

season

Brunch

LUNDI - SAMEDI
08H30 / 01H00

DIMANCHE
08H30 / 18H00
LA CUISINE FERME À 16H

WWW.SEASON-PARIS.COM

1 rue Charles François Dupuis -75003 Paris

TARTINES AVEC CONFITURE SEASON BY CONFITURE PARISIENNE - 5€

Toasted gluten free bread & baguette with butter - strawberry & litchi jam or chocolate spread (Nocciolata)

VIENNOISERIES - 2€

GREEN PANCAKES - 11€ Moringa Pancakes, maple syrup,

white chocolate mascarpone, blueberries, pecan nuts

PANCAKES D'OLIVER - 11€ Pancakes with maple sirup, crispy bacon, orange blossom cream and pecan nuts

PANCAKES CAMEL - 11€ Pancakes, banana, minced almonds, home-made almond caramel, coconut & gomasio

BANANA TARTINES - 9€ Toasted gluten free bread with banana whole grain almond puree with raisins or fresh fruits

DOUBLE TROUBLE - 10€

1 avocado toast with spices + 1

small bowl : açai bowl / dear muesli

TARTINE D'AVOCAT AUX ÉPICES - 11€

Toasted bread * with mashed avocados, mustard and spices

NOHOLITA'S TOAST - 12€

TARTINES D'AVOCAT AUX ÉPICES & HALLOUMI GRILLÉ
Toasted bread * with mashed avocados, mustard and spices, gomasio, grilled halloumi

TARTINE D'AVOCAT AUX ÉPICES & SAUMON - 12€

Toasted bread *, goat cheese, avocado cream, marinated salmon

AVOCADO BÉNÉDICTE - 12 €

Gluten-free bread <No Glu>, poached eggs, avocado cream, lemon, curry, Whole grain mustard & gomasio, hollandaise sauce, mixed salads

SALADE DE SAUMON MARINÉ

Marinated salmon, green salad, mango, ginger, pumpkin seeds

SALADE DE QUINOA WITHOUT / WITH CHICKEN

Mixed salad, trio quinoa, raisins, coriander, red onions, pistachio, avocado, greek yogurt with tahini sauce, marinated chicken with honey and sesame seeds

RAW SALAD THÁI

Red cabbage, carrot, chinese cabbage, avocado, edamame, coriander, onions, cashew, poached egg, cucumber, lime & sesame sauce, oyster mushroom

SIDES

POACHED EGGS - 2€

BACON - 3€

HALLOUMI - 3€

SALMON - 3€

CAULIFLOWER RICE - 3€

SMOKEY TOFU BACON - 3€

*GLUTEN FREE BREAD : 1€

AÇAÍ BOWL SEASON CLASSIC - 10€

Banana, açai pulp, topping

AÇAÍ BOWL SEASON CHOCOLATE - 10€

Banana, açai pulp, cocoa powder, topping

DEAR MUESLI - 9€

Greek yogurt, fresh fruits + muesli of your choice :

Cool kid - cereals, honey, almonds, poppy & sunflower seeds, sesame - Dried

fruit : coconuts, banana, strawberry

Chocolate kiss - oatmeal, coconut sugar, grated coconut, cocoa powder,

honey, chocolate chips, almonds, vanilla powder

SEASON X DEAR MUESLI : Green Beast - oatmeal, peanuts, sesame,

lemon, moringa powder, quinoa, ginger, cinnamon - dried fruits:

banana, date

EGG SANDWICH - 13€

<<NOGLU>> Gluten-free bread, fried egg, crispy

onions, bacon, tomato and red chilli jam, baby spinach, avocado

SWEETCORN FRITTERS - 12€

Sweetcorn and sweet potato fritters, coriander and lime,

mashed avocados, poached egg, baby spinach

SHAKSHUKA WITHOUT MERGUEZ - 9€ / WITH - 11€

Poached egg in a spicy tomato sauce, coriander, potatoes,

red peppers, oriental spices

SEASON BURRITO - 14€

Multi grain wrap, omelette, avocado, green

pepper, blackbeans & tomato sauce, greek yogurt with chives,

cheddar cheese, salad

LE NAAN - 16€

Homemade naan, satay chicken, philadelphia

cream cheese, baby spinach, sweet potato chips

VEGGIE CLUB - 16€

Country bread, grilled smoked tofu, avocado cream with

lemon, curry, mustard & gomasio, beetroot & ricotta hummus,

romaine salad, season sweet potato chips

DESSERTS - 8€

BANANA BREAD, mascarpone with coffee & praline

CHEESECAKE, red fruit coulis, raspberry

CHOCOLATE CREAM WITH AVOCADO, date, almond milk, crushed almonds

FRUIT SALAD of the season

CHOCOLATE CAKE & HAZELNUTS gluten-free <<Dounia Silem>> with chopped almonds



wifi : season(wistro) mp : bonjour



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