ALLERGENS & NUTRITIONAL VALUES - Products

cojean

COLOUR LEGEND: Source of protein | High protein | Source of fibre | High fibre

AUTUMN26_V1

Dear guests with allergies or intolerances,
In our kitchen, we handle the 14 major allergens subject to mandatory declaration (gluten, milk, peanuts, celery, crustaceans, nuts, lupin, egg, fish, mollusks, mustard, sesame, soy, sulphites).
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	SERVING SUGGESTION	PRODUCT NAME	MAJOR ALLERGENS	SPECIAL DIET	INGREDIENTS	NUTRITIONAL VALUES (PER 100g) ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	CARBOHYDRATES (g)	Sugars (g)	FAT (g)	Saturated fat (g)	SALT (g)	FIBER (g)	WEIGHT
SOUP		soup 1000 vegetables	soy, celery	lactose free diet gluten free diet vegan diet	water, carrot* 20.6%, sweet potato* 14%, fennel* 6.9%, SOYA*-based culinary specialty (1), leek* 5.5%, CELERY* 2.2%, shallot*, salt, rapeseed oil, pepper. - 1-SOYA* juice (water, hulled SOYA*), sunflower oil*, emulsifier: acacia gum*, cane sugar*, thickeners: xanthan gum, carrageenans *= organic – 98.6% of agricultural ingredients are organic	136	33	0,63	2,56	1,54	1,92	0,18	0,54	1,33	280
		chickpeas, roasted tomato, yogurt	milk	gluten free diet vegetarian diet	water, crushed tomato* 16.4%, chickpeas 15.3%, carrot*, yogurt 5.9% (1), onions*, rapeseed oil, salt, spice blend (2), garlic*, cumin. - 1-whole MILK, skimmed MILK powder, lactic ferments 2-paprika, pepper, caraway, garlic, coriander *=organic – 58% of the ingredients of agricultural origin are organic	166	40	1,91	3,86	1,36	1,26	0,22	0,50	2,65	280
		broccoli coconut green curry soup	none	lactose free diet gluten free diet vegan diet	broccoli* 66.9%, water, coconut milk 8.9% (1), sunflower oil, green curry (2) 0.6%, garlic*, salt. - 1-coconut extract, water 2-green chilli, sunflower oil, lemongrass, garlic, onion, salt, ginger, coriander, lemon juice, kaffir lime, cumin, spirit vinegar, spices *= organic – 97.7% of agricultural ingredients are organic	186	45	1,56	0,45	0,33	3,74	1,67	0,66	1,62	280
		goat spinach	milk	gluten free diet Vegetarian diet	water, spinach* 47.8%, spreadable goat cheese 14.3% (1), shallot*, sunflower oil, salt, pepper. - (1) Pasteurized goat's MILK, salt, cultures (including MILK), coagulant. *=organic – 76.2% of the ingredients are from organic farming	189	45	2,62	1,25	0,60	3,04	1,35	0,51	1,31	280
		leeks, potatoes, hazelnut	milk, nuts	gluten free diet Vegetarian diet	water, leek* 32.4%, potatoes* 14.6%, UHT sterilised CREAM (including stabiliser: carrageenans), onions*, HAZELNUTS 1.4%, HAZELNUT oil 1.3%, salt, rapeseed oil. - *= organic - 80.4% of the ingredients of agricultural origin are organic	297	72	0,97	3,50	1,72	5,69	2,19	0,58	1,37	280
		split pea with goat cheese	milk	gluten free diet Vegetarian diet	water, split peas 15.4%, goat cheese 5.8% (1), shallot*, rapeseed oil, salt. - 1-Pasteurized goat's MILK (origin: France), salt, cultures (including MILK), coagulant *= organic - 14.7% of ingredients of agricultural origin are organic	291	69	4,06	8,70	0,83	1,98	0,63	0,32	0,10	280
		greens soup	soy	lactose free diet gluten free diet vegan diet	water, spinach* 17%, potato* 17%, leek* 8.5%, courgette* 8.5%, onion*, SOY-based drink* (1), salt, rapeseed oil. - 1-water, organic dehulled SOYBEANS, sea salt *= organic - 99.8% of ingredients of agricultural origin are organic	87	21	0,90	3,18	0,89	0,21	0,02	0,40	1,18	280
		green lentil and spinach soup	soy	lactose free diet gluten free diet vegan diet	water, spinach* 14.6%, green lentils 8.6%, SOY-based culinary preparation* (1), shallot*, potato flakes*, sunflower oil, salt. - 1-SOY juice* (water, dehulled SOYbeans*), sunflower oil*, emulsifier: gum arabic*, cane sugar*, thickeners: xanthan gum, carrageenans *=organic – 72.4% of ingredients of agricultural origin are organic	229	55	2,80	5,33	0,42	2,02	0,20	0,51	1,97	280
		carrot, turmeric, ginger, black pepper soup	soy	lactose free diet gluten free diet vegan diet	water, carrots* 44%, SOYA cream* (1), shallots*, ginger 1.2%, olive oil, salt, garlic*, turmeric 0.1%, pepper 0.02%. - 1-SOYA drink (water, SOYA beans), deodorized sunflower oil, emulsifier: gum arabic, unrefined cane sugar, thickeners: xanthan gum, carrageenans * = organic — 96% of the ingredients of agricultural origin are organic	108	26	0,50	1,80	1,10	1,60	0,10	0,60	1,20	280
		sweet potato, carrot, coconut milk & blond miso	soy	lactose free diet gluten free diet vegan diet	water, carrots* 26.8%, sweet potatoes* 12.2%, coconut milk* 7.3% (1), onions*, miso 1.7% (2), rapeseed oil, salt, sugar. - 1-coconut extract 4.6%, water 2-rice, SOYA beans, salt, rice flour, water *=organic - 95,5% of the ingredients of agricultural origin are organic	146	35	0,60	2,90	1,50	2,10	0,10	0,50	1,10	280
		carrot cheddar soup	milk, soy	gluten free diet Vegetarian diet	water, carrot* 26.5%, potato* 17.7%, cheddar (1) 6%, SOY-based culinary preparation* (2), sunflower oil, garlic*, salt. - 1-pasteurized cow's MILK, salt, lactic cultures, microbial coagulant, colouring: E160a, potato starch 2-SOY juice* (water, dehulled SOYbeans*), sunflower oil*, emulsifier: gum arabic*, cane sugar*, thickeners: xanthan gum, carrageenans *=organic – 85.5% of ingredients of agricultural origin are organic	274	66	2,07	3,35	0,88	4,70	1,45	0,50	1,01	280
		butternut soup	soy	lactose free diet gluten free diet vegan diet	butternut squash* 51%, water, SOY-based culinary preparation* (1), onion*, leek*, sunflower oil, salt. - 1-SOY juice* (water, dehulled SOYbeans*), sunflower oil*, emulsifier: gum arabic*, cane sugar*, thickeners: xanthan gum, carrageenans *=organic – 98.1% of ingredients of agricultural origin are organic	141	34	1,01	2,88	2,87	1,67	0,14	0,50	1,62	280
		mushroom thyme soup	soy	lactose free diet gluten free diet vegan diet	button mushrooms* 63.4%, water, SOYA-based culinary preparation* (1), shallot*, potato flakes*, sunflower oil, salt, garlic*, thyme flowers 0.3%. - 1- SOYA drink* (water, hulled SOYA beans*), sunflower oil*, emulsifier: gum arabic*, cane sugar*, thickeners: xanthan gum, carrageenans *=organic – 97.9% of the ingredients of agricultural origin are organic	152	36	1,43	2,59	0,51	2,04	0,20	0,34	1,00	280
		red lentil, sweet potato, curry	soy	lactose free diet gluten free diet vegan diet	water, red lentils 14.9%, sweet potatoes* 7.5%, onions*, SOYA cream* (1), leeks*, rapeseed oil, garlic*, curry 0.3% (2), salt, pepper. - 1-SOYA drink* (water, SOYA beans*), deodorized sunflower oil*, emulsifier: gum arabic*, unrefined cane sugar*, thickeners: xanthan gum, carrageenans 2-coriander, turmeric, hot chilli pepper, fenugreek, salt, fennel, garlic, spice blend *=organic - 62,9% of the ingredients of agricultural origin are organic	313	74	4,40	9,30	1,20	1,70	0,10	0,30	2,10	280
		pesto croutons supplement	milk, gluten	Vegetarian diet	WHEAT flour, water, sunflower oil, wheat GLUTEN, salt, whey powder (MILK), sugar, yeast, garlic powder, cheese (MILK), onion powder, basil, parsley, yeast extract, spice extract	1800	428	12,00	62,00	5,20	14,00	1,50	3,40	3,00	20

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COLD SANDWICH		mini mixed	milk, sulphites, mustard, gluten		organic plain mini tradition bread 48% (1), cooked ham (2), emmental (3), unsalted butter (MILK), gherkin (4). 1-WHEAT flour*, water, WHEAT sourdough* (water, WHEAT flour*), rice semolina*, iodised salt, yeast, WHEAT malt*, BARLEY malt flour*, ascorbic acid, acerola powder*. 2-pork ham (origin France), salt, dehydrated stock (concentrated juices of chard, acerola, carrot), dextrose, ferment. 3-pasteurised cow's MILK, salt, lactic ferment, microbial coagulant enzyme. 4-gherkin (including potassium DISULPHITE), water, spirit vinegar, onions, salt, MUSTARD seeds, flavouring. *=organic – 48% of the ingredients are from organic farming	963	230	**12,62**	22,00	0,69	9,84	6,23	1,10	1,23	140
		mini tuna	fish, sulphites, mustard, eggs, gluten	lactose free diet	organic plain mini tradition bread (1), TUNA spread (sustainably caught TUNA 23% (2), mayonnaise (3), Dijon MUSTARD (4), chives), cucumber, basil. - 1-WHEAT flour*, water, WHEAT sourdough* (water, WHEAT flour*), rice semolina*, iodised salt, yeast, WHEAT malt*, BARLEY malt flour*, ascorbic acid, acerola powder* 2-TUNA (Katsuwonus pelamis – FAO fishing area 51 / FAO 57 / FAO 77 / FAO 87) 95%, water, salt 3-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract 4-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE *=organic – 49% of the ingredients are from organic farming	893	213	**9,11**	22,84	0,80	9,20	0,76	1,10	1,17	125
		mini egg avocado	milk, mustard, eggs, gluten	Vegetarian diet	organic plain mini tradition bread 46% (1), sauce (free-range hard-boiled EGG 18% (2), mayonnaise (3), sterilised whole MILK (origin France), sriracha sauce (4), sugar, chilli pepper, salt, pepper), avocado 21%, rocket. - 1-WHEAT flour*, water, WHEAT sourdough* (water, WHEAT flour*), rice semolina*, iodised salt, yeast, WHEAT malt*, BARLEY malt flour*, ascorbic acid, acerola powder* 2-free-range hard-boiled EGG, citric acid, acetic acid 3-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract 4-chilli pepper 32%, water, sugar, vinegar, garlic, salt, xanthan gum *=organic – 46% of the ingredients are from organic farming	960	230	6,38	21,92	1,32	12,56	2,01	0,82	1,79	135
		mixed baguette	milk, sulphites, mustard, gluten		organic traditional half-baguette (1), cooked ham (2), emmental (3), unsalted butter (MILK - origin: France), gherkin (4). 1-WHEAT flour*, water, homemade WHEAT sourdough* (water, WHEAT flour*), rice semolina*, iodised salt, yeast, WHEAT malt*, BARLEY malt flour*, flour treatment agent: ascorbic acid, acerola powder* 2-pork ham (origin France), salt, dehydrated stock (concentrated juices of chard, acerola, carrot), dextrose, ferment 3-pasteurised cow's MILK, salt, lactic ferment, microbial coagulant enzyme 4-gherkin (including potassium DISULPHITE), water, spirit vinegar, onions, salt, MUSTARD seeds, flavouring *=organic - 52% of the ingredients are from organic farming.	1061	253	**11,79**	23,68	0,66	12,14	7,79	1,10	1,12	255
STATION SANDWICH		chicken avocado parmesan baguette	milk, sulphites, mustard, eggs, gluten		organic traditional half-baguette (1), roasted sliced chicken 20% (2), plain mustard sauce (plain sauce (plain cheese (3), mayonnaise (4)), Dijon MUSTARD (5)), avocado 13%, PDO parmesan 3% (6), spinach shoots. 1-WHEAT flour*, water, homemade WHEAT sourdough* (water, WHEAT flour*), rice semolina*, iodised salt, yeast, WHEAT malt*, BARLEY malt flour*, flour treatment agent: ascorbic acid, acerola powder*. 2-chicken breast and thigh meat (origin France), water, dextrose, potato starch, salt, brown sugar, natural pepper flavouring. 3-pasteurised skimmed MILK, BUTTERMILK, CREAM, salt, MILK protein, lactic ferment 4-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract. 5-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE. 6-cow's MILK, salt, animal rennet. *=organic - 44% of the ingredients are from organic farming.	924	221	**9,94**	20,96	1,21	10,42	3,96	0,89	1,58	300
		wrap club	sulphites, mustard, eggs, gluten	lactose free diet	plain tortillas 40% (1), sliced roasted chicken (2), spicy mayonnaise (mayonnaise (3), lemon juice (SULFITES), PDO Sherry vinegar (SULFITES), sriracha sauce (4), paprika), sun-dried tomato (5), iceberg lettuce. - 1-WHEAT flour 67%, water, stabiliser: glycerol E422, rapeseed oil, WHEAT fibre, acidifier: malic acid E296, dextrose, raising agent: sodium carbonates E500, salt, flour treatment agent: L-cysteine E920 2-chicken meat 80% (origin France), water, dextrose, potato starch, sunflower oil, salt, brown sugar, natural pepper flavouring 3-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colouring: carrot extract 4-chilli pepper 32%, water, sugar, vinegar, garlic, salt, xanthan gum 5-marinated sun-dried tomatoes 75% (semi-dried tomatoes 90%, rapeseed oil, salt, oregano 0.7%, garlic, concentrated lemon juice), rapeseed oil	1093	262	**9,16**	24,18	2,56	13,70	1,54	1,10	2,47	200
		tuna baguette	fish, sulphites, mustard, eggs, gluten	lactose free diet	organic traditional half-baguette (1), tuna spread 41% (sustainably caught TUNA 25% (2), mayonnaise (3), Dijon MUSTARD (4), chives), cucumber, baby spinach leaves, basil. 1-WHEAT flour*, water, homemade WHEAT sourdough* (water, WHEAT flour*), rice semolina*, iodised salt, yeast, WHEAT malt*, BARLEY malt flour*, flour treatment agent: ascorbic acid, acerola powder*. 2-TUNA (Katsuwonus pelamis – FAO fishing area 51 / FAO 57 / FAO 77 / FAO 87) 95%, water, salt. 3-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract. 4-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE. *=organic – 46% of the ingredients are from organic farming	901	215	**9,40**	21,44	0,75	9,91	0,81	1,20	1,26	290

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COLD SANDWICH		mini turkey	milk, sulphites, mustard, eggs, gluten		multigrain long brioche bread 38% (1), turkey 25% (2), plain mustard sauce (plain sauce (plain cheese (3), mayonnaise (4), Dijon MUSTARD (5)), emmental (6), cherry tomato. - 1-WHEAT flour, water, seed mix 7% (poppy, yellow flax, brown flax, millet, sunflower, OAT), rapeseed oil, sugar, EGG, malted WHEAT flour, WHEAT gluten, hydrolysed WHEAT protein, yeast, salt, acerola extract 2-turkey fillet with skin (origin France) 84%, water, salt, natural flavouring, dextrose, glucose syrup 3-pasteurised skimmed MILK, BUTTERMILK, CREAM, salt, MILK protein, lactic ferment 4-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract 5-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE 6-pasteurised cow's MILK, salt, lactic ferment, microbial coagulant enzyme	1107	265	**11,94**	20,70	3,31	14,60	5,89	0,75	1,47	150
		mini mimosa salmon spinach	fish, milk, sulphites, mustard, eggs, celery, gluten		sauce (free-range hard-boiled EGG (1), plain sauce (plain cheese (2), mayonnaise (3)), gherkin (4), mayonnaise (3), wholegrain MUSTARD (5), chopped parsley, chives, salt, pepper), long poppy seed brioche bread 37% (6), smoked SALMON 16% (7), baby spinach leaves. - 1-free-range hard-boiled EGG, citric acid, acetic acid 2-pasteurised skimmed MILK, BUTTERMILK, CREAM, salt, MILK protein, lactic ferment 3-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract 4-gherkin (including potassium DISULPHITE), water, spirit vinegar, onions, salt, MUSTARD seeds, flavouring 5-spirit vinegar (SULPHITES), MUSTARD seeds 27%, water, salt, citric acid, spices (including CELERY) 6-WHEAT flour, water, poppy seeds 7%, rapeseed oil, sugar, EGG, malted WHEAT flour, WHEAT gluten, hydrolysed WHEAT protein, yeast, salt, acerola extract 7-SALMON from responsible aquaculture (Salmo salar origin Norway) 97%, salt	1021	244	**10,64**	19,89	3,11	13,22	3,21	1,50	1,57	155
		mini banh mi with chicken	sulphites, mustard, eggs, peanuts, soy, gluten	lactose free diet	multigrain long brioche bread 40% (1), Thai mayonnaise (mayonnaise (2), red onion, salted roasted PEANUTS (3), sriracha sauce (4), ginger purée, coriander, mint, SOYA sauce (5), sugar, garlic), grilled chicken with spices (roasted sliced chicken 19% (6), rapeseed oil, seasoning for roasted chicken (7), pepper), carrot, cucumber pickles (8). - 1-WHEAT flour, water, seed mix 7% (poppy, yellow flax, brown flax, millet, sunflower, OAT), rapeseed oil, sugar, EGG, malted WHEAT flour, WHEAT gluten, hydrolysed WHEAT protein, yeast, salt, acerola extract 2-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract 3-PEANUT, salt, sunflower oil 4-chilli pepper 32%, water, sugar, vinegar, garlic, salt, xanthan gum 5-water, SOYA bean, salt, spirit vinegar 6-chicken meat 80% (origin France), water, dextrose, potato starch, sunflower oil, salt, brown sugar, natural pepper flavouring 7-salt 56%, spices (garlic, onion 8%, paprika 6%, turmeric), potato starch, herbs (rosemary, oregano), sunflower oil, colour: paprika extract 8-cucumber 58.7%, water, spirit vinegar, sugar, salt, firming agent: calcium chloride, natural flavouring, preservative: sodium METABISULPHITES	1198	287	8,13	23,29	4,77	17,47	1,81	1,20	2,18	145

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HOT SANDWICH		toasted veggie, mushroom, mozzarella, summer truffle sauce	milk, sesame, sulphites, mustard, eggs, gluten	Vegetarian diet	organic multigrain ciabatta bread 50% (1), sauce 20% (mushroom sauce (cooked button mushroom 10% (button mushroom, shallot, rapeseed oil, garlic, salt, pepper), plain sauce (2), mayonnaise (3)), Dijon MUSTARD (4), salt, pepper), truffle paste (summer truffle paste 3.6% in the sauce (5), rapeseed oil)), cooked button mushroom 15% (button mushroom, shallot, rapeseed oil, garlic, salt, pepper), mozzarella 12% (6), baby spinach leaves. - 1-organic WHEAT flour*, water, WHEAT sourdough* 10.3% (water, WHEAT flour*), organic seed and cereal mix* (sunflower seeds*, OAT flakes*, SESAME seeds*, flax seeds*), salt, rice semolina*, yeast, WHEAT malt*, flour treatment agent: ascorbic acid 2-plain cheese (pasteurised skimmed MILK, BUTTERMILK, CREAM, salt, MILK protein, lactic ferment 3-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract 4-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE 5-summer truffle (Tuber aestivum) 73%, extra virgin olive oil, summer truffle juice 8%, salt, natural flavouring 6-pasteurised cow's MILK, salt, lactic ferment, coagulant, citric acid *=organic – 50% of the ingredients are from organic farming	948	226	**8,20**	24,24	0,89	10,16	3,73	0,99	2,44	325
		vegetarian toasted with comté leek	milk, sesame, sulphites, mustard, eggs, celery, gluten	Vegetarian diet	organic multigrain ciabatta bread 44% (1), leek fondue (leek 29%, unsalted butter (MILK), single cream (2), salt, pepper), sauce (plain sauce (plain cheese (3), mayonnaise (4)), wholegrain MUSTARD (5), chives), PDO Comté 11% (6). - 1-organic WHEAT flour*, water, WHEAT sourdough* 10.3% (water, WHEAT flour*), organic seed and cereal mix* (sunflower seeds*, OAT flakes*, SESAME seeds*, flax seeds*), salt, rice semolina*, yeast, WHEAT malt*, flour treatment agent: ascorbic acid 2-MILK, carrageenans 3-pasteurised skimmed MILK, BUTTERMILK, CREAM, salt, MILK protein, lactic ferment 4-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract 5-spirit vinegar (SULPHITES), MUSTARD seeds 27%, water, salt, citric acid, spices (including CELERY) 6-raw MILK 98%, lactic ferment, rennet, salt *=organic – 44% of the ingredients are from organic farming	923	221	**7,96**	22,50	2,12	10,53	5,38	1,10	1,99	370
		toasted club chicken comté mustard	milk, sesame, sulphites, mustard, eggs, celery, gluten		organic SESAME ciabatta bread 49% (1), roasted chicken strips 19% (2), sauce (plain sauce (plain cheese (3), mayonnaise (4)), mushroom-based preparation (5), cooked button mushrooms (button mushrooms, shallot, rapeseed oil, garlic, salt, pepper), wholegrain MUSTARD 0.9% (6), salt, pepper), Comté PDO 12% (7), baby rocket leaves. - 1-WHEAT flour*, WHEAT sourdough 10.3% (water, WHEAT flour*), SESAME seeds* 4%, salt, rice semolina*, yeast, WHEAT malt*, processing aid: ascorbic acid 2-chicken meat 80% (origin: France), water, dextrose, potato starch, sunflower oil, salt, brown sugar, natural pepper flavouring 3-pasteurised skimmed MILK, BUTTERMILK, CREAM, salt, MILK protein, lactic culture 4-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colouring: carrot extract 5-grilled mushroom 69%, rapeseed oil, porcini mushroom 7%, concentrated lemon juice, salt, dehydrated porcini mushroom powder 0.9%, garlic, parsley, chives 6-spirit vinegar (SULPHITES), MUSTARD seeds 27%, water, salt, citric acid, spices (including CELERY) 7-raw MILK 98%, lactic culture, rennet, salt *=organic – 49% of the ingredients are from organic farming	1055	252	**12,02**	23,78	1,25	11,75	4,98	1,20	1,52	335
		toasted club turkey cheddar curry	milk, sesame, sulphites, mustard, eggs, soy, gluten		organic SESAME ciabatta bread 48% (1), sauce (plain cheese (2), plain sauce (plain cheese (3), mayonnaise (3)), culinary preparation based on SOYA (4), mild curry 0.5% (5), Normandy cider vinegar (6), sugar, lemon juice (SULPHITES), Dijon MUSTARD (7), salt, pepper), turkey 17% (8), preserved tomato (9), red cheddar cheese 9% (10). - 1-organic WHEAT flour*, WHEAT sourdough* 10.3% (water, WHEAT flour*), SESAME seeds* 4%, salt, rice semolina*, yeast, WHEAT malt*, flour treatment agent: ascorbic acid 2-pasteurised skimmed MILK, BUTTERMILK, CREAM, salt, MILK protein, lactic ferment 3-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract 4-SOYA juice 85%, sunflower oil, sugar, SOYA lecithin, xanthan gum, carrageenans, salt, flavouring 5-coriander, cumin, turmeric, parsley, garlic, onion, paprika, ginger, chilli pepper 6-cider vinegar (SULPHITES), sodium acid 7-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE 8-turkey fillet with skin (origin France) 84%, water, salt, natural flavouring, dextrose, glucose syrup 9-marinated preserved tomatoes 75% (semi-dried tomatoes 90%, rapeseed oil, salt, oregano 0.7%, garlic, concentrated lemon juice), rapeseed oil 10-pasteurised cow's MILK, salt, lactic ferments, microbial coagulant, colour: carotenes E160a *=organic – 48% of the ingredients are from organic farming	990	236	**10,46**	24,40	2,06	10,39	5,01	1,10	1,70	340

ALLERGENS & NUTRITIONAL VALUES - Products

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COLOUR LEGEND: Source of protein | High protein | Source of fibre | High fibre

AUTUMN26_V1

Dear guests with allergies or intolerances,
In our kitchen, we handle the 14 major allergens subject to mandatory declaration (gluten, milk, peanuts, celery, crustaceans, nuts, lupin, egg, fish, mollusks, mustard, sesame, soy, sulphites).
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	SERVING SUGGESTION	PRODUCT NAME	MAJOR ALLERGENS	SPECIAL DIET	INGREDIENTS	NUTRITIONAL VALUES (PER 100g) ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	CARBOHYDRATES (g)	Sugars (g)	FAT (g)	Saturated fat (g)	SALT (g)	FIBER (g)	WEIGHT
HOT SANDWICH		egg bun provolone	milk, sulphites, mustard, eggs, celery, gluten	Vegetarian diet	omelette 39% (1), rustic bun 33% (2), sauce (plain sauce (plain cheese (3), mayonnaise (4)), wholegrain MUSTARD (5), chives), smoked provolone 11% (6). - 1-free-range EGG, LACTOSE, MILK protein, modified starch, salt, citric acid, xanthan gum 2-dough (WHEAT flour (WHEAT, GLUTEN, WHEAT malt, ascorbic acid), water, BUTTER, sugar, yeast, MILK powder, salt), glaze (EGG, WHEAT flour) 3-pasteurised skimmed MILK, BUTTERMILK, CREAM, salt, MILK protein, lactic ferment 4-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract 5-spirit vinegar (SULPHITES), MUSTARD seeds 27%, water, salt, citric acid, spices (including CELERY) 6-pasteurised cow's MILK, salt, coagulant, lactic ferments, smoke flavouring	1032	247	10,22	17,93	3,69	14,79	7,48	1,30	0,81	175
		egg bun provolone & bacon	milk, sulphites, mustard, eggs, celery, gluten		omelette 37% (1), rustic bun 32% (2), sauce (plain sauce (plain cheese (3), mayonnaise (4)), wholegrain MUSTARD (5), chives), smoked provolone 11% (6), bacon 5% (7). - 1-free-range hen EGG, LACTOSE, MILK protein, modified starch, salt, citric acid, xanthan gum 2-dough (WHEAT flour (WHEAT, GLUTEN, WHEAT malt, ascorbic acid), water, BUTTER, sugar, yeast, MILK powder, salt), glaze (EGG, WHEAT flour) 3-pasteurised skimmed MILK, BUTTERMILK, CREAM, salt, MILK protein, lactic ferment 4-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract 5-spirit vinegar (SULPHITES), MUSTARD seeds 27%, water, salt, citric acid, spices (including CELERY) 6-pasteurised cow's MILK, salt, coagulant, lactic ferments, smoke flavouring 7-pork belly (EU origin), salt, glucose, antioxidant: sodium ascorbate, beechwood smoke)	1065	255	11,26	17,02	3,52	15,64	7,72	1,40	0,77	185
		avocado toast	sesame, sulphites, gluten	lactose free diet vegan diet	guacamole 56% (avocado, hot sauce (lime juice (SULPHITES), salt, tabasco (1)), coriander), country bread 42% (2), organic gomasio (3). - 1-spirit vinegar, red chilli pepper, salt 2-WHEAT flour (WHEAT flour, malted WHEAT gluten, flour treatment agent E300), water, 5-seed mix 5.8% (brown flax seed, millet seed, yellow flax seed, sunflower seed, chia seed), salt, RYE flour T170 1.2%, WHEAT middlings 1.2%, improver (malted BARLEY flour and toasted WHEAT) 3-organic toasted whole SESAME, sea salt	869	208	4,17	17,87	0,88	12,48	2,60	0,99	3,78	170
		avocado toast bacon & arugula supplement	sesame, sulphites, gluten	lactose free diet	guacamole 49% (avocado, hot sauce (lime juice (SULPHITES), salt, tabasco (1)), coriander), country bread (2), bacon 10% (3), argula 3%, organic gomasio (4). - 1-spirit vinegar, red chilli pepper, salt 2-WHEAT flour (WHEAT flour, malted WHEAT gluten, flour treatment agent E300), water, 5-seed mix 5.8% (brown flax seed, millet seed, yellow flax seed, sunflower seed, chia seed), salt, RYE flour T170 1.2%, WHEAT middlings 1.2%, improver (malted BARLEY flour and toasted WHEAT) 3-pork belly (EU origin), salt, glucose, antioxidant: sodium ascorbate, beechwood smoke 4-organic toasted whole SESAME, sea salt	925	222	6,66	15,70	0,62	14,02	3,52	1,10	3,05	200
		avocado toast burrata & arugula supplement	milk, sesame, sulphites, gluten	Vegetarian diet	guacamole 43% (avocado, hot sauce (lime juice (SULPHITES), salt, tabasco (1)), coriander), country bread 32% (2), burrata 21% fat 21% (3), arugula 3%, organic gomasio (4). - 1-spirit vinegar, red chilli pepper, salt 2-WHEAT flour (WHEAT flour, malted WHEAT gluten, flour treatment agent E300), water, 5-seed mix 5.8% (brown flax seed, millet seed, yellow flax seed, sunflower seed, chia seed), salt, RYE flour T170 1.2%, WHEAT middlings 1.2%, improver (malted BARLEY flour and toasted WHEAT) 3-pasteurised cow's MILK, UHT CREAM 40%, salt, rennet, preservative: potassium sorbate 4-organic toasted whole SESAME, sea salt	872	210	5,38	13,97	0,82	14,06	5,03	0,86	2,66	230
		avocado toast supplement spiced chickpeas & arugula	sesame, sulphites, gluten	lactose free diet vegan diet	guacamole 47% (avocado, hot sauce (lime juice (SULPHITES), salt, tabasco (1)), coriander), country bread 35% (2), roasted chickpeas with spices 14% (chickpeas, red onion, rapeseed oil, mild curry (3), salt, pepper), arugula 3%, organic gomasio (4). - 1-spirit vinegar, red chilli pepper, salt 2-WHEAT flour (WHEAT flour, malted WHEAT gluten, flour treatment agent E300), water, 5-seed mix 5.8% (brown flax seed, millet seed, yellow flax seed, sunflower seed, chia seed), salt, RYE flour T170 1.2%, WHEAT middlings 1.2%, improver (malted BARLEY flour and toasted WHEAT) 3-coriander, cumin, turmeric, parsley, garlic, onion, paprika, ginger, chilli pepper 4-organic toasted whole SESAME, sea salt	765	184	3,95	15,94	0,91	10,75	2,22	0,86	3,42	210

ALLERGENS & NUTRITIONAL VALUES - Products

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COLOUR LEGEND: Source of protein | High protein | Source of fibre | High fibre

AUTUMN26_V1

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						NUTRITIONAL VALUES (PER 100g)									
	SERVING SUGGESTION	PRODUCT NAME	MAJOR ALLERGENS	SPECIAL DIET	INGREDIENTS	ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	CARBOHYDRATES (g)	Sugars (g)	FAT (g)	Saturated fat (g)	SALT (g)	FIBER (g)	WEIGHT
PASTRY & VIENNOISERIE		organic energy ball chocolate fleur de sel	nuts	lactose free diet gluten free diet vegan diet	dates*, ALMOND POWDER*, gluten-free oats*, cocoa powder* 12%, dark chocolate 9%* (cane sugar*, cocoa mass*, cocoa butter*, vanilla*), coconut powder*, blue matcha 1%*, fleur de sel 0.5% *=organic	1689	404	6,50	46,60	39,80	20,50	11,10	0,50	3,50	33
		organic energy ball date peanut butter	nuts	lactose free diet gluten free diet vegan diet	dates 50%*, PEANUT BUTTER 20%*, gluten-free oats*, dark chocolate (cane sugar*, cocoa mass*, cocoa butter*, vanilla*)*, PEANUTS 5%*, coconut oil*, coconut powder* *=organic	1656	395	7,00	53,10	39,00	16,30	1,20	0,02	3,90	33
		organic energy ball raspberry almond	nuts	lactose free diet gluten free diet vegan diet	organic cranberry 40%, organic date 15%, organic gluten-free oat flakes, organic ALMOND puree 10%, organic HAZELNUT powder 10%, organic agave syrup, organic coconut powder, organic raspberry 5%	1565	372	6,00	60,00	39,00	10,90	1,10	0,00	5,00	30
		dark chocolate hazelnut cookie	milk, nuts, eggs, gluten	Vegetarian diet	base (WHEAT flour, organic whole cane sugar, brown cane sugar, organic corn flour, sodium bicarbonate E500ii, salt), unsalted butter (MILK - origin: France), whole free-range EGG), dark couverture chocolate minimum 70% cocoa 18% (1), roasted HAZELNUT 4% 1-cocoa beans 63%, sugar, cocoa butter 8%, emulsifier: sunflower lecithin, natural vanilla extract	1945	466	6,16	47,39	23,32	27,23	16,03	0,70	3,35	85
		milk chocolate cookie	milk, eggs, gluten	Vegetarian diet	base (WHEAT flour, organic whole cane sugar, brown cane sugar, organic corn flour, sodium bicarbonate E500ii, salt), unsalted butter (MILK – origin: France), whole free-range EGG), MILK couverture chocolate 40% cocoa 22% (1) 1-cocoa butter 27%, whole MILK 23%, sugar, cocoa beans 15%, brown sugar, natural vanilla extract, emulsifier: sunflower lecithin, BARLEY malt extract	1945	466	5,80	50,93	27,50	26,15	16,71	0,70	1,66	85
		chocolate fondant shortbread	milk, nuts, eggs, gluten	Vegetarian diet	butter (MILK), dark chocolate minimum 52% cocoa (cocoa mass, sugar, sunflower lecithin, natural vanilla flavouring), WHEAT flour, sugar, pasteurised free-range EGG yolk, pasteurised free-range EGG white, icing sugar (sugar, corn starch), pasteurised liquid free-range EGG, potato starch, cocoa mass, ALMOND powder, fine salt (salt, sodium ferrocyanide)	1895	455	6,20	40,00	27,00	30,00	19,00	0,18	0,00	80
		nutty nut brownie	milk, nuts, eggs, soy, gluten	Vegetarian diet	sugar, whole free-range EGG, sunflower oil, chocolate paste 6% (cocoa mass, sugar, low-fat cocoa powder, emulsifier: SOYA lecithin), WHEAT flour, WALNUTS 5%, HAZELNUTS 5%, BUTTER, salt, glucose syrup, honey	1893	454	6,10	45,00	40,00	27,00	7,00	0,12	3,20	75
		banana bread	milk, nuts, eggs, gluten	Vegetarian diet	sugar, banana 23%, WHEAT flour, whole free-range EGGS, sunflower oil, WALNUTS 6%, raising agents (sodium carbonates, potassium tartrates), single CREAM, salt, natural flavouring, ascorbic acid	1530	365	4,80	46,00	30,00	18,00	2,30	0,46	0,00	90
		marble cake	milk, eggs, soy, gluten	Vegetarian diet	sugar, EGG, WHEAT flour, vegetable fats, chocolate (cocoa mass, cocoa mass, sugar, lean cocoa powder, SOY lecithin), BUTTER, baking powder (sodium pyrophosphate - sodium bicarbonate, WHEAT starch, WHEAT flour), salt, flavouring. -	1719	411	5,40	50,00	35,00	21,00	6,40	0,43	0,00	90
		lemon-poppy cake	milk, eggs, gluten	Vegetarian diet	sugar, WHEAT flour, liquid CREAM, free range EGG, zest and fresh lemon juice (7%), vegetable fats (sunflower and / or rapeseed oil), poppy seed (3%), baking powder (sodium pyrophosphate E450i-sodium bicarbonate E500ii, wheat starch, WHEAT flour), salt. -	1625	389	4,90	45,00	28,00	21,00	5,60	0,53	0,00	90
		pastel de nata	milk, eggs, gluten	Vegetarian diet	pastry 33% (WHEAT flour, BUTTER, water, salt), CREAM 67% (water, sugar, free-range EGG yolk, powdered MILK, glucose, WHEAT flour, free-range EGG, corn starch, salt, lemon, cinnamon	1054	251	4,70	33,00	20,00	11,00	7,70	0,45	0,80	60
		bordeaux canelé	milk, eggs, gluten	Vegetarian diet	water, sugar, WHEAT flour, rhum, milked sauce (1), free range whole EGG powder, vanilla flavour. - 1- whey, coprah oil, skimmed MILK, MILK protein	1208	285	3,50	61,00	42,00	3,00	2,20	0,13	0,00	60
		cheddar chive scones	milk, eggs, gluten	Vegetarian diet	WHEAT flour, BUTTER, water, grated uncooked pressed cheese made from pasteurised cow's MILK 8% (pasteurised MILK, salt, lactic starter, microbial coagulant, annatto norbixin, potato starch), whole free-range EGG, whole MILK powder, chives 2%, potassium tartrate, sodium carbonate), salt, Espelette pepper	1551	371	8,50	37,00	1,90	21,00	14,00	0,99	0,00	80
		multi-grain wholemeal customer roll	sesame, gluten	lactose free diet vegan diet	flours (WHEAT 58.5%, RYE, OATS, malted BARLEY, malted WHEAT, roasted WHEAT), sourdough, water, OAT flakes, salt, sunflower seeds, brown flax seeds, yellow flax seeds, SESAME seeds, WHEAT GLUTEN, yeast	1201	284	10,00	52,00	1,40	3,20	0,40	1,50	3,60	70
		organic flute with dried fruits and seeds	sesame, gluten	lactose free diet vegan diet	WHEAT flour*, water, Corinthian raisins* 9%, homemade WHEAT sourdough* (water, WHEAT flour*), apricots* 4.4%, sunflower seeds*, SESAME seeds*, cranberries* 2.7%, rice semolina*, flax seeds*, OAT flakes* 2.2%, pumpkin seeds*, concentrated apple juice*, RYE flour*, iodised salt, yeast, WHEAT malt*, rice flour*, sunflower oil*, ascorbic acid *=organic	1244	295	8,30	48,00	14,00	6,80	0,80	0,76	4,40	70
		croissant	milk, eggs, gluten	Vegetarian diet	WHEAT flour, Charentes-Poitou PDO butter (MILK) 23%, water, sugar, yeast, whole MILK powder, salt, WHEAT gluten, EGGS, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid)	1549	371	7,60	39,00	7,60	20,00	14,00	1,00	2,10	80
		pain au chocolat	milk, eggs, soy, gluten	Vegetarian diet	WHEAT flour, Charentes-Poitou PDO butter (MILK) 21%, water, chocolate 9% (sugar, cocoa mass, cocoa butter, emulsifier (SOYA lecithin), natural vanilla flavouring), sugar, yeast, whole MILK powder, WHEAT gluten, salt, EGGS, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid)	1590	380	7,80	41,00	11,00	20,00	13,00	0,92	2,50	80
		cinnamon roll	milk, eggs, gluten	Vegetarian diet	WHEAT flour, water, BUTTER 16.5%, filling 14% (sugar, BUTTER, water, free-range EGG, cinnamon 7%, non-hydrogenated rapeseed oil), sugar, yeast, WHEAT GLUTEN, WHEAT sourdough (water, fermented WHEAT flour), whole MILK, salt, free-range EGG, flour treatment agent: ascorbic acid E300, enzyme	1606	384	8,70	41,00	13,00	20,00	13,00	0,78	2,60	110

ALLERGENS & NUTRITIONAL VALUES - Products

cojean

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AUTUMN26_V1

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SALAD		shrimp, spaghetti with squid ink and arrabiata	fish, molluscs, sulphites, crustaceans, gluten	lactose free diet	Squid ink spaghetti 56% (1), SHRIMP marinade (peeled SHRIMP from responsible aquaculture 20% (2), chili sauce (3)), arrabbiata sauce 17% (tomato spread (4), water, sriracha sauce (5), garlic, basil, salt), avocado, lime juice (SULFITES), chervil. - 1-durum WHEAT semolina, CUTTLEFISH ink 4.3% (salt), FISH powder, lemon juice, water 2-Penaeus vannamei / Venezuela, Ecuador, India or Vietnam 3-water, sugar, chili pepper 16%, garlic, modified corn starch E1422, salt, acidity regulator: acetic acid, thickener: xanthan gum 4-roasted tomato 31.2%, rehydrated sun-dried tomato 20.6%, sunflower oil, tomato paste, sugar, salt, garlic, oregano 5-chili pepper 32%, water, sugar, vinegar, garlic, salt, xanthan gum	647	154	6,45	18,61	3,78	5,52	1,07	0,63	2,03	355
		soba pasta salad	sesame, soy, gluten	lactose free diet vegan diet	cooked soba noodles (soba noodles 45% (1), rapeseed oil, salt), cooked aubergine & miso (aubergine, sauce (miso (2), olive oil, rice vinegar (3), mirin (4), sugar, salt, chilli pepper), edamame (SOYA), cooked button mushroom & shiitake (button mushroom, shiitake mushroom, shallot, rapeseed oil, salt, garlic, pepper), cauliflower, carrot, sauce (SESAME oil, sriracha sauce (5), SOYA sauce (6). - 1-WHEAT flour 83,5%, buckwheat flour 15%, salt, cocoa powder 2-miso paste 64% (water, SOYA bean, rice, salt, alcohol), yeast extract, water, sugar, SOYA sauce (water, SOYA bean, WHEAT, salt), salt, garlic purée (garlic, rapeseed oil, water, salt, concentrated lemon juice), chilli pepper, pepper, onion extract, olive oil 3-water, rice extract 6,8%, alcohol, glucose, acidifier: citric acid, yeast extract 4-glutinous rice, water, alcohol, yeast, salt 5-chilli pepper 32%, water, sugar, vinegar, garlic, salt, xanthan gum 6-water, SOYA bean, salt, spirit vinegar	577	138	4,98	13,38	2,67	6,67	0,92	0,86	2,25	375
		bufala pasta verde	milk, gluten	Vegetarian diet	chifferi rigati pasta 40% (durum WHEAT semolina), crushed tomato (crushed tomato, red onion, garlic, olive oil, rapeseed oil, thyme, sugar, pepper), roasted pumpkin (organic pumpkin, rapeseed oil, salt, pepper), buffalo mozzarella 9% (1), rocket pesto (rocket, olive oil, rapeseed oil, PDO parmesan (2), basil, garlic, salt, pepper), roasted carrot (carrot, olive oil, salt), baby spinach leaves, pine nuts, chervil, salt. - 1-pasteurised buffalo MILK 94.4%, natural inoculated whey, salt, microbial rennet 2-MILK, salt, rennet	597	143	4,56	12,61	1,76	7,82	2,53	0,44	1,90	550
		tabbouleh salad with mild chicken curry & lemony greek yogurt	milk, sesame, sulphites, gluten		bulgur wheat 28% (WHEAT), Greek yoghurt with herbs 21% (plain stirred yoghurt (1), lime juice (SULPHITES), water, tahini (SESAME), parsley, chervil, lime zest, salt, pepper), curry-marinated chicken 15% (roasted sliced chicken (2), rapeseed oil, lemon juice (SULPHITES), mild curry (3)), sauce (lemon juice (SULPHITES), parsley, rapeseed oil, olive oil, sriracha sauce (4), mild curry (3), lemon zest), grilled sweet potato, cauliflower, roasted chickpeas (chickpeas, red onion, rapeseed oil, mild curry (3), salt, pepper), rocket, cranberry (5), salt. - 1-whole MILK, CREAM, skimmed MILK powder, lactic ferments 2-chicken meat 80% (origin France), water, dextrose, potato starch, sunflower oil, salt, brown sugar, natural pepper flavouring 3-coriander, cumin, turmeric, parsley, garlic, onion, paprika, ginger, chilli pepper 4-chilli pepper 32%, water, sugar, vinegar, garlic, salt, xanthan gum 5-sugar, cranberry 40%, sunflower oil	600	144	5,35	11,11	3,80	8,24	2,08	0,78	1,87	475
		red superfood	sesame, sulphites, mustard, celery	lactose free diet gluten free diet vegan diet	cooked white quinoa and black amaranth (water, white quinoa, black amaranth), beetroot hummus (red beetroot, chickpeas, tahini (SESAME), lemon juice (SULPHITES), garlic, salt, cumin, pepper), vinaigrette (raspberry-flavoured vinegar (1), olive oil, rapeseed oil, wholegrain MUSTARD (2)), red cabbage, green lentils, pomegranate, broccoli, parsley. - 1-wine vinegar, raspberry flavouring, potassium METABISULPHITE 2-spirit vinegar (SULPHITES), MUSTARD seeds 27%, water, salt, citric acid, spices (including CELERY)	709	170	4,59	16,17	2,95	9,16	1,42	0,38	2,21	345
		red lentil, sweet potato, curry soup	milk, sulphites, nuts	gluten free diet Vegetarian diet	Beluga black lentils 39%, yoghurt sauce (plain cheese (1), lemon juice (SULPHITES), mint, chives, garlic, lemon zest), roasted butternut squash 10% (butternut squash, olive oil, salt), sauce (parsley, rapeseed & WALNUT oil (rapeseed oil, WALNUT oil), cider vinegar (2), chives), red cabbage 7%, PDO feta 5% (3), fennel, pomegranate seeds 3%, baby rocket leaves. - 1-cheese (MILK), salt 2-cider vinegar, preservative: SULPHITE, sodium acid 3-sheep's and goat's MILK, salt, microbial coagulant, lactic ferments (including MILK)	641	154	6,25	9,47	1,46	9,95	4,36	0,39	0,75	365
		mushroom barlisotto	milk, eggs, soy, gluten	Vegetarian diet	cooked barley risotto (water, pumpkin, button mushroom 22%, organic BARLEY 15%, rapeseed oil, garlic, salt), sauce (culinary preparation based on SOYA (1), chives, SOYA sauce (2), salt, black pepper), free-range poached EGG (3), PDO parmesan (4), purple shiso. - 1-SOYA juice 85%, sunflower oil, sugar, SOYA lecithin, xanthan gum, carrageenans, salt, flavouring 2-water, SOYA bean, salt, spirit vinegar 3-free-range hen EGG, brine (water, salt, acidifiers: citric acid, lactic acid) 4-cow's MILK, salt, animal rennet 15% of the ingredients are from organic farming	384	92	4,10	7,55	1,14	4,01	1,00	0,69	4,63	430
		poached egg salad and lentils	sulphites, mustard, eggs	lactose free diet gluten free diet Vegetarian diet	green lentils 47%, free-range poached EGG 20% (1) cooked button mushroom (button mushroom, shallot, rapeseed oil, garlic, salt, pepper), sauce (PDO sherry vinegar (SULPHITES), olive oil, rapeseed oil, shallot, Dijon MUSTARD (2)), pomegranate, chervil, salt, pepper. - 1-free-range hen EGG, brine (water, salt, acidifiers: citric acid, lactic acid) 2-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE	636	153	8,22	8,70	0,27	8,26	1,64	0,21	5,22	160
		caesar	milk, sulphites, mustard, eggs	gluten free diet	baby spinach leaves, sauce (rapeseed oil, cottage cheese (1), PDO parmesan (2), free-range hard-boiled EGG (3), shallot, PDO sherry vinegar (SULPHITES), garlic, lemon juice (SULPHITES), Dijon MUSTARD (4), salt), grilled chicken with spices (roasted sliced chicken (5), rapeseed oil, seasoning for roasted chicken (6), pepper), PDO parmesan (2), bacon (7). - 1-pasteurised skimmed MILK, lactic ferment 2-cow's MILK, salt, animal rennet 3-free-range hard-boiled EGG, citric acid, acetic acid 4-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE 5-chicken meat 80% (origin France), water, dextrose, potato starch, sunflower oil, salt, brown sugar, natural pepper flavouring 6-salt 56%, spices (garlic, onion 8%, paprika 6%, turmeric), potato starch, herbs (rosemary, oregano), sunflower oil, colour: paprika extract 7-smoked pork belly stamp (pork belly (EU origin), salt, glucose, sodium ascorbate, beechwood smoke)	882	213	11,58	1,12	0,75	17,76	4,08	1,10	1,05	285

ALLERGENS & NUTRITIONAL VALUES - Products

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AUTUMN26_V1

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	veggie caesar	milk, sulphites, mustard, nuts, eggs, gluten	Vegetarian diet	baby spinach leaves, sauce (rapeseed oil, cottage cheese (1), PDO parmesan (2), free-range hard-boiled EGG (3), shallot, PDO sherry vinegar (SULPHITES), garlic, lemon juice (SULPHITES), Dijon MUSTARD (4), salt), avocado, seed crackers (5), PDO parmesan (2). - 1-pasteurised skimmed MILK, lactic ferment 2-cow's MILK, salt, animal rennet 3-free-range hard-boiled EGG, citric acid, acetic acid 4-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE 5-organic OAT flakes, olive oil, ALMOND, HAZELNUT, organic pumpkin seeds, organic sunflower seeds, free-range EGG white, organic flax seeds, organic chia seeds, salt, paprika	1064	258	7,78	2,96	0,67	23,26	4,34	0,56	2,60	280
	bacon-free caesar	milk, sulphites, mustard, eggs	gluten free diet	baby spinach leaves, sauce (rapeseed oil, fromage blanc (1), PDO parmesan (2), free-range hard-boiled EGG (3), shallot, PDO sherry vinegar (SULPHITES), garlic, lemon juice (SULPHITES), Dijon MUSTARD (4), salt), grilled chicken with spices (roasted sliced chicken (5), rapeseed oil, seasoning for roasted chicken (6), pepper), PDO parmesan (2). - 1-pasteurised skimmed MILK, lactic ferment 2-cow's MILK, salt, animal rennet 3-free-range hard-boiled EGG, citric acid, acetic acid 4-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE	839	203	10,57	1,16	0,76	17,04	3,65	1,00	1,10	270
	thai chicken salad	fish, sesame, sulphites, soy	lactose free diet gluten free diet	white cabbage, curly kale, grilled chicken with spices 14% (roasted sliced chicken (1), rapeseed oil, seasoning for roasted chicken (2), pepper), sauce (red onion, rapeseed oil, nuoc mam sauce (3), passion fruit coulis (4), coriander, SOYA sauce (5), lemon juice (SULPHITES), SESAME oil, lime juice (SULPHITES), Normandy cider vinegar (6), ginger, sugar, chilli pepper), carrot, cooked button mushroom & shiitake (button mushroom, shiitake mushroom, shallot, rapeseed oil, salt, garlic, pepper), bamboo shoots (7), edamame (SOYA beans), flat-leaf parsley. - 1-chicken meat 80% (origin France), water, dextrose, potato starch, sunflower oil, salt, brown sugar, natural pepper flavouring 2-salt 56%, spices (garlic, onion 8%, paprika 6%, turmeric), potato starch, herbs (rosemary, oregano), sunflower oil, colour: paprika extract 3-ANCHOVY extract 68%, salt, sugar 4-passion fruit 90%, glucose-fructose syrup 10% 5-water, SOYA bean, salt, spirit vinegar 6-cider vinegar (SULPHITES), sodium acid 7-bamboo shoots 61%, water	389	93	5,39	5,84	2,63	4,85	0,73	0,88	2,25	345
	roasted carrot & feta cream	milk	gluten free diet Vegetarian diet	roasted carrot 74% (carrot, olive oil, salt), feta and mint sauce 26% (PDO feta (1), water, mint). - 1-pasteurised sheep's and goat's MILK, bacterial culture, rennet, salt	427	103	4,64	4,97	3,70	6,79	3,91	0,84	1,59	130
	omega 3 shot	fish, milk, sulphites, mustard, eggs	gluten free diet Vegetarian diet	sardine rillettes (SARDINE in oil (1), mayonnaise (2), plain sauce (plain cheese (3), mayonnaise (2)), shallot, chives, lime juice (SULPHITES), Dijon MUSTARD (4), salt), cherry tomato, roasted chickpeas (chickpeas, red onion, rapeseed oil, mild curry (5), salt, pepper). - 1-SARDINE (Sardina pilchardus Walbaum - caught in the Central-East Atlantic Ocean) 70%, rapeseed oil, salt 2-rapeseed oil 75.2%, free-range EGG yolk, water, MUSTARD (water, MUSTARD seeds, vinegar, salt), red wine vinegar, salt, sugar, antioxidant: rosemary extract, colour: carrot extract 3-pasteurised skimmed MILK, BUTTERMILK, CREAM, salt, MILK protein, lactic ferment 4-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE 5-coriander, cumin, turmeric, parsley, garlic, onion, paprika, ginger, chilli pepper	578	139	6,42	4,34	1,77	10,46	1,88	0,41	0,96	155
	tomato mozzarella pesto - on the side	milk	gluten free diet Vegetarian diet	tomato 66%, buffalo mozzarella 23% (1), basil pesto sauce 10% (basil, olive oil, rapeseed oil, garlic, salt, pepper), basil. - 1-buffalo MILK, whey, salt, vegetable renne	560	135	4,16	3,61	2,19	11,34	4,36	0,14	1,07	145

ALLERGENS & NUTRITIONAL VALUES - Products

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AUTUMN26_V1

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HOT DISH		pasta al gorgonzola e spinaci	milk, nuts, gluten	Vegetarian diet	chifferi rigati pasta 42% (durum WHEAT semolina), gorgonzola and spinach sauce (single cream (1), spinach 9%, PDO gorgonzola 4% (2), red onion, PDO parmesan reggiano (3), rapeseed oil, garlic, basil, black pepper, salt, herbes de Provence (4)), cooked spinach (leaf spinach 27%, unsalted butter (MILK), salt), roasted chopped HAZELNUT, flat-leaf parsley. - 1-MILK, carrageenans 2-pasteurised cow's MILK 3-MILK, salt, rennet 4-savory, rosemary, oregano, marjoram, basil, thyme	555	133	4,17	11,80	0,98	7,26	4,07	0,62	1,83	410
		green vegetable curry & rice pilaf	sulphites, soy	lactose free diet gluten free diet vegan diet	mix (lemon and herb pilaf rice 42% (water, long basmati rice, red onion, organic coconut oil, dehydrated vegetable stock (1), salt, coriander, chopped parsley, lemon zest), edamame 8% (SOYA), chickpeas 5%, spinach shoots 5%), sauce (UHT coconut milk (2), spinach shoots, water, rapeseed oil, lime juice (SULPHITES), Thai basil, green curry paste 0.3% (3), ginger purée, potato starch, coriander, salt), roasted broccoli 15% (broccoli, olive oil, salt), roasted pumpkin seeds. - 1-salt, vegetables 27% (leek, onion, carrot, cabbage), yeast extract, potato starch, sugar, sunflower oil, garlic, bay leaf, thyme, pepper, flavourings, citric acid 2-coconut kernel extract, water 3-green chilli pepper 20%, sunflower oil, lemongrass 14%, garlic, onion, salt, ginger, coriander, lemon juice, kaffir lime, cumin, spirit vinegar, spices 0.7%	599	143	3,62	14,40	0,98	7,50	5,21	0,46	1,93	400
		salmon with lemon cream, broccoli & mashed potatoes	fish, milk, sulphites, mustard	gluten free diet	mashed potatoes 59% (sterilized whole MILK (origin: France), potato flakes (1), unsalted butter (MILK), margarine (2), salt), roasted broccoli 15% (broccoli, olive oil, salt), SALMON 15% (3), lemon cream 11% (single cream (4), water, yellow lemon juice (SULPHITES), shallot, butter (MILK), Dijon MUSTARD (5), salt, potato starch, pepper). - 1-potato, rosemary extract 2-fully hydrogenated vegetable fat (rapeseed), vegetable fat (coconut), vegetable oils (rapeseed), water, salt, rowan berry extract, lemon concentrate, antioxidant: rosemary extract E392 3-Salmo salar from responsible aquaculture - Faroe Islands 4-MILK, carrageenans 5-water, MUSTARD seeds, vinegar, salt, citric acid, potassium DISULPHITE	620	149	6,21	7,33	2,81	10,35	5,69	0,63	0,89	385
		tom yum shrimp, sautéed vegetables & rice noodle	milk, shellfish, soy	gluten free diet	cooked rice noodles 43% (rice noodles (1), water, rapeseed oil, salt), stir-fried vegetables with SOYA and chilli 22% (julienne vegetable mix (2), SOYA sauce (3), chilli pepper), tom yum sauce 20% (UHT coconut milk (4), single cream (5), tom yum paste (6), lemon zest), peeled SHRIMP from responsible aquaculture 13% (7), spring onion. - 1-rice, water, salt 2-broccoli, mung bean sprouts, carrot, yellow carrot 3-water, SOYA bean, salt, spirit vinegar 4-coconut kernel extract, water 5-MILK, carrageenans 6-lemongrass, sunflower oil, onion, salt, spirit vinegar, galangal, cane sugar, lime juice, red chilli pepper, green chilli pepper, garlic, kaffir lime 7-Penaeus vannamei / Venezuela, Ecuador, India or Vietnam	423	101	3,99	10,74	1,37	4,49	3,21	0,66	0,84	385
		chicken, mushroom cream, polenta & hazelnut	milk, nuts, eggs, celery, gluten		cooked polenta (water, polenta corn semolina 7%, single cream (1), PDO parmesan (2), olive oil, salt, thyme, pepper), roasted sliced chicken 16% (3), mushroom sauce (water, button mushroom 4%, single cream 4% (1), shallot, poultry stock (4), rapeseed oil, unsalted butter (MILK), WHEAT flour, garlic, salt, thyme, pepper), cooked button mushroom (button mushroom 11%, shallot, rapeseed oil, garlic, salt, pepper), HAZELNUT 1.4%. - 1-MILK, carrageenans 2-cow's MILK, salt, animal rennet 3-chicken meat 80% (origin France), water, dextrose, potato starch, sunflower oil, salt, brown sugar, natural pepper flavouring 4-maltodextrin, salt, WHEAT flour, poultry 3.5% (chicken fat, chicken meat 1%), yeast extract, onion, carrot extract, leek, CELERY, flavourings (including WHEAT, EGG), citric acid, turmeric, garlic, thyme, pepper and rosemary extracts	534	128	6,58	6,59	0,71	8,14	3,24	0,86	1,08	360
		coquillette & creamed chicken	milk, gluten		small shell pasta 42% (durum WHEAT semolina), liquid cream 21% (1), grilled spiced chicken 14% (sliced roasted chicken (2), rapeseed oil, roasted chicken seasoning (3), pepper), cooked button mushrooms (button mushrooms, shallot, rapeseed oil, garlic, salt, pepper), red cheddar (4), water, tarragon, fried onion (5), salt, black pepper. - 1-MILK, carrageenans 2-chicken meat 80% (origin France), water, dextrose, potato starch, sunflower oil, salt, brown sugar, natural pepper flavouring 3-salt 56%, spices (garlic, onion 8%, paprika 6%, turmeric), potato starch, herbs (rosemary, oregano), sunflower oil, colouring: paprika extract 4-pasteurised cow's MILK (origin UK/IE) 96.3%, anti-caking agent: potato starch <2%, salt 1.7%, lactic cultures (including MILK) <1%, microbial coagulant <1%, colouring: annatto norbixin <1% 5-onion, sunflower oil	783	188	7,28	12,18	1,24	11,90	6,53	0,72	1,48	400
		cacio e pepe with broccolini & bacon	milk, gluten		tagliatelle (durum WHEAT semolina), salt, rapeseed oil), sauce (water, PDO pecorino romano (1), PDO parmesan reggiano (2), black pepper), cooked broccolini 13% (broccoli cabbage, olive oil, salt), bacon 4% (3). - 1-sheep's MILK (origin Italy), salt, rennet, lactic ferment (including MILK) 2-MILK, salt, rennet 3-smoked pork belly stamp (pork belly (EU origin), salt, glucose, sodium ascorbate, beechwood smoke	557	132	6,69	16,65	0,56	3,95	1,91	0,87	1,69	370

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1		asian vegetable gyoza soup	sesame, soy, gluten	lactose free diet vegan diet	miso broth (water, miso soup (1)), base (vegetable mix (steamed broccoli (broccoli, salt), button mushrooms, bamboo shoots (2), pak choi cabbage, spring onion), rice noodle and konjac mix (cooked rice noodles (rice noodles, water, rapeseed oil, salt), konjac (konjac noodles (3), salt)), grilled vegetable steamed dumpling 9% (4), cooked lotus root (lotus root, rapeseed oil)). - 1-miso paste 64% (water, SOY beans, rice, salt, alcohol), yeast extract, water, sugar, SOY sauce (water, SOY beans, WHEAT, salt), salt, garlic purée (garlic, rapeseed oil, water, salt, concentrated lemon juice), chili pepper, white pepper, onion extract, olive oil 2-bamboo shoots, water, acidifier: citric acid 3-purified water 83.34%, tapioca starch 12.5%, konjac flour 3%, locust bean vegetable gum 0.16%, OAT fiber 1% 4-filling 70% (cabbage 24%, radish 9.4%, carrot 7.5%, chives 4.3%, spring onion 4.1%, mushroom 4.1%, onion 4.1%, SOY sauce (water, SOY beans, WHEAT, salt), potato starch, water, rapeseed oil, sugar, ginger, SESAME oil, salt, fried garlic, SOY protein, ground black pepper), (dough 30% (WHEAT flour 15%, water, thickener (modified starch), spinach powder 1.8%, potato starch, rapeseed oil, salt	185	44	1,54	6,14	1,11	1,35	0,18	0,82	0,51	675
		asian spicy shrimp soup	shellfish, soy, gluten	lactose free diet	miso broth (water, miso soup (1)), base (vegetable mix (steamed broccoli (broccoli, salt), button mushroom, bamboo shoot (2), pak choi, spring onion), rice and konjac noodle mix (rice noodles (rice noodles, water, rapeseed oil, salt), konjac (konjac noodles (3), salt)), tom yum SHRIMP 7% (SHRIMP (4), tom yum paste (5)), cooked lotus root (lotus root, rapeseed oil)). - 1-miso paste 64% (water, SOYBEANS, rice, salt, alcohol), yeast extract, water, sugar, SOY sauce (water, SOYBEANS, WHEAT, salt), salt, garlic purée (garlic, rapeseed oil, water, salt, concentrated lemon juice), chili pepper, white pepper, onion extract, olive oil 2-bamboo shoot, water, acidifier: citric acid 3-purified water 83.34%, tapioca starch 12.5%, konjac flour 3%, locust bean gum 0.16%, OAT fiber 1% 4-peeled SHRIMP from responsible aquaculture (Penaeus vannamei / Venezuela, Ecuador, India or Vietnam 5-lemongrass, sunflower oil, onion, salt, spirit vinegar, galangal, cane sugar, lime juice, red chili pepper, green chili pepper, garlic, kaffir lime	165	39	2,48	4,64	0,84	1,11	0,17	0,88	0,30	665
		asian chicken soup marinated in curry	sulphites, soy, gluten	lactose free diet	miso broth (water, miso soup (1)), base (vegetable mix (steamed broccoli (broccoli, salt), button mushroom, bamboo shoot (2), pak choi, spring onion), rice and konjac noodles (cooked rice noodles (rice noodles (rice, water, salt), water, rapeseed oil, salt), konjac (konjac noodles (3), salt)), curry spice marinated chicken 10% (sliced roasted chicken (4), rapeseed oil, lemon juice (SULPHITES), mild curry (5)), cooked lotus root (lotus root, rapeseed oil)). - 1-miso paste 64% (water, SOYBEANS, rice, salt, alcohol), yeast extract, water, sugar, SOY sauce (water, SOYBEANS, WHEAT, salt), salt, garlic purée (garlic, rapeseed oil, water, salt, concentrated lemon juice), chili pepper, white pepper, onion extract, olive oil 2-bamboo shoot, water, acidifier: citric acid 3-purified water 83.34%, tapioca starch 12.5%, konjac flour 3%, locust bean gum 0.16%, OAT fiber 1% 4-chicken meat 80% (origin France), water, dextrose, potato starch, sunflower oil, salt, brown sugar, natural pepper flavouring 5-coriander, cumin, turmeric, parsley, garlic, onion, paprika, ginger, chili pepper	204	49	3,07	4,74	0,84	1,83	0,29	0,80	0,44	685
		scrambled eggs, cheddar & herbs	milk, eggs	gluten free diet Vegetarian diet	scrambled EGG 83% (1), red cheddar 10% (2), cream (sour cream 40% fat (3), chives 0.09%, black pepper). - 1-free-range EGG 70%, skimmed MILK, lactose and MILK protein, modified starch, salt, citric acid, xanthan gum 2-pasteurised cow's MILK, salt, ferments, colour: annatto norbixin 3-pasteurised CREAM 99.8%, lactic ferment	704	169	10,30	4,17	2,48	12,37	5,98	0,76	0,03	200
		scrambled eggs, salmon, herbs	fish, milk, eggs	gluten free diet	scrambled EGG 85% (1), cream (sour cream 40% fat (2), chives 0.09%, black pepper), smoked SALMON 7.5% (3). - 1-free-range EGG 70%, skimmed MILK, lactose and MILK protein, modified starch, salt, citric acid, xanthan gum 2-pasteurised cream (MILK) 99.8%, lactic ferment 3-SALMON 97% (Salmo salar from responsible aquaculture - Origin Norway), salt	614	147	9,71	4,32	2,58	10,13	4,14	0,88	0,02	195
		scrambled eggs, mushrooms & herbs	milk, eggs	gluten free diet Vegetarian diet	scrambled EGG 79% (1), cooked button mushroom (button mushroom 13%, shallot, sunflower oil, garlic, salt, pepper), cream (sour cream 40% fat (2), chives 0.1%, black pepper). - 1-free-range EGG 70%, skimmed MILK, lactose and MILK protein, modified starch, salt, citric acid, xanthan gum 2-pasteurised CREAM 99.8%, lactic ferment	595	143	7,80	4,02	2,37	10,49	4,08	0,61	0,64	210

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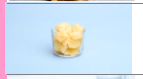
DESSERT		mango	none	lactose free diet gluten free diet vegan diet	mango. -	276	65	0,60	14,30	14,30	0,20	0,00	0,00	1,90	155
		white pineapple	none	lactose free diet gluten free diet vegan diet	white pineapple. -	224	53	0,50	11,60	11,60	0,20	0,00	0,00	1,40	155
		fruit salad	none	lactose free diet gluten free diet vegan diet	mix cut fruit	266	63	0,80	12,10	11,27	0,43	0,05	0,00	3,80	150
		fig	none	lactose free diet gluten free diet vegan diet	Fig	301	71	1,19	13,50	12,20	0,50	0,01	0,00	4,10	115
		pear and vanilla crumble	milk, gluten	Vegetarian diet	apple pear vanilla compote 88% (1), crumble 12% (2). - 1-apple 59%, pear 35%, sugar, natural vanilla extract, exhausted vanilla seeds, natural flavouring, acidifier: citric acid, antioxidant: ascorbic acid 2-WHEAT flour, sugar, BUTTER, breadcrumbs (contains WHEAT)	550	131	1,33	21,10	15,10	4,10	2,40	0,04	2,11	200
		apple mandarin lime crumble	milk, gluten	Vegetarian diet	apple, mandarin and lime compote 88% (1), crumble 12% (2). - 1-apple 56%, mandarin juice 23%, lime juice 12%, sugar, gelling agent : fruit pectins, acidifier : citric acid, antioxidant: ascorbic acid 2-WHEAT flour, sugar, BUTTER, breadcrumbs (contains WHEAT)	509	121	1,24	20,22	15,10	3,75	2,32	0,04	0,70	200
		blue moon chia pearl	none	lactose free diet gluten free diet vegan diet	organic coconut milk (1), strawberry coulis (2), raspberry, chia seeds 7% (Salvia hispanica), blueberry, blue matcha 0.5%. - 1-water, organic coconut milk 8.5%, organic tapioca starch, natural organic coconut flavouring, sea salt 2-strawberry 61%, sugar, water, gelling agent: fruit pectin, thickener: carob seed flour 61% of the ingredients are organically farmed	360	86	1,48	8,78	6,84	4,70	2,41	0,03	1,14	205
		chia pearl, fig and blackcurrant	none	lactose free diet gluten free diet vegan diet	coconut milk* (1), blackcurrant coulis 14% (2), fig 14%, chia seeds (Salvia hispanica) 10%. - 1-water, organic coconut milk 8.5%, organic tapioca starch, organic natural coconut flavouring, sea salt 2-blackcurrant 55%, sugar, water, gelling agent: fruit pectin, thickener: carob seed flour	441	106	1,53	8,60	6,81	7,16	2,53	0,03	0,47	205
		matcha mango passion fruit chia pearl	none	lactose free diet gluten free diet vegan diet	coconut milk* (1), mango and passion fruit coulis 15% (2), chia seeds 7% (Salvia hispanica), blueberry, pomegranate, organic matcha latte 1% (3). - 1-water, organic coconut milk 8.5%, organic tapioca starch, organic natural coconut flavouring, sea salt 2-mango 40%, passion fruit 10%, sugar, water, gelling agent: fruit pectins, concentrated lemon juice, thickener: carob seed flour, natural flavourings 3-organic cane sugar, organic matcha green tea powder 20%, pectin 66% of the ingredients are from organic farming	368	88	1,58	8,79	6,51	5,10	2,62	0,03	0,35	195
		overnight muesli nature	nuts, gluten	lactose free diet vegan diet	UHT coconut milk (1), organic whole OAT flakes 19%, apple, water, organic agave syrup, roasted chopped HAZELNUT, raspberry. - 1-coconut kernel extract, water 25% of the ingredients are organically farmed.	796	191	3,02	20,56	8,07	10,06	6,12	0,01	2,82	180
		overnight black sesame muesli	sesame, nuts, gluten	lactose free diet vegan diet	mix (UHT coconut milk (1), apple, organic OAT flakes 18%, water, organic agave syrup 6%, roasted chopped HAZELNUT), organic black SESAME purée 11%), pomegranate. - 1-coconut kernel extract, water	968	232	4,60	19,45	7,57	14,31	6,02	0,02	3,69	185
		skyr yacon vanilla & fresh fruit	milk	gluten free diet Vegetarian diet	fresh cheese 76% (1), vanilla yacon syrup 14% (2), blueberry 5%, raspberry 5%. - 1-pasteurised skimmed MILK, lactic ferments 2-yacon syrup 99%, vanilla flavouring 1%	299	71	7,18	7,81	7,61	0,09	0,08	0,08	5,01	205
		skyr apple granola almond caramel	milk, nuts, gluten	Vegetarian diet	fresh cheese 74% (1), apple purée 14% (2), organic caramel ALMOND granola 12% (3) 1-pasteurised skimmed MILK, lactic ferments 2-apple 99.9%, antioxidant: ascorbic acid 3-whole OAT flakes* 60%, whole ALMONDS* 10%, agave syrup*, unrefined cane sugar*, beetroot syrup*, rapeseed oil*, seeds* 4% (flax*, chia*, kasha*), caramel* 2%, natural caramel flavouring 0.3%, fine salt *=organic – 12% of the ingredients are from organic farming	409	97	8,00	11,31	6,97	1,92	0,29	0,10	1,15	210
		raspberry cottage cheese	milk	gluten free diet Vegetarian diet	cottage cheese 76% (1), raspberry coulis 22% (2), raspberry 2%. - 1-pasteurised skimmed MILK, lactic ferment 2-raspberry 62%, sugar, water, gelling agent: fruit pectin, thickener: carob seed flour	291	69	5,88	10,61	10,61	0,19	0,05	0,08	0,37	220
		blackcurrant cottage cheese	milk	gluten free diet Vegetarian diet	cottage cheese 79% (1), blackcurrant coulis 14% (2), blueberry. - 1-pasteurised skimmed MILK, lactic ferments 2-blackcurrant 55%, sugar, water, gelling agent: fruit pectin, thickener: carob seed flour	259	61	6,15	8,44	8,16	0,15	0,06	0,08	0,63	210

ALLERGENS & NUTRITIONAL VALUES - Products

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COLOUR LEGEND

Source of protein | High protein | Source of fibre | High fibre

AUTUMN26_V1

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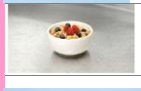
	chocolate mousse with free-range egg	milk, eggs, soy	gluten free diet Vegetarian diet	free-range EGG white, dark chocolate 26.74% (cocoa mass, sugar, SOYA lecithin), BUTTER, sugar, EGG white powder (free-range EGG, lactic acid). -	1304	313	6,92	24,11	23,20	20,37	13,34	0,08	2,86	100
	lemon pie in a pot	milk, nuts, eggs, gluten	Vegetarian diet	water, sugar, dairy cream (1), powder preparation (2), WHEAT flour, Greek-style yoghurt 5.4% (3), liquid free-range whole EGG, lemon purée 3.8% (4), MILK powder, sunflower oil, ground ALMOND, BUTTER, salt, vanilla extract (5). 1-fat 83%, skimmed MILK, stabiliser: carrageenan E407. 2-sugar, corn starch, whole MILK powder, WHEY powder, skimmed MILK powder, carrot extract, natural flavouring 3-whole MILK, CREAM, skimmed MILK powder, lactic ferments 4-concentrated lemon juice, acidifier: citric acid E330, water, lemon, sugar, antioxidant: ascorbic acid E300 5-contains propylene glycol E1520	948	226	3,40	33,00	26,00	8,90	4,90	0,21	0,00	170
	choco praline delight	milk, nuts, eggs, soy, gluten	Vegetarian diet	dark chocolate (cocoa mass, sugar, emulsifier: E322 SOY lecithin, natural vanilla flavouring), water, free-range EGG, sugar, cream (CREAM, stabiliser: E407 carrageenan), praline (sugar, ALMOND, HAZELNUT), WHEAT flour, vegetable fats (coconut), MILK, powdered preparation (sugar, corn starch, whole MILK powder, powdered WHEY, skimmed MILK powder, carrot extract, natural flavouring), low-fat cocoa powder, sunflower oil, BUTTER, ALMOND, salt	1497	359	5,90	33,00	27,00	22,00	13,00	0,15	2,70	85
	paris-brest praline delight	milk, nuts, gluten	Vegetarian diet	liquid cream (MILK cream, carrageenan), water, sugar, WHEAT flour, hazelnut paste 8.2% (sugar, ALMONDS and HAZELNUTS, ALMOND oil and/or HAZELNUT oil), powdered preparation (sugar, corn starch, whole MILK powder, powdered WHEY, skimmed MILK powder, carrot extract, natural flavouring), sunflower oil, nougatine chips 2.1% (sugar 58.25%, ALMONDS 24.27%, glucose syrup 17.47%), BUTTER, pralisec 1.5% (sugar, HAZELNUTS (40%)), powdered MILK, sliced ALMONDS 1.1%, ground ALMOND, fleur de sel, vanilla extract	1472	353	4,10	32,00	22,00	23,00	12,00	0,28	0,90	80
	apricot peach rosemary delight	milk, nuts, eggs, gluten	Vegetarian diet	cream (MILK, stabiliser: carrageenan E407), water, sugar, apple, WHEAT flour, fromage blanc, powder preparation (sugar, corn starch, whole MILK powder, WHEY powder, skimmed MILK powder, carrot extract, natural flavouring), apricots 4.4%, peach purée 4.4%, sunflower oil, apple preparation, free-range EGGS, MILK powder, BUTTER, lemon purée, ground ALMONDS, rosemary 0.08%, gelling agent: carrageenan E407, dextrose, salt	885	211	2,90	27,00	21,00	10,00	5,50	0,15	0,80	85
	protein granola bowl	milk, nuts, gluten	Vegetarian diet	Plain skyr yogurt 67% (1), organic caramel ALMOND granola 22% (2), raspberry, blueberry. - 1- skimmed MILK, yogurt cultures (MILK). 2- whole OAT flakes* 60%, whole ALMONDS* 10%, agave syrup*, unrefined cane sugar*, beet syrup*, rapeseed oil*, seeds* 4% (flaxseed*, chia*, kasha*), caramel* 2%, natural caramel flavouring 0.3%, fine salt. *=organic - 22% of the ingredients come from organic farming.	619	147	**9,38**	16,63	6,94	4,06	0,50	0,11	**2,95**	230
	acai bowl	nuts, gluten	lactose free diet vegan diet	Açaí Berry Smoothie 50% (1), apple juice, organic caramel ALMOND granola (2), raspberry, blueberry. - 1-banana purée 43.7% (banana, antioxidant: ascorbic acid), strawberry 12.6%, raspberry 11.2%, blackcurrant 11.2%, açaí pulp 5.7% (water, açaí, acidity regulator: citric acid), coconut milk 5.1% (coconut extract, water), cherries 5.1%, lemon juice 2.8%, (plant-based) fibre 1.5%, carrot juice concentrate, sweetener: steviol glycosides from stevia 2-wholegrain OAT flakes* 60%, whole ALMONDS* 10%, agave syrup*, unrefined cane sugar*, beet syrup*, rapeseed oil*, seeds* 4% (flax*, chia*, kasha*), caramel* 2%, natural caramel flavouring 0.3%, fine salt *=organic – 6% of the ingredients are sourced from organic farming	380	91	1,56	14,57	10,27	2,06	0,76	0,02	**3,55**	395
	fromage blanc pomme tatin speculoos	milk, gluten	Vegetarian diet	cottage cheese 70% (1), apple, butter and caramel preparation 16% (2), speculoos crumbs 14% (3). - 1-pasteurised skimmed MILK, lactic ferment 2-apple 70%, sugar, caramel 8% (sugar, water), BUTTER 2.5%, concentrated lemon juice, gelling agent: fruit pectins 3-WHEAT flour, rapeseed oil, sugar syrup, concentrated BUTTER, raising agent (sodium hydrogen carbonate), salt, cinnamon	565	134	**6,15**	20,51	15,18	2,91	1,01	0,23	0,53	180

ALLERGENS & NUTRITIONAL VALUES - Products

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AUTUMN26_V1

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JUS MIXE		10 p.m. in summer	none	lactose free diet gluten free diet vegan diet	apple juice, organic pineapple, organic strawberry	184	44	0,50	8,71	7,99	0,34	0,01	0,00	1,90	410
		the devastated garden	none	lactose free diet gluten free diet vegan diet	apple juice, organic banana, organic strawberry, organic kiwi	184	44	0,42	8,71	8,10	0,38	0,01	0,00	1,86	410
		red vival	none	lactose free diet gluten free diet vegan diet	apple juice, organic strawberry, raspberry, organic blackcurrant	189	45	0,46	8,51	7,63	0,62	0,08	0,00	1,74	410
		berry boost	none	lactose free diet gluten free diet vegan diet	apple juice, organic banana, organic açaí (organic açaí berry 90%, organic cane sugar 10%, citric acid), raspberry	197	47	0,78	8,81	7,12	0,54	0,05	0,00	1,79	420
		green power	none	lactose free diet gluten free diet vegan diet	apple juice, organic cucumber, organic spinach	166	39	0,58	7,43	6,93	0,39	0,04	0,00	1,96	400
		green mango	none	lactose free diet gluten free diet vegan diet	apple juice, organic pineapple, organic mango, organic spinach, ginger juice	172	41	0,50	8,09	7,09	0,31	0,01	0,00	1,81	430
		10 o'clock in the evening in summer coconut water	none	lactose free diet gluten free diet vegan diet	coconut water, organic “10 O’Clock at Night in Summer” (organic pineapple, organic strawberry). -	110	26	0,36	5,52	4,31	0,14	0,00	0,03	0,61	391
		devastated garden coconut water	none	lactose free diet gluten free diet vegan diet	coconut water, organic devastated garden (organic banana, organic strawberry, organic kiwi)	140	33	0,37	7,15	6,16	0,18	0,00	0,03	0,73	394
		berry boost coconut water	none	lactose free diet gluten free diet vegan diet	coconut water, organic berry boost (organic banana, organic raspberry, organic açaí pulp (organic açaí, organic sugar, citric acid)	177	42	0,39	8,10	3,53	0,74	0,16	0,03	0,70	410
		green power coconut water	none	lactose free diet gluten free diet vegan diet	coconut water, organic green power (organic spinach, organic cucumber)	67	16	0,55	2,81	2,11	0,11	0,07	0,03	0,69	393
		green mango coconut water	none	lactose free diet gluten free diet vegan diet	coconut water, organic green mango (organic pineapple, organic mango, organic spinach), ginger juice	120	28	0,47	6,06	4,48	0,06	0,01	0,03	0,86	425
		red vival coconut water	none	lactose free diet gluten free diet vegan diet	coconut water, organic red vival (organic strawberry, organic raspberry, organic blackcurrant)	167	40	0,40	6,75	4,85	0,91	0,26	0,03	1,46	394

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	squeezed juice - the glow	none	lactose free diet gluten free diet vegan diet	carrot juice, apple juice, organic pollen grains	215	51	0,81	9,94	8,74	0,57	0,04	0,05	1,41	350
	squeezed juice - the sportsman	none	lactose free diet gluten free diet vegan diet	apple juice, orange juice, organic spirulina (Spirulina platensis)	219	52	0,79	9,74	9,08	0,51	0,02	0,01	2,65	350
	squeezed juice - the detox	none	lactose free diet gluten free diet vegan diet	carrot juice, ginger juice, organic chia seeds (Salvia hispanica)	233	55	1,41	8,05	5,64	1,66	0,14	0,10	1,32	350
	carrot juice	none	lactose free diet gluten free diet vegan diet	carrot juice	158	37	0,63	7,59	6,00	0,50	0,01	0,11	0,00	350
	orange juice	none	lactose free diet gluten free diet vegan diet	orange juice	189	45	0,75	8,03	7,60	0,50	0,01	0,00	2,70	350
	apple juice	none	lactose free diet gluten free diet vegan diet	apple juice	242	57	0,50	11,40	10,60	0,50	0,01	0,00	2,60	350
	carrot juice apple	none	lactose free diet gluten free diet vegan diet	carrot juice, apple juice	200	47	0,57	9,50	8,30	0,50	0,01	0,06	1,30	350
	orange carrot juice	none	lactose free diet gluten free diet vegan diet	orange juice, carrot juice	174	41	0,69	7,81	6,80	0,50	0,01	0,06	1,35	350
	carrot lemon juice	none	lactose free diet gluten free diet vegan diet	carrot lemon juice (carrot juice 95% (carrot), pressed lemon juice 5% (lemon))	166	39	0,75	7,68	6,12	0,53	0,02	0,11	0,38	350
	orange apple juice	none	lactose free diet gluten free diet vegan diet	apple juice 50%, orange juice 50%	215	51	0,63	9,72	9,10	0,50	0,01	0,00	2,65	350
	orange lemon juice	none	lactose free diet gluten free diet vegan diet	orange lemon juice (orange juice 95% (juice orange), pressed lemon juice 5% (lemon))	196	47	0,87	8,10	7,64	0,53	0,02	0,01	2,95	350
	apple lemon juice	none	lactose free diet gluten free diet vegan diet	apple lemon juice (apple juice 95% (apple), pressed lemon juice 5% (lemon))	245	58	0,63	11,30	10,49	0,53	0,02	0,00	2,85	350
	carrot juice apple orange	none	lactose free diet gluten free diet vegan diet	orange juice 34%, carrot juice 32%, apple juice 32%	196	47	0,63	8,99	8,06	0,50	0,01	0,04	1,78	350
	carrot, apple, lemon juice	none	lactose free diet gluten free diet vegan diet	carrot apple lemon juice (carrot juice 47.5% (carrot), apple juice 47.5% (apple), pressed lemon juice 5% (lemon))	206	49	0,69	9,49	8,31	0,53	0,02	0,05	1,62	350
	carrot, orange, lemon juice	none	lactose free diet gluten free diet vegan diet	carrot orange lemon juice (carrot juice 47.5% (carrot), orange juice 47.5% (juicing orange), pressed lemon juice 5% (lemon))	181	43	0,81	7,89	6,88	0,53	0,02	0,06	1,67	350
	orange, apple, lemon juice	none	lactose free diet gluten free diet vegan diet	orange apple lemon juice (apple juice 47.5% (apple), orange juice 47.5% (juicing orange), pressed lemon juice 5% (lemon))	221	52	0,75	9,70	9,07	0,53	0,02	0,00	2,90	350
	carrot, apple, orange, lemon juice	none	lactose free diet gluten free diet vegan diet	carrot apple orange lemon juice (carrot juice 31.67% (carrot), orange juice 31.67% (juicing orange), apple juice 31.67% (apple), pressed lemon juice 5% (lemon))	202	48	0,75	9,03	8,09	0,53	0,02	0,04	2,06	350

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	carrot ginger juice	none	lactose free diet gluten free diet vegan diet	carrot juice 96%, ginger juice 4%	165	39	0,67	7,87	5,84	0,51	0,02	0,11	0,07	350
	apple ginger juice	none	lactose free diet gluten free diet vegan diet	apple juice 96%, ginger juice 4%	245	58	0,55	11,53	10,27	0,51	0,02	0,00	**2,58**	350
	orange ginger juice	none	lactose free diet gluten free diet vegan diet	orange juice 96%, ginger juice 4%	195	46	0,79	8,29	7,38	0,51	0,02	0,01	**2,67**	350
	carrot juice apple ginger	none	lactose free diet gluten free diet vegan diet	apple juice 48%, carrot juice 48%, ginger juice 4%	205	48	0,61	9,69	8,05	0,51	0,02	0,05	**1,32**	350
	carrot juice, orange, ginger	none	lactose free diet gluten free diet vegan diet	orange juice 48%, carrot juice 48%, ginger juice 4%	180	43	0,73	8,08	6,61	0,51	0,02	0,06	**1,38**	350
	carrot lemon ginger juice	none	lactose free diet gluten free diet vegan diet	carrot lemon ginger juice (carrot juice 92% (carrot), pressed lemon juice 5% (lemon), ginger juice 3% (ginger))	172	41	0,79	7,92	5,98	0,54	0,03	0,10	0,45	350
	orange lemon ginger juice	none	lactose free diet gluten free diet vegan diet	orange ginger lemon juice (orange juice 92% (juicing orange), pressed lemon juice 5% (lemon), ginger juice 3% (ginger))	200	48	0,90	8,33	7,45	0,54	0,03	0,01	**2,93**	350
	apple, lemon, ginger	none	lactose free diet gluten free diet vegan diet	apple lemon ginger juice (apple juice 92% (apple), pressed lemon juice 5% (lemon), ginger juice 3% (ginger))	248	59	0,67	11,42	10,20	0,54	0,03	0,00	**2,84**	350
	orange, apple, ginger juice	none	lactose free diet gluten free diet vegan diet	apple juice 48%, orange juice 48%, ginger juice 4%	220	52	0,67	9,92	8,83	0,51	0,02	0,00	**2,63**	350
	carrot, orange, lemon, ginger juice	none	lactose free diet gluten free diet vegan diet	carrot orange ginger lemon juice (carrot juice 46% (carrot), orange juice 46% (juicing orange), pressed lemon juice 5% (lemon), ginger juice 3% (ginger))	186	44	0,85	8,12	6,72	0,54	0,03	0,06	**1,69**	0
	carrot, apple, lemon, ginger juice	none	lactose free diet gluten free diet vegan diet	carrot apple lemon ginger juice (carrot juice 46% (carrot), apple juice 46% (apple), pressed lemon juice 5% (lemon), ginger juice 3% (ginger))	210	50	0,73	9,67	8,09	0,54	0,03	0,05	**1,64**	350
	orange, apple, lemon ginger juice	none	lactose free diet gluten free diet vegan diet	orange apple lemon ginger juice (orange juice 46% (juicing orange), apple juice 46% (apple), pressed lemon juice 5% (lemon), ginger juice 3% (ginger))	224	53	0,79	9,87	8,83	0,54	0,03	0,00	**2,88**	350
	carrot juice, apple, orange, ginger	none	lactose free diet gluten free diet vegan diet	apple juice 32%, carrot juice 32%, orange juice 32%, ginger juice 4%	201	48	0,67	9,23	7,83	0,51	0,02	0,04	**1,78**	350
	carrot, apple, orange, lemon, ginger juice	none	lactose free diet gluten free diet vegan diet	carrot apple orange lemon ginger juice (carrot juice 30.58% (carrot), orange juice 30.58% (juicing orange), apple juice 30.58% (apple), pressed lemon juice 5% (lemon), ginger juice 3.25% (ginger))	207	49	0,79	9,22	7,88	0,54	0,03	0,04	**2,07**	350

ALLERGENS & NUTRITIONAL VALUES - Products

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JUS FONCTIONNEL		protein shake	milk	gluten free diet Vegetarian diet	orange juice, organic vanilla protein (1), pineapple juice, banana purée and kale mix (2) 1-organic whey protein concentrate (MILK) (EU origin) 97%, organic natural vanilla flavouring 3% 2-pineapple 63.3%, banana purée 20.6% (banana, antioxidants: citric acid, ascorbic acid), curly kale 16.1%	324	77	7,14	9,08	8,24	0,87	0,32	0,05	1,98	295
		glow elixir	fish	lactose free diet gluten free diet	apple juice, blackcurrant juice blend, banana purée (1), purple latte powder preparation (2), marine collagen (FISH), organic preparation made with blue spirulina, sumac and coconut (3) 1-blackcurrant 71%, banana 29% (banana, antioxidants: citric acid, ascorbic acid) 2-beet sugar, purple sweet potato powder, purple ube powder, Madagascar Bourbon vanilla 3-organic beet sugar, organic coconut, organic blue spirulina, organic ginger, organic wild sumac	296	70	1,50	13,27	10,26	0,51	0,06	0,00	3,27	375
		bodyguard	none	lactose free diet gluten free diet vegan diet	orange juice, strawberry and tomato juice blend (1), ginger juice, olive oil, tabasco (2) 1-strawberry 50%, tomato 50% 2-spirit vinegar, red chili pepper, salt	186	44	0,85	8,13	6,38	0,78	0,12	0,00	0,54	370
		after glow	fish	lactose free diet gluten free diet	carrot juice, organic 10 heure du soir en été (1), marine collagen (FISH). - 1-organic pineapple, organic strawberry	184	44	1,48	8,07	6,56	0,46	0,01	0,07	0,61	394
		whey to go	milk	gluten free diet Vegetarian diet	apple juice, exotic fruit puck (1), organic vanilla protein (2). 1-banana purée 47.4% (banana, citric acid, ascorbic acid), mango 25%, pineapple 13%, coconut milk 7.8%, passion fruit 5.2%, thickener: locust bean gum <1%, fibre <1% (bamboo, psyllium, potato) 2-organic whey protein concentrate (MILK) (EU origin) 97%, organic natural vanilla flavouring 3%	408	97	6,46	12,66	11,17	1,76	1,08	0,05	2,26	325
EXTRA		superfood - chia seeds	none	lactose free diet gluten free diet vegan diet	chia seeds (Salvia hispanica)	1938	469	19,90	12,70	0,58	30,40	3,13	0,00	32,40	14
		ginger supplement	none	lactose free diet gluten free diet vegan diet	Ginger juice	331	78	1,80	15,00	1,70	0,80	0,20	0,03	2,00	13
		organic vanilla whey supplement	milk	gluten free diet Vegetarian diet	Organic whey protein concentrate (MILK) (EU origin) 97%, organic natural vanilla flavouring 3%	1562	369	75,00	6,20	3,60	4,90	3,20	0,47	0,00	25
		collagen supplement	fish	lactose free diet gluten free diet	Marine collagen (FISH)	1615	380	95,00	0,00	0,00	0,00	0,00	0,10	0,00	3
		creatine supplement	none	lactose free diet gluten free diet vegan diet	creatine monohydrate	0	0	0,00	0,00	0,00	0,00	0,00	0,00	0,00	3