



| DÉSIGNATION                        | Gluten | Moutarde | Œuf | Fruits à coques | Soja | Lait | Lupin | Sulfites | Sésame | Mollusques | Poissons | Crustacés | Arachides | Céleri |
|------------------------------------|--------|----------|-----|-----------------|------|------|-------|----------|--------|------------|----------|-----------|-----------|--------|
|                                    |        |          |     |                 |      |      |       |          |        |            |          |           |           |        |
| <b>BOISSONS CHAUDES</b>            |        |          |     |                 |      |      |       |          |        |            |          |           |           |        |
| ESPRESSO                           |        |          |     |                 |      |      |       |          |        |            |          |           |           |        |
| NOISETTE°                          |        |          |     |                 |      | X    |       |          |        |            |          |           |           |        |
| AMERICANO                          |        |          |     |                 |      |      |       |          |        |            |          |           |           |        |
| CAPPUCCINO°                        |        |          |     |                 |      | X    |       |          |        |            |          |           |           |        |
| CAFÉ LATTE°                        |        |          |     |                 |      | X    |       |          |        |            |          |           |           |        |
| CHOCOLAT CHAUD°                    |        |          |     |                 | X    | X    |       |          |        |            |          |           |           |        |
| ° possibilité avec du lait végétal |        |          |     |                 |      |      |       |          |        |            |          |           |           |        |

|                 |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|-----------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| <b>DESSERTS</b> | COMPOTE DE POMME & FRUITS ROUGES                    | T | T | T | T | T | T | T | X | T | T | T | T | T |
|                 | MOUSSE AU CHOCOLAT BIO ET COPEAUX DE CHOCOLAT VEGAN | T |   | T | T | T |   |   |   |   |   |   |   |   |
|                 | MANGO & COCO CHIA PUDDING                           |   |   |   | X |   |   | T |   |   |   |   |   |   |
|                 | STARLIGHT FRUITS ROUGES                             | T |   | T | T | X |   |   |   |   |   |   |   |   |
|                 | YAOURT 0 % abricot, fraise, myrtille, vanille       |   |   |   |   | X |   |   |   |   |   |   |   |   |
|                 | FROMAGE BLANC 0% GRANOLA ET MIEL                    |   |   | X | T | X |   |   | X |   |   |   | X |   |
|                 | SHAKER DE FRUITS (mini ou grand)                    |   |   |   |   |   |   |   |   |   |   |   |   |   |

|            |                   |  |  |  |  |  |  |  |  |  |  |  |  |   |
|------------|-------------------|--|--|--|--|--|--|--|--|--|--|--|--|---|
| <b>JUS</b> | CALIFORNIA GREEN  |  |  |  |  |  |  |  |  |  |  |  |  | X |
|            | REBOOT            |  |  |  |  |  |  |  |  |  |  |  |  |   |
|            | CARRIBEAN PASSION |  |  |  |  |  |  |  |  |  |  |  |  |   |
|            | MAGIC PAM         |  |  |  |  |  |  |  |  |  |  |  |  |   |
|            | GINGER ACE        |  |  |  |  |  |  |  |  |  |  |  |  |   |
|            | CITRONNADE        |  |  |  |  |  |  |  |  |  |  |  |  |   |

|                                     |   |   |  |   |   |   |  |  |  |  |  |  |  |   |
|-------------------------------------|---|---|--|---|---|---|--|--|--|--|--|--|--|---|
| <b>PÂTISSERIE<br/>VIENNOISERIES</b> | COOKIE CHOCOLAT AU LAIT, NOISETTES *      | X |  | X | X | X |  |  |  |  |  |  |  |   |
|                                     | COOKIE CHOCOLAT NOIR *                    | X |  | X | T | X |  |  |  |  |  |  |  |   |
|                                     | COOKIE CRANBERRIES GRAINES vegan *        | X |  | T | T | T |  |  |  |  |  |  |  |   |
|                                     | MUFFIN FAÇON BANANA BREAD *               | X |  | X | T | T |  |  |  |  |  |  |  |   |
|                                     | MUFFIN FAÇON CARROT CAKE *                | X |  | X | T | T |  |  |  |  |  |  |  | T |
|                                     | CAKE CITRON PAVOT *                       | X |  | X | T | T |  |  |  |  |  |  |  | X |
|                                     | CAKE CHOCOLAT naturellement sans gluten * | T |  | X | T | X |  |  |  |  |  |  |  | T |
|                                     | PAIN AU CHOCOLAT                          | X |  | X | T | X |  |  |  |  |  |  |  |   |
|                                     | CROISSANT                                 | X |  | X | T | X |  |  |  |  |  |  |  |   |

\* produits décongelés, ne pas recongeler  
T (présence de traces possibles)































# EATING GOOD FEELING GOOD

Ce document présente les allergènes naturellement présents dans nos produits.  
Fabriqués dans la même cuisine, ils peuvent cependant en contenir des traces.

| DÉSIGNATION             |                          | Gluten | Moutarde | Œuf | Fruits à coques | Soja | Lait | Lupin | Sulfites | Sésame | Mollusques | Poissons | Crustacés | Arachides | Céleri |
|-------------------------|--------------------------|--------|----------|-----|-----------------|------|------|-------|----------|--------|------------|----------|-----------|-----------|--------|
|                         |                          |        |          |     |                 |      |      |       |          |        |            |          |           |           |        |
| <b>SOUPE</b>            | GASPACHO                 |        |          |     |                 |      |      |       | x        |        |            |          |           |           |        |
| <b>QUICHES</b>          | QUICHE LORRAINE          | x      | T        | x   | T               | T    | x    |       |          |        | T          | T        | T         |           | T      |
|                         | QUICHE SAUMON EPINARDS   | x      | T        | x   | T               | T    | x    |       |          |        | T          | x        | T         |           | T      |
| <b>BOWLS SIGNATURES</b> | RAINBOWL                 | x      | x        | T   | T               | T    | T    | T     | T        | x      | T          | T        | T         | T         | T      |
|                         | CHAMPI'ON                | x      | x        | x   | x               | T    | T    | T     | T        | T      | T          | T        | T         | x         | T      |
|                         | AVO CAESAR               | x      | x        | x   | T               | T    | x    | T     | T        | x      | T          | x        | T         | T         | x      |
|                         | MEDITERRANEAN TUNA       | x      | T        | T   | T               | T    | x    | T     | T        | T      | T          | x        | T         | T         | T      |
| <b>BOWLS DE SAISON</b>  | CEVI'CHERI               | T      | T        | T   | T               | x    | T    | T     | T        | T      | T          | x        | T         | T         | T      |
|                         | ORIENTA'JINE             | x      | T        | T   | T               | T    | T    | T     | T        | x      | T          | T        | T         | T         | T      |
|                         | MAKE ME HEALTHY BOWL ÉTÉ | T      | T        | T   | T               | T    | T    | T     | x        | x      | T          | x        | T         | T         | T      |
|                         | GREEN MEZZE              | x      | x        | x   | T               | x    | T    | T     | x        | x      | T          | T        | T         | T         | T      |
|                         | SAU'MON AMOUR            | x      | T        |     |                 | x    |      |       |          | x      |            | x        |           |           | T      |
|                         | ARTI'PASTI               | x      |          | x   | x               |      | x    |       | x        |        |            |          |           | x         | x      |
|                         | MEX CHICKEN              | x      | x        | T   | T               | T    | x    | T     | T        | T      | T          | T        | T         | T         | T      |
| FESTI MELON             | x                        |        |          |     |                 | x    |      |       |          |        |            |          |           |           |        |

\* produits décongelés, ne pas recongeler  
T (présence de traces possibles)

| DÉSIGNATION                | Gluten  | Moutarde  | Œuf   | Fruits à coques   | Soja  | Lait  | Lupin  | Sulfites  | Sésame  | Mollusques  | Poissons  | Crustacés   | Arachides   | Céleri  |
|----------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
|                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| HUILE D'OLIVE/ + CITRON    |   |   |   |   |   |   |  |   |   |   |   |   |   |   |
| HUILE D'OLIVE + BALSAMIQUE |   |   |   |   |   |   |  | T   |   |   |   |   |   |   |
| SAUCE JOUR                 | X   | X   |   |   |   |   |  | T   |   |   |   |   |   |   |
| SAUCE CAESAR               |   | X   | X   |   |   | X   |  | T   |   |   | X   |   |   |   |
| SAUCE LÉGÈRE               | X   | X   |   |   |   | X   |  | T   |   |   |   |   |   |   |
| SAUCE PESTO                |   |   |   |   |   | X   |  | T   |   |   |   |   |   |   |
| SAUCE MISO                 | X   |   |   |   | X   |   |  | T   | X   |   |   |   |   |   |
| SAUCE TAHINI               | X   |   |   |   |   |   |  | T   | X   |   |   |   |   |   |

| DÉSIGNATION                  | Gluten  | Moutarde  | Œuf   | Fruits à coques   | Soja  | Lait  | Lupin  | Sulfites  | Sésame  | Mollusques  | Poissons  | Crustacés   | Arachides   | Céleri  |
|------------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
|                              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| PÂTES BIO                    | X   |   |   |   |   |   |  |   |   |   |   |   |   |   |
| QUINOA / TRIO DE RIZ         | T   | T   |   |   |   |   |  |   | T   |   |   |   |   | T   |
| HOUMOUS MENTHE CITRON        | T   | T   | T   | T   | T   | T   | T  | X   | X   | T   | T   | T   | T   | T   |
| COURGETTES MARINÉES          |   |   |   |   |   |   |  | T   |   |   |   |   |   |   |
| ARTICHAUT À LA ROMAINE       |   |   | T   | T   |   | T   |  | X   |   |   |   |   |   | T   |
| FALAFEL*                     | X   |   | X   |   | X   | T   |  |   |   | T   | T   | T   |   |   |
| COPPA                        |   |   |   |   |   |   |  |   |   |   |   |   |   |   |
| FILET DE POULET THYM / CAJUN |   | X   |   |   |   |   |  |   |   |   |   |   |   |   |
| JAMBON BLANC                 |   |   |   |   |   |   |  |   |   |   |   |   |   | X   |
| OEUF DUR                     |   |   | X   |   |   |   |  |   |   |   |   |   |   |   |
| FILET DE THON                |   |   |   |   |   |   |  |   |   |   | X   |   |   |   |
| SAUMON TARTARE               |   |   |   |   |   |   |  |   |   |   | X   |   |   |   |
| CABILLAUD CEVICHE            | T   | T   | T   | T   | T   | T   | T  | T   | T   | T   | X   | T   | T   | T   |
| FÉTA/COMTÉ/MOZZARELLA        |   |   |   |   |   | X   |  |   |   |   |   |   |   |   |
| GRANA PADANO                 |   |   | X   |   |   | X   |  |   |   |   |   |   |   |   |
| CROÛTONS                     | X   | T   |   |   |   |   |  |   | X   |   |   |   |   | T   |
| AMANDES/NOIX                 |   |   |   | X   |   |   |  |   |   |   |   |   | X   |   |
| CHIPS DE PITA                | X   | T   |   |   |   |   |  |   |   |   |   |   |   | T   |
| RAISINS SECS                 |   |   |   |   |   |   |  |   |   |   |   |   |   |   |
| KALE MARINÉ                  | X   | X   |   |   | X   |   |  | X   | X   |   |   |   |   | T   |
| TOMATES CONFITES             |   |   |   |   |   |   |  |   |   |   |   |   |   |   |
| EDAMAMÉS*                    |   |   |   |   | X   |   |  |   |   |   |   |   |   |   |
| OIGNONS ROUGES PICKLES       |   |   |   |   |   |   |  | T   |   |   |   |   |   |   |
| OIGNONS FRITS                | X   | T   |   |   |   |   |  |   |   |   |   |   |   | T   |
| LÉGUMES RÔTIS                | T   | T   | T   | T   | T   | T   | T  | T   | T   | T   | T   | T   | T   | T   |
| POIS CHICHES MARINES         | T   | T   | T   | T   | T   | T   | T  | T   | T   | T   | T   | T   | T   | T   |
| PETIT PAIN DE CAMPAGNE       | X   |   |   | T   |   | T   |  |   | X   |   |   |   |   |   |
| PETIT PAIN MULTICEREALES     | X   |   |   | T   |   | T   |  |   | X   |   |   |   |   |   |

\* produits décongelés, ne pas recongeler

T (présence de traces possibles)