



NUTRITION SURVIVAL GUIDE TO

# CAFE ROUGE

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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### ROUGE BREAKFAST

Rouge Breakfast with Fried Egg	944.1	45.4	45.4	5.5	5.5	63.2	4.1
Rouge Breakfast with Scrambled Egg	908	37.2	46.4	5.4	6	62.2	4.3
Rouge Breakfast with Poached Egg	839.8	38.4	43.7	4.8	5.2	55.3	2.1
Rouge Vegetarian with Fried Egg	655.2	25.2	43.7	10.1	8.4	39.9	1.9
Gluten-Free Rouge Vegetarian with Fried Egg	619.1	23.2	32.7	14.9	7.4	40	1.8
Rouge Vegetarian with Scrambled Egg	619.1	37.2	44.6	9.9	8.9	38.9	2.1
Gluten-Free Rouge Vegetarian with Scrambled Egg	583	35.2	33.7	14.7	7.9	39	1.9
Rouge Vegetarian with Poached Egg	550.9	36.6	41.9	9.4	8	32	1.7
Gluten-Free Rouge Vegetarian with Poached Egg	514.8	34.6	31	14.2	7.1	32.1	1.6

### PANCAKES

Pancakes with bacon & banana	744.2	21.7	120.8	2.4	67.7	18.9	3.1
Pancakes with fruit & fruit compote	388.1	8.2	74.2	6.1	21.6	5	1.5
Eggs Benedict - Ham	551.5	28.7	39.3	2.7	4.6	30.3	2.9
Eggs Benedict - Spinach	547.4	18.2	37.3	2.5	5.3	35.7	1.7
Eggs Benedict - Smoked Salmon	697.6	35.8	46.1	1.9	4.8	40.6	4.1

### SOURDOUGH TOAST

Bacon & Scrambled Eggs	594.7	31.8	27.3	0.8	0.6	39.8	3.1
Gluten-Free Bacon & Scrambled Eggs	558.6	29.8	16.4	5.6	-0.4	39.9	3
Bacon & Poached Eggs	466.4	29.7	23.9	0.2	0.3	27.9	2.6
Gluten-Free Bacon & Poached Eggs	430.3	27.7	12.9	4.9	-0.6	28	2.5
Salmon & Scrambled Eggs	582.4	33.1	26.3	0.8	1.1	38.4	0.6
Gluten-Free Salmon & Scrambled Eggs	546.3	31.1	15.3	5.6	0.2	38.4	0.5
Salmon & Poached Eggs	454.2	31.1	22.9	0.2	1.2	26.5	1.7
Gluten-Free Salmon & Poached Eggs	418.1	29.1	11.9	4.9	0.2	26.5	1.6
Smashed Avocado with Tomato	287.6	6.4	26.8	4.6	0.8	16.2	0.5
Gluten-Free Smashed Avocado with Tomato	287.6	6.4	26.8	4.6	0.8	16.2	0.5
Smashed Avocado with Smoked Salmon	430.4	20.7	27.5	4.6	2.2	25.5	0.5
Gluten-Free Smashed Avocado with Salmon	430.4	20.7	27.5	4.6	2.2	25.5	0.5

### CROQUES

Monsieur	503.7	22.2	54.8	2.5	1	21.1	3.2
Madame	582.7	29	54.8	2.5	1	26.9	3.4
Portobello Mushroom	545.9	19.6	50.4	4.5	1.1	28.6	2.5

1-200 CAL

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## PASTRIES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Croissant	263.2	5.7	28	0.9	4.2	14	0.7
Almond Croissant	338	10.6	32.2	2.1	13.8	18.1	0.7
Pain au Chocolat	259	4.3	31.2	1.1	9.2	12.7	0.6
Pain aiu Raisin	281.3	4.3	33.9	2	16.6	13.8	0.9

## OTHER

Fruit Salad	26.8	1	6.3	3.2	6.3	0.5	0
Granola	576.3	17.9	87.6	10.4	40.6	15.9	0.2

## KIDS BREAKFAST

Petit Breakfast with Fried egg	556.5	29.6	41.8	4.4	4.1	29.2	2.8
Petit Breakfast with Scrambelled Egg	538.7	27.2	42.6	4.4	4.5	31.2	3
Petit Veggie Breakfast with Fried egg	312.6	15.3	33.8	7.5	2.6	11.3	1.2
Gluten-Free Petit Veggie Breakfast with Fried Egg	276.5	8.2	22.9	12.3	1.6	11.4	1
Petit Veggie Breakfast with Scrambelled Egg	294.8	12.9	34.6	7.5	2.9	13.3	1.3
Gluten-Free Petit Veggie Breakfast with Scrambled Egg	258.7	5.8	23.7	12.3	2	13.4	1.2
Kids Pancakes	279.4	5.4	54.7	2.3	19	3.9	1
Petit Pain - Sausage	714	26.3	42.4	1.3	7.1	48.5	2.7
Petit Pain - Bacon	424.6	21.9	35.4	2.3	4.8	21.2	3.1
Gluten-Free Petit Pain - Bacon	395.7	18.9	33	6.4	4.9	19.5	3

## BREAD & NIBBLES

Olives	146	1.3	4.6	4.2	0	12.6	3.5
Classic Baguette & Supergreen Pesto	345.2	10.3	50.4	3.2	3.5	10.7	1.5
Classic Baguette & Smoked Harissa Hummous	353.7	10.5	50.7	5.4	3.3	10.9	1.3
Sourdough Flatbread - Garlic Butter	823.5	16	94.1	4.7	5	41.6	2.5
Sourdough Flatbread - Garlic Butter + Emmental Cheese	920.2	21.5	91.3	4.8	4.5	51.1	2.7
Sourdough Flatbread - Mediterranean	720.3	17.8	101.9	7.5	14.7	25	2.5
Sourdough Flatbread - Sobrasada	1017.6	28.2	98.9	7.4	9	54.9	3.5

## STARTERS

King Prawns	302.3	18.4	18.4	1.7	2	16.7	2.2
Gluten-Free King Prawns	266.2	16.5	7.5	6.5	1.1	16.8	2.1
French Onion Soup	339.2	15.6	43.1	4.8	11.6	10.4	3.5
Gluten-Free French Onion Soup	303.1	13.6	32.1	9.6	10.6	10.4	3.4
Pea & Mint Tortelloni	227.7	8.83	34.64	5.11	12.14	4.83	0.83
Seasonal Soup	248.6	11.2	36.7	14.2	4.1	3.3	1.8
Chicken Liver Pâté	503.8	9.3	36	2.8	8.2	35.2	1.4
Gluten-Free Chicken Liver Pâté	467.7	7.3	25	7.6	7.3	35.3	1.2
Garlic Mushrooms	253.7	7.6	22.8	4.4	1	13.6	0.8
Gluten-Free Garlic Mushrooms	217.6	5.6	11.9	9.1	0	13.7	0.7
Breaded Camembert	564.4	19.7	31.5	2	8.7	39.4	1.3
Devon Crab & Avocado Tian	371.3	14.2	47.5	4.6	1.6	12.7	1.7
Gluten-Free Devon Crab & Avocado Tian	335.2	12.2	36.6	9.3	0.7	12.8	1.5
Sharing Board	1520	63.2	76.8	15.2	13.6	103.2	7.1

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### BAGUETTES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Steak with frites	892.2	39.3	45.5	10	5.6	33.1	3.7
Steak with house salad	565.3	37.7	13	7.6	7.7	12.6	1.7
Chargrilled Chicken with frites	902.1	39.4	108.9	8.8	3.3	32.1	4.6
Chargrilled Chicken with house salad	575.2	37.7	76.4	6.4	5.4	11.6	2.6
Vegetable & Halloumi with frites	995.1	31	107.3	10.6	12.1	46.5	5.5
Vegetable & Halloumi with house salad	668.2	29.3	74.8	8.1	14.3	26	3.5

### MAINS

Poulet Breton	603.3	29.2	37.8	12.6	8	34.5	2.1
Beef Bourguignon	548.1	57.6	45.8	5.7	7.3	13.6	4.2
Moules Marinères	987	34.1	39	5.9	3.1	77.3	4.4
Gluten-Free Moules Marinères	1124.7	95.2	67.3	6.6	9.9	51.5	5.7
Moules Provençales	479.3	20.5	38.9	5.4	1.4	25.5	4.9
Gluten-Free Moules Provençales	1701.3	132.8	88.9	7.5	12.6	89.4	7.1
Demi Poulet with frites	1043	103.2	36.6	6.6	0.8	52.7	6.6
Demi Poulet with house salad	716.1	101.6	4.1	4.2	2.9	32.2	4.6
Salmon	576.6	37.6	21.6	0.9	2.6	37.9	1.4
Pea & Asparagus Risotto	515.2	13.1	74.4	7.8	5.8	16.5	3.3
Leffe Beer Battered Fish	755	36.1	51.5	7.9	1.2	43.1	3
Vegetable Tagine	477.5	14.7	62.5	15.7	23.9	15.2	2.1
Gluten-Free Vegetable Tagine	393.2	11.8	47.7	13.3	20.2	12.2	2.1
Duck Confit with Orange Sauce	426.2	19.4	38.8	10.1	12.2	19.4	2.8
Duck Confit with Cherry Sauce	564	43.6	36.8	4.8	17.2	26	3

### LIGHTER BITES

Niçoise Salad	562.6	53.9	18	9.3	0.6	28.4	2.1
-With Chargrilled Chicken breast toppings	678.7	81	18.5	9.43	1.2	29.7	3.1
-With Goats' Cheese toppings	682.6	61.8	18.4	9.3	1	38.1	2.6
-With Smoked Salmon toppings	676.9	65.3	18.6	9.3	1.2	35.8	2.1
-With Caesar Salad toppings	1026.8	63.8	33.8	11.9	5	68	trace
-With Gluten-Free Caesar Salad toppings	925.9	61.1	19.6	11.5	4.6	65.4	4.1
Chicken & Avocado Salad	348	32.6	6.5	1.5	5.2	20.9	1.4
-With Chargrilled Chicken breast toppings	464.1	59.7	7	1.63	5.8	22.2	2.4
-With Goats' Cheese toppings	468	40.5	6.9	1.5	5.6	30.6	1.9
-With Smoked Salmon toppings	462.3	44	7.1	1.5	5.8	28.3	trace
-With Caesar Salad toppings	812.2	42.5	22.3	4.1	9.6	60.5	3.8
-With Gluten-Free Caesar Salad toppings	711.3	39.8	8.1	3.7	9.2	57.9	3.4
Summer Salad	270	3.25	8.25	6	7.5	23.5	1.4
-With Chargrilled Chicken breast toppings	386.1	30.35	8.75	6.13	8.1	24.8	2.4
-With Goats' Cheese toppings	390	11.15	8.65	6	7.9	33.2	1.9
-With Smoked Salmon toppings	384.3	14.65	8.85	6	8.1	30.9	trace
-With Caesar Salad toppings	734.2	13.15	24.05	8.6	11.9	63.1	3.8
-With Gluten-Free Caesar Salad toppings	633.3	10.45	9.85	8.2	11.5	60.5	3.4

1-200 CAL

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## OMELETTE

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Omelette with house salad	314.1	21.3	12.4	2.7	3	19.4	0.5
-Add choice of Emmental Cheese	385.1	41.6	trace	2.7	trace	25.3	1
-Add choice of Ham	340.9	26.6	12.7	2.8	3.3	19.9	1
-Add choice of Smoked Salmon	428.4	32.7	13	2.7	3.6	26.8	trace
-Add choice of Mushroom	371	24	13	4.9	3.3	24.3	0.7
-Add choice of Heritage Tomatoes	328.7	21.9	15.1	3.8	5.7	19.7	trace
-Add choice of Spinach	323.3	22.3	13	3.7	trace	19.7	0.6
<b>Omelette with frites</b>	<b>641</b>	<b>23</b>	<b>44.9</b>	<b>5.2</b>	<b>0.9</b>	<b>39.9</b>	<b>2.5</b>
-Add choice of Emmental Cheese	712	43.3	trace	5.2	trace	45.8	3
-Add choice of Ham	667.8	28.3	45.2	5.3	1.2	40.4	3
-Add choice of Smoked Salmon	755.3	34.4	45.5	5.2	1.5	47.3	trace
-Add choice of Mushroom	697.9	25.7	45.5	7.4	1.2	44.8	2.7
-Add choice of Heritage Tomatoes	655.6	23.6	47.6	6.3	3.6	40.2	trace
-Add choice of Spinach	650.2	24	45.5	6.2	1.5	40.2	2.6

## STEAK FRITES

Sirloin with frites	698.8	54.8	36.5	5.6	0.6	36.1	2.6
-With Garlic Butter sauce	763.8	54.9	36.7	5.6	0.6	43.2	2.7
-With Béarnaise sauce	824.3	55.4	39.1	5.6	1.4	48.7	2.9
-With Roquefort sauce	766	56.8	39.6	5.7	1.4	41.3	3.4
-With Beef Dripping Merlot Gravy sauce	735.4	55.7	40.9	5.8	1.8	52.3	3.1
-With Peppercorn Sauce	782.2	55.9	40.3	6.4	2	42	3.4
<b>Sirloin with house salad</b>	<b>371.9</b>	<b>53.1</b>	<b>3.9</b>	<b>3.1</b>	<b>2.7</b>	<b>15.5</b>	<b>0.6</b>
-With Garlic Butter sauce	436.9	53.2	4.1	3.1	2.7	22.6	0.7
-With Béarnaise sauce	824.3	55.4	39.1	5.6	1.4	48.7	2.9
-With Roquefort sauce	439.1	55.1	7	3.2	3.5	20.7	1.4
-With Beef Dripping Merlot Gravy sauce	408.5	54	8.3	3.3	3.9	31.7	1.1
-With Peppercorn Sauce	455.3	54.2	7.7	3.9	4.1	21.4	1.4
<b>Heart of Rump with frites</b>	<b>609.3</b>	<b>54.2</b>	<b>37.3</b>	<b>5.5</b>	<b>0.8</b>	<b>26.3</b>	<b>2.6</b>
-With Garlic Butter sauce	674.3	54.3	37.5	5.5	0.8	33.4	2.7
-With Béarnaise sauce	734.8	54.8	39.9	5.5	1.6	38.9	2.9
-With Roquefort sauce	645.9	55.1	41.7	5.7	2	42.5	3.1
-With Beef Dripping Merlot Gravy sauce	645.9	55.1	41.7	5.7	2	42.5	3.1
-With Peppercorn Sauce	692.7	55.3	41.1	6.3	2.2	32.2	3.4
<b>Heart of Rump with house salad</b>	<b>282.4</b>	<b>52.6</b>	<b>4.8</b>	<b>3</b>	<b>3</b>	<b>5.8</b>	<b>0.6</b>
-With Garlic Butter sauce	347.4	52.7	5	3	3	12.9	0.7
-With Béarnaise sauce	407.9	53.2	7.4	3	3.8	18.4	0.9
-With Roquefort sauce	349.6	54.6	7.9	3.1	3.8	11	1.4
-With Beef Dripping Merlot Gravy sauce	319	53.5	9.2	3.2	4.2	22	1.1
-With Peppercorn Sauce	365.8	53.7	8.6	3.8	4.4	11.7	1.4
<b>Ribeye with frites</b>	<b>838.4</b>	<b>60.4</b>	<b>36.4</b>	<b>5.7</b>	<b>0.5</b>	<b>49</b>	<b>2.7</b>
-With Garlic Butter sauce	903.4	60.5	36.6	5.7	0.5	56.1	2.8
-With Béarnaise sauce	963.9	61	39	5.7	1.3	61.6	3
-With Roquefort sauce	905.6	62.4	39.5	5.8	1.3	54.2	3.5

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Beef Dripping Merlot Gravy sauce	875	61.3	40.8	5.9	1.7	65.2	3.2
-With Peppercorn Sauce	921.8	61.5	40.2	6.5	1.9	54.9	3.5
Ribeye with house salad	511.5	58.8	3.9	3.3	2.7	28.4	0.7
-With Garlic Butter sauce	576.5	58.9	4.1	3.3	2.7	35.5	0.8
-With Béarnaise sauce	637	59.4	6.5	3.3	3.5	41	1
-With Roquefort sauce	578.7	60.8	7	3.4	3.5	33.6	1.5
-With Beef Dripping Merlot Gravy sauce	548.1	59.7	8.3	3.5	3.9	44.6	1.2
-With Peppercorn Sauce	594.9	59.9	7.7	4.1	4.1	34.3	1.5
Fillet with frites	576.6	44.1	36.4	5.3	0.6	27.4	2.3
-With Garlic Butter sauce	641.6	44.2	36.6	5.3	0.6	34.5	2.4
-With Béarnaise sauce	702.1	44.7	39	5.3	1.4	40	2.6
-With Roquefort sauce	643.8	46.1	39.5	5.4	1.4	32.6	3.1
-With Beef Dripping Merlot Gravy sauce	613.2	45	40.8	5.5	1.8	43.6	2.8
-With Peppercorn Sauce	660	45.2	40.2	6.1	2	33.3	3.1
Fillet with house salad	249.7	42.5	3.9	2.8	2.7	6.8	0.3
-With Garlic Butter sauce	314.7	42.6	4.1	2.8	2.7	13.9	0.4
-With Béarnaise sauce	375.2	43.1	6.5	2.8	3.5	19.4	0.6
-With Roquefort sauce	316.9	44.5	7	2.9	3.5	12	1.1
-With Beef Dripping Merlot Gravy sauce	286.3	43.4	8.3	3	3.9	23	0.8
-With Peppercorn Sauce	333.1	43.6	7.7	3.6	4.1	12.7	1.1

## BURGERS

Chargrilled Chicken Burger with frites	747.2	35.6	70.2	7.1	3.5	34.3	3.9
-With Fried Free Range Egg toppings	826.6	42.4	70.2	7.1	3.5	40.1	4.1
-With Smashed Avocado toppings	802.6	36.2	70.8	8.5	3.7	40	4
-With Sweet Cure Bacon toppings	869.6	46.1	71.4	7.1	4.7	42.7	6.3
-With Camembert toppings	836.6	42.2	70.5	7.1	3.8	41.2	4.4
-With Grilled Halloumi toppings	878.2	45	70.5	7.6	3.8	44.5	5.5
-With Portobello Mushroom toppings	757.2	37	70.5	8.2	3.7	34.7	trace
Chargrilled Chicken Burger with house salad	420.3	33.9	37.7	4.7	5.6	13.8	1.9
-With Fried Free Range Egg toppings	499.7	40.7	37.7	4.7	5.6	19.6	2.1
-With Smashed Avocado toppings	475.7	34.5	38.3	6.1	5.8	19.5	2
-With Sweet Cure Bacon toppings	542.7	44.4	38.9	4.7	6.8	22.2	4.3
-With Camembert toppings	509.7	40.5	38	4.7	5.9	20.7	2.4
-With Grilled Halloumi toppings	551.3	43.3	38	5.2	5.9	24	3.5
-With Portobello Mushroom toppings	430.3	35.3	38	5.8	5.8	14.2	trace
Gluten-Free Chargrilled Chicken Burger with house salad	1053.9	72.5	74.8	7.8	10.2	49.8	1.6
-With Fried Free Range Egg toppings	1133.3	79.3	74.8	7.8	10.2	55.6	1.8
-With Smashed Avocado toppings	1109.3	73.1	75.4	9.2	10.4	55.5	1.7
-With Sweet Cure Bacon toppings	1176.3	83	76	7.8	11.4	58.2	4
-With Camembert toppings	1143.3	79.1	75.1	7.8	10.5	56.7	2.1
-With Grilled Halloumi toppings	1184.9	81.9	75.1	8.3	10.5	60	3.2
-With Portobello Mushroom toppings	1063.9	73.9	75.1	8.9	10.4	50.2	trace
Spicy Chickpea Burger with frites	969.1	19.1	107	17	13.4	47.9	4.2
-With Fried Free Range Egg toppings	1048.5	25.9	107	17	13.4	53.7	4.4

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-With Smashed Avocado toppings	1024.5	19.7	107.6	18.4	13.6	53.6	4.3
-With Sweet Cure Bacon toppings	1091.5	29.6	108.2	17	14.6	56.3	6.6
-With Camembert toppings	1058.5	25.7	107.3	17	13.7	54.8	4.7
-With Grilled Halloumi toppings	1100.1	28.5	107.3	17.5	13.7	58.1	5.8
-With Portobello Mushroom toppings	979.1	20.5	107.3	18.1	13.6	48.3	trace
Spicy Chickpea Burger with house salad	642.2	17.4	74.5	14.5	15.5	27.4	2.2
-With Fried Free Range Egg toppings	721.6	24.2	74.5	14.5	15.5	33.2	2.4
-With Smashed Avocado toppings	697.6	18	75.1	15.9	15.7	33.1	2.3
-With Sweet Cure Bacon toppings	764.6	27.9	75.7	14.5	16.7	35.8	4.6
-With Camembert toppings	731.6	24	74.8	14.5	15.8	34.3	2.7
-With Grilled Halloumi toppings	773.2	26.8	74.8	15	15.8	37.6	3.8
-With Portobello Mushroom toppings	652.2	18.8	74.8	15.6	15.7	27.8	trace
Rouge Burger	633.6	38.6	37.2	3.2	4.6	36	2.7
-With Fried Free Range Egg toppings	713	45.4	37.2	3.2	4.6	41.8	2.9
-With Smashed Avocado toppings	689	39.2	37.8	4.6	4.8	41.7	2.8
-With Sweet Cure Bacon toppings	756	49.1	38.4	3.2	5.8	44.4	5.1
-With Camembert toppings	723	45.2	37.5	3.2	4.9	42.9	3.2
-With Grilled Halloumi toppings	764.6	48	37.5	3.7	4.9	46.2	4.3
-With Portobello Mushroom toppings	643.6	40	37.5	4.3	4.8	36.4	trace
Black Angus Burger with frites	1005.6	41.8	73.4	7.7	5	58.7	4.8
-With Fried Free Range Egg toppings	1085	48.6	73.4	7.7	5	64.5	5
-With Smashed Avocado toppings	1061	42.4	74	9.1	5.2	64.4	4.9
-With Sweet Cure Bacon toppings	1128	52.3	74.6	7.7	6.2	67.1	7.2
-With Camembert toppings	1095	48.4	73.7	7.7	5.3	65.6	5.3
-With Grilled Halloumi toppings	1136.6	51.2	73.7	8.2	5.3	68.9	6.4
-With Portobello Mushroom toppings	1015.6	43.2	73.7	8.8	5.2	59.1	trace
Gluten-Free Black Angus Burger with house salad	598.2	36	28.9	9.4	4.3	34.4	2.4
-With Fried Free Range Egg toppings	677.6	42.8	28.9	9.4	4.3	40.2	2.6
-With Smashed Avocado toppings	653.6	36.6	29.5	10.8	4.5	40.1	2.5
-With Sweet Cure Bacon toppings	720.6	46.5	30.1	9.4	5.5	42.8	4.8
-With Camembert toppings	687.6	42.6	29.2	9.4	4.6	41.3	2.9
-With Grilled Halloumi toppings	729.2	45.4	29.2	9.9	4.6	44.6	4
-With Portobello Mushroom toppings	608.2	37.4	29.2	10.5	4.5	34.8	trace
Black Angus Burger with house salad	678.7	40.1	40.9	5.3	7.1	38.2	2.7
-With Fried Free Range Egg toppings	758.1	46.9	40.9	5.3	7.1	44	2.9
-With Smashed Avocado toppings	734.1	40.7	41.5	6.7	7.3	43.9	2.8
-With Sweet Cure Bacon toppings	801.1	50.6	42.1	5.3	8.3	46.6	5.1
-With Camembert toppings	768.1	46.7	41.2	5.3	7.4	45.1	3.2
-With Grilled Halloumi toppings	809.7	49.5	41.2	5.8	7.4	48.4	4.3
-With Portobello Mushroom toppings	688.7	41.5	41.2	6.4	7.3	38.6	trace

## CROQUES

Monsieur	503.7	22.2	54.8	2.5	1	21.1	3.2
Madame	582.7	29	54.8	2.5	1	26.9	3.4
Portobello Mushroom	545.9	19.6	50.4	4.5	1.1	28.6	2.5
BBQ Pulled Beef	578	30.1	60	4	10.9	23.2	3

1-200 CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Club	578	32.4	51.1	3	1.7	26.4	3.2
Camembert & Pancetta	732.6	28.4	52.4	2.7	6.1	44.8	3.4

## CROQUES WITH FRITES

201-300 CAL

Monsieur	875.7	25.4	91	7.1	1.5	43.8	5.2
Madame	954.7	32.2	91	7.1	1.5	49.6	5.4
Portobello Mushroom	917.9	22.8	86.6	9.1	1.5	51.4	4.6
BBQ Pulled Beef	950	33.3	96.3	8.5	11.3	46	5.1
Chicken Club	950	35.6	87.4	7.5	2.1	49.2	5.2
Camembert & Pancetta	1104.6	31.6	88.7	7.2	6.5	67.6	5.4

301-400 CAL

## CROQUES WITH SALAD

401-500 CAL

Monsieur	548.8	23.7	58.5	4.6	3.6	23.3	3.2
Madame	627.8	30.5	58.5	4.6	3.6	29.1	3.4
Portobello Mushroom	591	21.2	54.1	6.6	3.6	30.8	2.5
BBQ Pulled Beef	623.1	31.7	63.8	6	13.4	25.4	3
Chicken Club	623.1	33.9	54.9	5.1	4.3	28.6	3.2
Camembert & Pancetta	777.7	30	56.2	4.8	8.7	47	3.4

501+ CAL

## SIDES

Frites	372	3.2	36.3	4.5	0.4	22.7	2
Sweet Potato Frites	335	2.7	36.4	3.1	15.1	19.2	2
Halloumi Frites	513.6	18.5	29.9	1.5	2.7	35.2	2.6
Green Beans	93.1	1.8	2.1	3.9	1.8	7.8	trace
Dauphinoise Potatoes	227.4	4.1	24.6	2.1	1.1	11.9	0.9
House Salad	45.1	1.5	3.7	1.5	2.5	2.2	0.2
Hierloom tomato & Shallot Salad	42.7	2.3	1.9	2.3	1.7	2.1	0
Tenderstem Broccoli	121.1	2.2	0.3	2.2	0.1	12.1	trace