



# LES SANDWICHES

## SANDWICHES

|                                                                                                                          |       |
|--------------------------------------------------------------------------------------------------------------------------|-------|
| Club Thon                                                                                                                | 6,00€ |
| Thon Listao, fenouil croquant, olives noires, pickles d'oignon rouge, yaourt grec aneth-citron, échalotes, pain polaire  |       |
| Tuna Club, Listao tuna, pickled fennel, black olives, pickled red onions, dill-lemon greek yogurt, shallots, polar bread |       |
| Sandwich Mixte                                                                                                           | 6,80€ |
| Jambon torchon, Emmental, beurre léger demi-sel                                                                          |       |
| Ham&cheese sandwich, ham, Emmental cheese, lightly-salted butter                                                         |       |
| Toasté Poulet Cheddar                                                                                                    | 8,50€ |
| Filets de poulet marinés, Cheddar, tomatade, pain Ciabatta                                                               |       |
| Toasted chicken Cheddar, marinated chicken fillets, Cheddar cheese, ciabatta bread, tomatade                             |       |
| Toasté de Saison                                                                                                         | 9,00€ |
| Focaccia, butternut rôtis, Mozzarella, oignons rouges, roquette                                                          |       |
| Season's Toasted, focaccia bread, roasted butternut, Mozzarella cheese, red onions, arugula                              |       |

## Les minis sandwiches

|                                                                                              |       |
|----------------------------------------------------------------------------------------------|-------|
| Mini sandwich poulet                                                                         | 4,50€ |
| Filets de poulet marinés, Emmental, cream cheese, buns brioché                               |       |
| Mini chicken sandwich, marinated chicken fillets, Emmental cheese, cream cheese, brioche bun |       |
| Mini sandwich jambon                                                                         | 4,50€ |
| Jambon torchon, Emmental, beurre léger demi-sel, pain navette                                |       |
| Mini ham sandwich, ham torchon, Emmental cheese, lightly-salted butter, brioche bread        |       |

## Menu Atmosphère

|                                                     |        |
|-----------------------------------------------------|--------|
| Sandwich Mixte ou Club Thon                         | 12,00€ |
| Ham and cheese sandwich or Tuna Club                |        |
| + Verrine au choix + Boisson au choix               |        |
| Vittel 50cl ou Soda 33cl                            |        |
| + Verrine of your choice + Vittel 50cl or Soda 33cl |        |

# LE PLAT CHAUD

## HOT DISH

|                                              |        |
|----------------------------------------------|--------|
| Quiche chèvre épinard                        | 10,50€ |
| Goat cheese and spinach quiche, young shoots |        |

# LES SALADES

## SALADS

|                                                                                                                              |        |
|------------------------------------------------------------------------------------------------------------------------------|--------|
| Pasta Bacon Salade                                                                                                           | 9,50€  |
| Fusilli, bacon, Cheddar, carottes rôties, crispy onions, roquette, sauce ranch                                               |        |
| Pasta Bacon Salad, fusilli pasta, bacon, Cheddar cheese, roasted carrots, crispy onions, arugula, ranch dressing             |        |
| Bowl Superfood                                                                                                               | 11,00€ |
| Falafels, avocat, pois chiches grillés, fenouil vinaigré, chou rouge, trio de quinoa, baies de goji, graines de courge       |        |
| Bowl superfood, falafels, avocado, roasted chickpeas, pickled fennel, red cabbage, quinoa trio, goji berries, pumpkin seeds. |        |

# LES DESSERTS

## DESSERTS

|                                                              |       |
|--------------------------------------------------------------|-------|
| Fromage blanc, sirop d'érable, granola                       | 4,80€ |
| Cottage cheese, maple syrup, granola                         |       |
| Mousse au chocolat                                           | 4,80€ |
| Brownie*, caramel au beurre salé, noisettes                  |       |
| Chocolate mousse, brownie*, salted butter caramel, hazelnuts |       |
| Salade d'agrumes, grenade, menthe                            | 4,80€ |
| Verrine of citrus fruit, pomegranate and mint                |       |
| Brownie aux noix de pécan*                                   | 4,20€ |
| Pecan Brownie*                                               |       |
| Éclair* chocolat ou café                                     | 4,80€ |
| Chocolate éclair* or coffee éclair*                          |       |
| Cake banane et noix*                                         | 4,50€ |
| Banana and walnut cake*                                      |       |
| Cake citron pavot*                                           | 4,50€ |
| Lemon poppy cake                                             |       |
| Muffin* myrtilles                                            | 4,00€ |
| Blueberry muffin                                             |       |
| Muffin* vanille, pépites de chocolat                         | 4,00€ |
| Vanilla chocolate chip muffin                                |       |
| Muffin* noisettes caramélisées, pépites de chocolat au lait  | 4,00€ |
| Caramelized hazelnut muffin with milk chocolate chips        |       |
| Cookie* pépites de chocolat                                  | 3,80€ |
| Chocolate chips cookie                                       |       |
| Compote de pomme bio                                         | 2,50€ |
| Organic Apple sauce                                          |       |

## Menu Enfant

Jusqu'à 12 ans Under 12 years old

Mini sandwich poulet ou Mini sandwich jambon

Small chicken sandwich or small ham sandwich

+ Compote BIO ou Cookie\* ou Glace Push Up Haribo

+ Boisson au choix

Capri-Sun BIO 20cl ou Vittel 50cl

Capri-Sun BIO 20cl or Vittel 50cl

## Formule Goûter

Break menu

1 part de cake ou muffin au choix

1 cake or muffin of your choice

+ 1 boisson chaude

+1 hot drink

# GAUFRES\*

## WAFFLES\*

|                           |       |
|---------------------------|-------|
| Sucre                     | 3,80€ |
| Sugar                     |       |
| Chocolat-Noisette         | 4,80€ |
| Hazelnut-chocolate        |       |
| Caramel au beurre salé    | 4,80€ |
| Salted butter caramel     |       |
| Supplément crème fouettée | 1,00€ |
| Whipped cream extra       |       |

# LES BOISSONS

## DRINKS

### Les boissons fraîches Fresh drinks

|                                                         |               |
|---------------------------------------------------------|---------------|
| Vittel 50cl                                             | 2,80€         |
| Perrier 50cl                                            | 3,20€         |
| San Pellegrino 50cl                                     | 3,80€         |
| Orangina / Coca-Cola / Coca-Cola sans sucre 33cl / 50cl | 3,80€ / 4,50€ |
| Schweppes Agrum* 33cl                                   | 3,80€         |
| San Pellegrino aux agrumes 50cl                         | 3,80€         |
| Fuze Tea pêche 33cl                                     | 3,80€         |
| Oasis Tropical 33cl / 50cl                              | 3,80€ / 4,50€ |
| Pago Tropical** / orange** / pomme bio** 33cl           | 4,00€         |
| Tropical / Orange / Organic apple                       |               |
| Capri-sun 20cl                                          | 2,80€         |
| Bière 1664 blonde 33cl                                  | 4,50€         |
| 1664 lager beer                                         |               |

### Les boissons chaudes Hot drinks

|                                         |       |
|-----------------------------------------|-------|
| Nespresso café / Nespresso décafeiné    | 2,50€ |
| Nespresso coffee / Decaffeinated coffee |       |
| Nespresso café noisette                 | 2,80€ |
| Nespresso latte                         | 3,00€ |
| Nespresso café Viennois                 | 4,00€ |
| Nespresso coffee with whipped cream     |       |
| Nespresso cappuccino                    | 4,00€ |
| Chocolat chaud                          | 4,00€ |
| Hot chocolate                           |       |
| Latte Caramel Macchiato                 | 4,20€ |
| Caramel Latte Macchiato                 |       |
| Thé                                     | 3,50€ |
| Tea                                     |       |
| Supplément lait ou lait végétal         | 1,00€ |
| Milk or vegetal milk extra              |       |

BIO|SPHERE

Plat végétarien / Vegetarian dish. Verrine. \* Produit décongelé, ne pas recongeler / Previously frozen, do not refreeze. \*\* À base de concentré / Made from concentrate. Photos non contractuelles. Prix nets en euros, service compris - Cité restauration : 752 926 196 R.C.S. PARIS - Non-contractual photos. Net prices in euros, service included. For your health, eat at least 5 fruits and vegetables a day. Alcohol abuse is dangerous for health. To consume with moderation. 10/23

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L'ABUS D'ALCOOL EST DANGEREUX POUR LA SANTÉ. À CONSOMMER AVEC MODÉRATION.