

BREAKFAST

SERVED IN THE CANTEEN FROM 7AM TO 10AM
& FROM 7AM TO 11AM ON SUNDAYS AND PUBLIC HOLIDAYS

21€ PER PERSON • 12€ FOR CHILDREN AGED 7 TO 12

FREE FOR CHILDREN UNDER 7 YEARS OLD

Hot drinks *Maison Richard - Fairtrade Max Havelaar*

MASSAYA ORGANIC coffee, Mexico • Long black, macchiato, flat white, cappuccino, etc.

Organic chicory

Loose teas and herbal teas

Chocolate powder, 40% cocoa

Organic semi-skimmed cow's milk

Organic soya milk

Fresh fruit juice *La Ferme BIO Margerie, Valence*

Apple, pear, kiwi, raspberry, apricot and grape juice

Sweet

Plain yoghurt, yoghurt with strawberry jam

Apple compote

Pancakes & maple syrup

Organic muesli, cornflakes, crunchy muesli, oat flakes

Salé

Scrambled eggs, soft-boiled eggs, medium-boiled eggs, hard-boiled eggs

Pork sausage

Cooked ham, Serrano ham, rosette sausage

12-month-old Comté AOP cheese, Tomme de Savoie cheese

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Bread and pastries *Maison Farine, artisan and organic bakery*

Baguette
Seeded bread
Gluten-free rice flour bread
Croissants and pain au chocolat
Brioche

Spreads

TERR'ETIC BIO artisanal jams, fruit producers and processors in the Monts du Lyonnais
Organic honey from LE RUCHER DE MACAMELI beekeepers, 30 minutes from Lyon • Wild flowers or lavender
Organic chocolate and hazelnut spread
Organic unsalted and lightly salted butters
Peanut butter

Fresh fruit

Our French and organic fruit varies according to the season.

Dried fruit and seeds

Organic Grenoble walnuts, organic shelled hazelnuts
Organic dried apricots, organic prunes, organic raisins, organic cranberries,
organic dates, pumpkin seeds, organic flax seeds