TABLEAU DES ALLERGENES / TABLE OF ALLERGENS

Colonne1	Gluten	Poisson	Crustacés	Oeufs	Porc	Moutarde	Soja	Sesame	Céleri	Produits laitiers	Fruits à coques
PDJ											
Omelette				x						x	
Oeuf benedicte	x			x						x	
Egg bagel	x			x	x					x	
Toast avocat	x										
Crêpes	x			x						x	
Chia coco											
Quiche	x			x						x	
GM											
Salade composée						(à part)					
Kale				x							x
Petits pois										x (chèvre)	(à part)
Salade de riz						(à part)					
Burrata										x	x
Lentilles corail			x (crevette)					x			
Quinoa	(sce soja)						x				
Ceviche		x									
Salade nicoise		x		x		(à part)			x		
César salade			x (crevette)	(à part)	x (à part)	(à part)				x	
SDW											
Jambon fromage	x				x					x	
Thon crudité	x	x							x		
Artichaut crudité	x								x		
BLT	x			x	x					x	
Rosette	x				x					x	
Poulet roti	x			x							
Panini poulet	x				x		x			x	
Panini auvergnat	x				x					x	
Caprese	x									x	x
BURGER											
CBO	x			x	x	x					
Pulled pork	x			x	x	x				x	
Bœuf raclette	x									x	
Croque TO-GO											
Croque jambon	x				x					x	
Croque pastrami	x					x				x	
Croque dinde	x					x				x	
Croque basque	x									x (brebis)	
CARTE SOIR											
Accra	x	x		x							
Charcuterie					x						
Fromage										x	x
Mixte					x					x	x
Verdurette				x							x
Burger fish	x	x		x						x	
Tartare de pêche		x						x			
Pâte											
Pomodorro	x										
Polpette	x			x						x	
Primavera	x									x	x
Truffe	x									x	
Fromage	x									x	
Lasagne B	x			x					x	x	
Lasagne S	x	x		x						x	
Dessert											
Moelleux choco-coco				x							(traces)
Tarte fine pomme	x									x	

ETG	Gluten	Fish	Crustacean	Egg	Pork	Mustard	Soja	Sesame	Celery	Dairy products	Nuts
PDJ											
Omelette				x						x	
Benedicte Egg	x			x						x	
Egg bagel	x			x	x					x	
Avocado toast	x										
Crêpes	x			x						x	
Chia coco											
Quiche	x			x						x	
SALADE											
Mixed salad						(on side)					
Kale				x							x
Peas salad										x (goat)	(on side)
Rice salad						(on side)					
Burrata										x	x
coral lentil			x (shrimp)					x			
Quinoa	(sce soja)						x				
Fish crudo		x									
Niçoise salad		x		x		(on side)			x		
Cesar salad			x (shrimp)	(on side)	x (on side)	(on side)				x	
SDW											
Ham & Cheese	x				x					x	
Tuna	x	x							x		
Artichoke	x								x		
BLT bacon laituye & tomatoe	x			x	x					x	
Salami	x				x					x	
Chicken	x			x							
Chicken Panini	x				x		x			x	
Ham & Cheese Panini	x				x					x	
Caprese	x									x	x
BURGER											
CBO Chicken Bacnon & oignon	x			x	x	x					
Pulled pork	x			x	x	x				x	
Beef	x									x	
Croque TO-GO											
Croque Ham	x				x					x	
Croque pastrami	x					x				x	
Croque Turkey	x					x				x	
Croque Basque	x									x (sheep)	
Evening Menu											
Fritters	x	x		x							
Charcuterie					x						
Cheese										x	x
Mixte					x					x	x
Verdurette				x							x
Burger fish	x	x		x						x	
Fish Tartare		x						x			
Pâte											
Pomodorro	x										
Polpette	x			x						x	
Salmon	x	x								x	
Truffle	x									x	
Cheese	x									x	
Beef lasagna	x			x					x	x	
Salmon lasagna	x	x		x						x	
Dessert											
Choco & Coco cake				x							(traces)
Apple pie	x									x	

		Ingredients									
Pâtisserie to go	Éléments	Céréales et graines	Gluten	Oeufs	Soja	Fruits à coques : amande, pécan, pistache , noisette	Produit laitier : lait, crème, beurre	Gélatine	Arachide	Noix de coco	Chocolats
	Cookie chocolat 80g / Chocolate cookie		X	X		X	X				X
	Chia coco / Chia coconut	X								X	
	Chouquette		X	X			X				
	Granola banane / Granola banana	X	X			X				X	X
	Muffin chocolat et gianduja	X		X	X	X	X				X
	Muffins / Blueberry muffins	X		X	X		X				
	Carotte cake			X	X	X					
	Rocher coco, citron vert / Coconut, Lime Rocher			X						X	
	Fondant chocolat Gluten free / Gluten free chocolate fondant			X			X				X
	Banana bread	X				X				X	
	Tartelette Mangue passion / Mango passion fruit tartlet		X	X		X	X	X			
	Tartelette chocolat / Chocolate peanut tartlet		X	X		X	X	X			X
	Cheesecake		X	X			X				
	Eclair chocolat / Chocolate		X	X		X	X	X			X
	Eclair pistache / Pistachio		X	X		X	X	X			
	Eclair café / Coffee		X	X			X	X			
	Paris-Brest		X	X		X	X	X			X
	Dune vanille de madagascar / Vanilla dune from Madagascar		X	X			X	X			X
	Marbré / Marble		X	X			X				X
	Tarte aux fruits rouges / Red fruit tart		X	X		X	X				
	Pop corn / Caramelized popcorn						X				
	Flan		X	X			X				
	Tourte chocolate nuts		X	X		X	X				X
	Cake citron		X	X			X				
	Cake pistache / pistachio cranberry		X	X		X	X				X
	Tarte bourdaloue		X	X		X	X				
	Tarte citron meringue		X	X		X	X	X			
	Fraisier		X	X		X	X	X			
	Tarte tatin		X				X				
	Chocolat chaud / Hot chocolate						X				X
	Coulis de Mangue / Mango Coulis							X			
	Guimauve / Marshmallow			X				X			
	Riz au lait vanille (Pots) / Vanilla rice pudding (Pots)	X					X				
	Panacotta (Pots/ Jars)						X	X			
	Mousse chocolat straciatella(Pots)			X		X	X	X			X
	Tarte citron destructurer (Pots) / Lemon tart (Jars)		X	X		X	X	X			
Glace et sorbet											
	Glace vanille de Madagascar / Madagascar vanilla ice cream			X			X				
	Crème glacer pistache / Pistachio ice cream					X	X				
	Crème glacé chocolat lait / Milk chocolate ice cream					X	X				X
	Sorbet banane passion / Banana passion sorbet										
	Sorbet fraise / Strawberry sorbet										
	Sorbet coco citron vert muscade / Coconut lime nutmeg sorbet										