

season

LUNDI - SAMEDI
08H30 / 00H00
LA CUISINE FERME À 22H30

DIMANCHE
08H30 / 17H00
LA CUISINE FERME À 16H

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1 rue charles françois dupuis - 75003 Paris

FRENCH TOAST - 12€

French toast, chocolate sauce, tahini and maple sauce

GREEN PANCAKES - 12€

Moringa Pancakes, maple syrup, white chocolate mascarpone, blueberries, pecan nuts

PANCAKES D'OLIVER - 12€

Pancakes with maple sirup, crispy bacon, orange blossom cream and pecan nuts

PANCAKES CARAMEL - 12€

Pancakes, banana, chopped almonds, homemade almond caramel and coconut, gomasio

CLAFOUTIS - 10€

Fruits according to the season

TARTINES D'AVOCAT AUX ÉPICES (V) - 11€ OPTION GLUTEN FREE BREAD (SG) - 12€

Toasted bread with mashed avocados, mustard and spices

SIDES : OEUF POCHÉ +2€ | BACON +3€ | HALLOUMI +3€ | SAUMON +3€

DOUBLE TROUBLE - 10€

1 avocado toast with spices + 1 small bowl : açai bowl or dear muesli

SWEETCORN FRITTERS - 14€

Sweetcorn and sweet potato fritters, coriander and lime, mashed avocados, poached egg, baby spinach

AVOCADO BÉNÉDICTE - 13€

Gluten-free bread "No Glu", poached eggs, avocado cream (lemon, curry, garlic, old-fashioned mustard & gomasio, hollandaise sauce) mixed salads

EGG SANDWICH - 13€

"No Glu" Gluten-free bread, fried egg, crispy onions, bacon, tomato and red chilli jam, baby spinach, avocado

SHAKSHUKA - 9€ | WITH MERGUEZ (WITHOUT PORK) - 11€

Poached egg in a spicy tomato sauce, coriander, potatoes, red peppers, oriental spices

SEASON BOWL (V) - 16€

Buckwheat, roasted carrots, broccoli, asparagus, scrambled eggs, feta

SIDES

POACHED EGG - 2€
BACON - 3€

HALLOUMI - 3€
SALMON - 3€

SWEET POTATO CHIPS - 3€

(SG) GLUTEN FREE | GLUTEN FREE BREAD +1€ (V) VEGAN | ASK FOR THE LIST OF ALLERGENS

TARTINES AVEC CONFITURE SEASON BY CONFITURE PARISIENNE - 6€

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

MAGIC BLUE BOWL - 10€ Banana and blue spirulina, topping

SEASON AÇAÍ BOWL CLASSIC - 10€ Banana, açai pulp, topping

SEASON AÇAÍ BOWL CHOCOLAT - 10€ Banana, açai pulp, cocoa powder, topping

DEAR MUESLI - 10€ Yoghurt, muesli and fresh fruits + your choice

Green Beast - oatmeal, peanuts, sesame, lemon, moringa powder, quinoa, ginger, cinnamon - dried fruits: banana, date

Power trip - Organic granola, cranberries, blackberries, squash seeds

SALADE DE SAUMON MARINÉ SMALL - 10€ BIG - 17€

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

SALADE DE QUINOA AVEC POULET SMALL - 10€ LARGE - 17€ / SS POULET S - 9€ L - 16€

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

CRISPY RICE SALAD SMALL - 9€ LARGE - 16€

Crispy rice, mint, coriander, cucumber, green chili, ginger sauce, fried egg

SEASON BURGER (SG) - 17€

"NoGlu" Gluten-free bread, Beyond meat (vegetable "meat", gluten-free), dill mayonnaise, comté, county, batavia pickles, season sweet potato chips

LE NAAN - 16€

Homemade naan, satay chicken, philadelphia cream cheese, baby spinach, season sweet potato chips

SEASON BURRITO - 15€

Multi grain wrap, omelette, avocado, green pepper, blackbeans & tomato sauce, yoghurt with chives, cheddar cheese

DESSERTS SEASON - 8€

BANANA BREAD

Mascarpone with coffee & praline

CHEESECAKE

Red fruits coulis

PEANUT BUTTER & CHOCOLATE CAKE (SG)

CHOCOLATE CREAM WITH AVOCADO

Date, almond milk, crushed almonds

SEASONAL FRUIT SALAD



wifi : season(wistro) mp : bonjour



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