

# French Menu

## Starters

|                |                |
|----------------|----------------|
| Parisian salad | 188<br>786 kj  |
| Oeufs Mollets  | 136<br>569 kj  |
| Tartare        | 237<br>1000 kj |

## Dishes

|                          |                     |
|--------------------------|---------------------|
| Quiche Lorraine          | 280 kcal<br>1171 kj |
| Salade de pomme de Terre | 143 kcal<br>598 kj  |
| Croque-Monsieur          | 290 kcal<br>1213kj  |
| Tartiflette              | 850 kcal<br>3556 kj |
| Grattin Dauphinois       | 136<br>569 kj       |

## Desserts

|                |                     |
|----------------|---------------------|
| Paris Brest    | 237 kcal<br>1000 kj |
| Tarte Tatin    | 235 kcal<br>983 kj  |
| Mille feuilles | 293 kcal<br>1225 kj |
| Fruits Salad   | 50 kcal<br>569 kj   |

## A cheese Touch ?

|             |                     |
|-------------|---------------------|
| Camembert   | 299 kcal<br>1251kj  |
| Goat Cheese | 340 kcal<br>1422 kj |
| Cantal      | 386 kcal<br>1615kj  |



“I You like it?  
It's French.

# 10 A.M SNACKS

## APPLE

*229 kiloJ for 100g  
so 55 Kcal*



## CEREAL BAR

*1 439 kiloJ for 100g  
so 344 Kcal*

## MACAROON

*1623 kiloJ for 100g  
so 388,00 Kcal*



# THE «GOÛTER»

FRENCH RESTAURANT

## MAIN COURSE

*Nutella with his  
bed of bread*

240kcal  
1004 Kj



## BEVERAGES

*À big bowl of milk*

130kcal  
544 Kj

## APPETIZERS

*Cereals*

388kcal  
1623 Kj



# APÉRITIF

## DRINKS

### CHAMPAGNE

1 glass = 100ml  
100ml = 80 kcal or 334 kj



### WINE

glass = 100ml  
100ml = 90 kcal or 376 kj



### RICARD

glass = 20ml + water  
20ml = 56 kcal or 234 kj



### SAUSISSON

100 g = 405 kcal or  
1694 kj



### COMTÉ

100g = 400 kcal or  
1673 kj



### PISTACHIOS

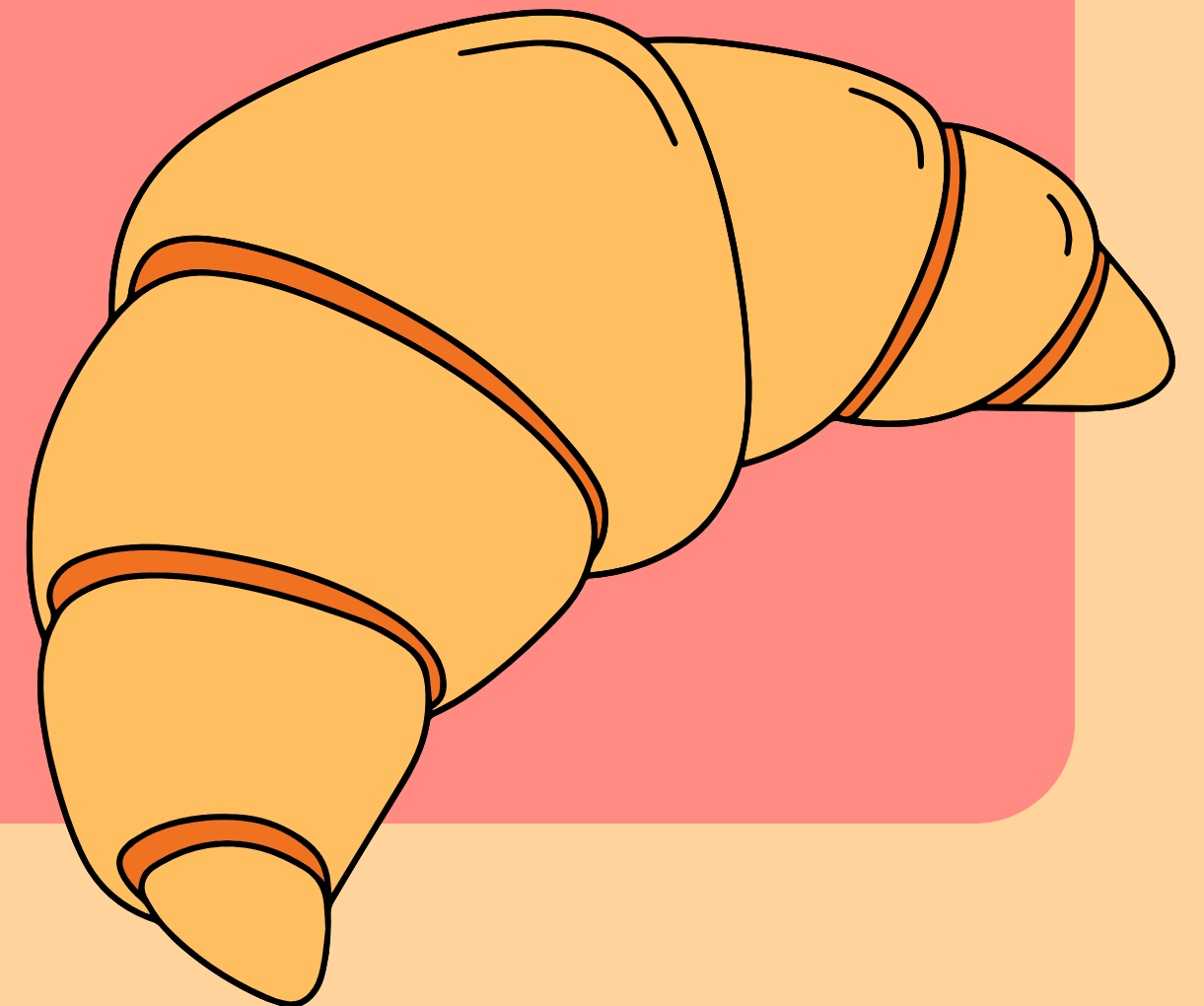
100 g = 590 kcal  
or 2468 kj



# FRENCH BREAKFAST

Be energetic

[Start](#)





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# THE TRADITIONAL BREAKFAST

Since the 20th century, the most traditional way to eat breakfast in France, is to eat bread with jam and a cup of coffee.



686 Kg/J



0 Kg/J



1167 Kg/J

# TO GO FURTHER



**CROISSANT**

**890 Kg/J**



**PAIN AU CHOCOLAT**

**1210 Kg/J**



**BRIOCHE**

**1480 Kg/J**



**RUSK**

**1571 Kg/J**



# OUR BREAKFAST

- Hot chocolate or juice
- cereales
- bread with chocolate spread
- crepe, waffle, honey



420~1255 Kg/J



287 Kg/J



397 Kg/J

# ORANGE JUICE



**SQUEEZED ORANGE JUICE**

*185 Kg/J*



**INDUSTRIAL ORANGE JUICE**

*42 Kg/J*

# TO GIVE TASTE



**HONEY**  
1270 Kg/J



**NUTELLA**  
2252 Kg/J



**CHOCOLATE SPREAD**  
2300 Kg/J

# SALTY PART



**OMELLETE**

**393 kg/J**



**CHESE**

**1702 Kg/J**



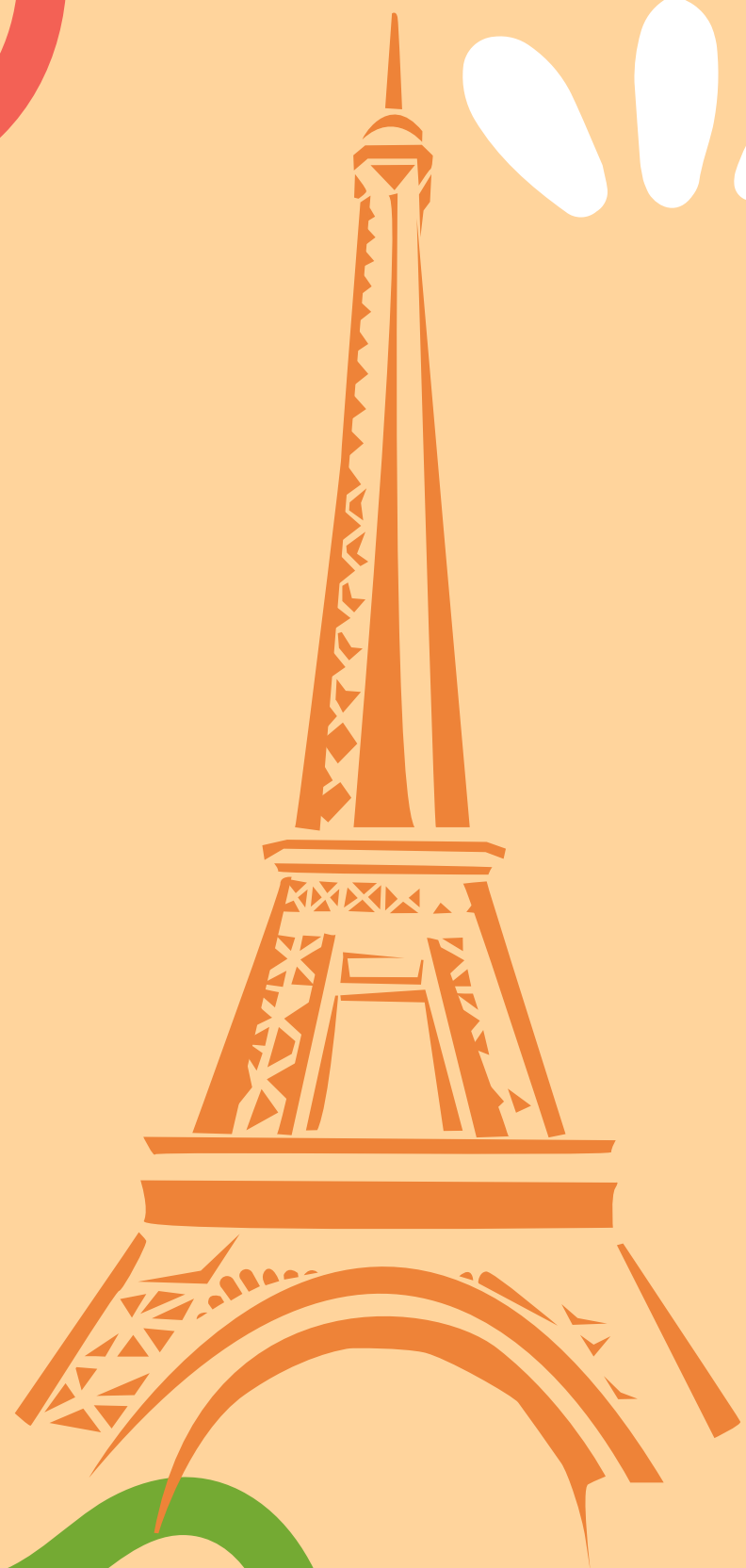
**CHARCUTERIE**

**420~1673 Kg/J**



**SALMON**

**812 Kg/J**



THANK YOU

SEE YOU SOON !!

