

# 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