sustainable development in the poorest communities by working to provide access to food and water, and to combat any form of injustice in general.

EVERY EVENING, our unsold goods are distributed to charitable associations.



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



ORGANIC



CLEAN LABEL CHICKEN



FREE-RANGE EGG



SUSTAINABLE SEAFOOD



ANIMAL-DERIVED GELATINE FREE

FRESHLY MADE EVERY DAY,

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

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

acai, raspberry, banana, apple.

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.

BOWL

ACAI BOWL _____ 6.95

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

BREAKFAST

BREAKFAST EVERY MORNING UNTIL 11AM

BREAKFAST MENUS _____

PARISIAN

organic hot drink, croissant or pain au chocolat. 2.95

IDEAL

organic hot drink, porridge. 3.95

ROYAL

organic pressed or mixed juice, avocado toast or free-range egg brioche or free-range scrambled eggs. 7.95

PORRIDGES _____

PEACH, APRICOT & SWEET POTATO PORRIDGE WITH PISTACHIO

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

RASPBERRY, RHUBARB PORRIDGE

organic oat flake, organic chia seed, organic coconut milk, raspberry and rhubarb compote, pumpkin seed. 2.95

TOAST _____

AVOCADO TOAST

fresh avocado, lime juice, coriander, organic toasted sesame seed on organic multigrain bread. 4.45

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

HAM & COMTÉ

free-range omelette, comté cheese, ham, traditional mustard sauce in a toasted rustic bun. 3.75

BACON & EMMENTAL

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

HERITAGE

free-range omelette, black pepper pastrami, mature cheddar, yellow mustard sauce in a toasted rustic bun. *exclusive to selfridges* 3.75

FREE-RANGE SCRAMBLED EGGS _____

MUSHROOM & TOMATO

free-range scrambled eggs, mushroom, crushed tomato. 3.75

BACON & COMTÉ

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



SOUPS

HOMEMADE DAILY
SOUPS  _____ 4.15

300ml – with organic vegetables.

SEE BLACKBOARD FOR
OUR WEEKLY SPECIALS

HOT DISHES

LASAGNE   _____ 7.70





RISOTTO  _____ 7.70




HOT DISH _____ 8.30


VEGAN HOT DISH  _____ 8.30

SALADS


MEAT & FISH _____


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

THAI CHICKEN SALAD   
chicken breast, carrot, white cabbage, green cab-
bage, 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



PASTA _____



GREEK PASTA SALAD 
casarecce pasta, feta PDO, courgette, crushed
tomato, greek black olive, pine nut, basil and mint
pesto. 5.55



CRAYFISH PASTA SALAD 
squid-ink spaghetti pasta, sweet pepper
marinated crayfish, avocado, chervil, arrabbiata
sauce. 5.65



VEGETARIAN _____

**CAULIFLOWER TABBOULEH
SALAD**  
cauliflower, grilled organic chickpea, dried raisin, red
onion, lemon zest, parsley, mint, coriander, ginger,
cumin, curry, olive oil. 3.15

**RAW VEGETABLES, CASHEW
& CHLOROPHYLL SALAD**  
broccoli, garden pea, red radish, alfa broccoli,
cashew & herbs sauce - spinach, chervil, chive,
cashew nut, vinegar of xeres, sunflower oil. 4.55

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

**QUINOA SALAD, COURGETTE
& GRILLED ALMOND**  
organic trio quinoa, courgette, garden pea, almond,
sweet mint, oliv oil, lemon juice, grilled almond and
courgette sauce. 5.55

**ORANGE SUPERFOOD
SALAD**  
organic red quinoa, organic red lentil, carrot, dried
raisin, coriander, chervil, almond, olive oil, lemon
juice, mustard, carrot and coriander hummus. 5.55

SANDWICHES

MINIS

HAM & CHEESE RUSTIC

ham, emmental cheese, gherkin, butter in a rustic bread. 2.70

OLIVE, TOMATO & CASHEW RUSTIC

cucumber, sun-dried tomato, baby spinach, cashew nut and organic tofu spread with olive in a rustic bread. 2.85

TUNA & CUCUMBER RUSTIC

MSc tuna spread, cucumber, chive, basil in a rustic bread. 2.90

PASTRAMI & MUSTARD RUSTIC

pastrami, sun-dried tomato, rocket, mustard sauce in a rustic bread. 3.10

MUSHROOM, PICKLE & CASHEW BRIOCHÉ

mushroom stir fry, organic red onion pickle, baby spinach, cashew nut and tofu spread with herbs in an organic sesame and nigella seed brioche. 3.30

VERY VEGGIE BRIOCHÉ

mangetout, artichoke, mature cheddar, tomato, basil pesto in an organic poppy seed brioche. 3.30

TURKEY & EMMENTAL BRIOCHÉ

turkey, emmental cheese, cherry tomato, mustard sauce in an organic multigrain brioche. 3.50

BACON & EGG MAYO MIMOSA BRIOCHÉ

egg, caper, mayonnaise, sun-dried tomato, daikon cress, tartare sauce in an organic multigrain brioche. 3.50

SPECIAL SALMON BRIOCHÉ

smoked salmon, apple, black radish, dill, gravlax sauce in an organic poppy seed brioche. *exclusive to selfridges* 3.50

BAGUETTES

AVOCADO ALMOND & BLACK OLIVE

avocado, greek black olive, basil, pea sprout, courgette almond sauce in a seed baguette. 4.25

CHICKEN & MIMOLETTE CHEESE

chicken breast, mimolette cheese, sun-dried tomato, baby spinach, pepper sauce in a seed baguette. 4.25

CURED HAM & PARMESAN

cured ham, parmesan, tomato, butter, rocket in a seed baguette. 4.25

MEDITERRANEAN

ash goat cheese, sun-dried tomato, basil, baby spinach, caper and green olive tapenade in a 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

PINEAPPLE

2.85

MANGO

2.85

FRUIT MIX

mixed chopped fresh fruit. 3.20

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

YOGHURT WITH STRAWBERRY & GRANOLA

reduced fat yoghurt, candied strawberry coulis, agave nectar gluten free granola (walnut, cashew nut, coconut, pumpkin seed, cranberry). 2.90

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

LE PETIT 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

PECAN NUT BROWNIE

1.95

CAKES

carrot, lemon poppyseed, marble, pistachio-chocolate. 2.10

DESSERTS

SMALL SWEET TREATS 🍪

COCONUT & COCOA POT 🌿 🌱 🌿 2.25
coconut milk, coconut cream, cocoa.

COCONUT POT 🌿 🌱 🌿 2.25
coconut milk, coconut cream.

COCONUT RICE PUDDING 🌱 🌿 2.35
coconut rice pudding, coconut cream.

MOUSSE AU CHOCOLAT 🌿 🍫 2.35

RASPBERRY & RHUBARB CRUMBLE 🌱 2.55
raspberry and rhubarb compote covered with crumble

PEACH, APRICOT & SWEET POTATO CRUMBLE 🌱 2.55
peach, apricot and sweet potato compote covered with crumble.

BLACKBERRY BIRCHER MUESLI 🌱 2.75
organic oat flake, hazelnut, apple, coconut milk, maple syrup, blackberry compote, blackberry.

BIRCHER MUESLI 🌱 2.75
organic oat flake, hazelnut, apple, coconut milk, maple syrup, raspberry.

MANGO BIRCHER MUESLI 🌱 2.75
organic oat flake, hazelnut, apple, coconut milk, maple syrup, mango puree, passion fruit.

LEMON & CRUMBLE CHIA PUDDING 🌱 🌿 3.20
organic chia seed with organic coconut milk, lemon coulis, candied lemon zest covered with crumble.

RASPBERRY & RHUBARB CHIA PUDDING 🌱 🌿 3.20
organic chia seed with organic coconut milk, raspberry and rhubarb compote, raspberry, pumpkin seed.

STRAWBERRY & SPIRULINA CHIA PUDDING 🌱 3.20
organic chia seed with spirulina and organic coconut milk, candied strawberry coulis, blueberry, pomegranate.

RED FRUITS COCONUT 🌱 🌿 3.85
dairy-free coconut milk dessert, blackberry coulis, raspberry, blueberry, cocoa nib.

MANGO COCONUT & POMEGRANATE 🌱 🌿 3.85
organic mango coconut milk dessert, pomegranate, seed mix with cranberry (sunflower seed, pumpkin seed, chia seed and coconut).

DRINKS

COLD

COCA COLA 330 ML 1.20
classic, diet, zero.

EVIAN 500 ML 1.40
natural mineral water.

SAN PELLEGRINO 500 ML 1.50
slightly sparkling natural mineral water.

EVIAN 750 ML 1.80
natural mineral water.

SOMETHING & NOTHING 330 ML 2.10
slightly sparkling water with natural extracts: cucumber, yuzu.

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

ÉLOA 500 ML 2.40
aloe vera drinks: lime, litchi, original.

LEMONAID 330 ML 🌿 2.60
organic lemonade: blood orange, passionfruit, lime, ginger.

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

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

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

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

CLEVER KOMBUCHA 300 ML 3.40
naturally sparkling fermented teas packed with a multitude of vitamins, enzymes and probiotics: original, ginger pear, lemon lavender, lime sea salt.

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

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

DRINKS

ORGANIC COFFEE & TEA



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

SNACKS

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

OUR PACKAGING

- 81%** of our cardboard and paper is recycled or certified.
- 100%** of our salad & dessert pots and juice cups are made from 100% recycled materials.
- our straws are paper and our cutlery are made from renewable corn starch.

cojean

FRAIS & HUMAIN DEPUIS 2001