

**CAFÉ**

ESPRESSO	2
DOUBLE ESPRESSO	3
LONG BLACK	3
PICCOLO / CORTADO	2 <sup>50</sup>
CAPPUCCINO	4
FLAT WHITE	4 <sup>50</sup>
LATTE	5
LATTE MACCHIATO caramel +0 <sup>50</sup>	5
MOCACCINO chocolat + espresso	5

**LATTE** 30 cl

CHAI LATTE homemade spiced Indian tea	5
GOLDEN LATTE turmeric, ginger, coconut sugar	5
MATCHA LATTE organic Japanese green tea	5 <sup>50</sup>
CHICO LATTE 100% without caffeine option possible without milk	4 <sup>50</sup> 3
HOT CHOCOLAT Chocolate lollipop melt in hot milk OU chocolat premium Colombie 20cl	5
PUMPKIN SPICE LATTE Pumpkin, autumn spices, and a shot of espresso	5 <sup>50</sup>
LONDON FOG Earl grey infusion, foam milk & vanilla	

**SLOW**

**POUR-OVER**  
a filter coffee with  
great aromatic claritye



**BATCH BREW**

30 cl



V60  
≈ 25 cl



CHEMEX  
≈ 50 cl

**IMMERSION**  
a filter coffee with  
a strong aroma



AEROPRESS  
≈ 22 cl

**VEGETAL MILK**

aot +0<sup>50</sup>  
coco +0<sup>80</sup>

**\* ICED COFFEE**  
iced version +0<sup>50</sup>

**EXTRA**  
caramel +0<sup>50</sup>  
vanille +1



## THÉ

THÉ NOIR	Earl Grey bergamote	45 cl
	Douceur d'Armande raspberry, strawberry, blackberry	4
THÉ VERT	Sencha egetal & strong – organic	
	Fleur de balata oolong, rooibos, flowers & cardamome	
	Jardin Majorelle mint, orange blossom, rosee	
	Detox BIO maté, pu-erh, lemon, lemongrass	4
INFUSION	Remède de grand-mère rosemary, anise, mint, basil, thyme & sage	
	Rooibos My Little Sunshine lemon & passion fruit	4

## JUS

SQUEEZED APPLE 35cl	4
L'A.C.E. 35cl carrot, apple, lemon, ginger	6
LE GREEN 35cl Apple, ginger, lemon and celery	6
SMOOTHIE 35cl Ask us for the composition	6
GINGER BOOST 35cl ginger, lemon and thyme	4 <sup>50</sup>
POTION HIVER 35cl— WARM ginger, lemon, thym & honey	5
ICED TEA 35cl Ask us for the composition	4

## BOUTEILLE

JUS BOUTEILLE 20 cl apple abricot	4 <sup>50</sup>
BIÈRE 33 cl LES FUNAMBULES french lager hazy pale ale	6
BIÈRE SANS ALCOOL LA BRASSERIE PARALLÈLE 33 cl	6
CIDRE FILS DE POMME brut 33 cl	6
KOMBUCHA 33 cl fermented drink (without alcohol)	5
EAU 50 cl flat / sparkling	3 <sup>50</sup>



# NOS VALEURS

Here, we cook with the seasons.

We want everyone to find something they love — whether you're vegetarian, gluten-free, or lactose-free.

We carefully choose our suppliers — local, passionate people who care about what they do. And we make clear choices: no avocado, no salmon, staying true to our values.

The same goes for coffee: specialty coffee, roasted on site every week, or sourced from roasters who share our vision. Our beans come from responsible supply chains that directly support producers. Every cup is prepared to highlight the unique aromas of each coffee.

Because everything counts — a meal is more than what's on the plate. We care about the welcome, the coffee, the décor, the atmosphere, the music... everything that makes you feel good here with us.

## EVERYTHING MATTERS !

**SOURCING** TRUITE (Dombes) : fumée maison / BACON (Haute-Savoie) : sourcé chez un maître artisan charcutier à Doussard / ŒUFS BIO : sourcés en direct chez un éleveur dans les Monts du Lyonnais / FRUITS ET LÉGUMES : priorité au local et aux circuits courts / SIROP D'ÉRABLE : issu de l'agriculture biologique, il provient directement du Québec.

## CAKES

### COOKIE

chocolate chips

3

### BROWNIE

chocolate & pecan nuts



4

### CARROT CAKE

carot, pecan nuts

5

### CINNAMON ROLL

4

### FLAN VANILLE

vanille

5

### CRÉATIONS

more cakes are

available at the counter

3 - 4<sup>50</sup>

V = vegan | VG = végétarien | GF = gluten free | LF = lactose free



## EGGS

### EGG & BACON MUFFIN CLASSIC

Homemade English muffin, topped with a free-range fried egg, smoked local bacon from Doussard, melting cheddar and a side salad with pickled onions

→ allergènes : gluten - milk - egg - mustard

13<sup>50</sup>

### EGG & BACON MUFFIN BENEDICTE

Homemade English muffin, hollandaise sauce, hash brown, organic soft-boiled egg, sumac, crispy fried onions, and locally sourced bacon. Served with a green salad.

→ allergènes : gluten - milk - egg - mustard

14<sup>50</sup>

### EGG & SMOKED TROUT MUFFIN

Homemade English muffin, hollandaise sauce, leek fondue, locally sourced trout smoked in-house, a soft-boiled organic egg, pink peppercorns, and a fresh green salad

→ allergènes : gluten - milk - egg - mustard - fish

15

### TURKISH EGGS

A Organic soft-boiled egg, served with garlic & lemon yogurt, chives, sumac, and homemade chili oil for a subtle spicy and aromatic touch. Served with a slice of toasted bread

→ allergènes : gluten - milk - egg - nuts

9

VG

### EGGS ANYWAY

Build your own plate:

2 organic eggs: SCRAMBLED\* ou FRIED\*

served with toasted country bread. Add sides as you like

→ allergènes : gluten - milk - egg

5<sup>50</sup>

## SIDES

### BACON

smoked bacon from a local producer in Doussard, grilled on the plancha

3<sup>50</sup>

### TRUITE

alpine trout, smoked in-house in our own smoker

5<sup>50</sup>

### HALLOUMI

cypriot cheese cooked on the plancha, with a lightly grilled texture

4

### ACHARDS DE LÉGUMES

Mélange de légumes (chou, oignons, carottes, gingembre, ail et piment) légèrement pimenté et vinaigré

2<sup>50</sup>

### HASHBROWN

crispy potato patty

3

### MUSHROOMS

garlic sautéed button mushrooms

2<sup>50</sup>

### GREEN SALAD

mixed greens, pickles, raspberry vinaigrette, mustard, flax, pumpkin & sunflower seeds

2<sup>50</sup>

### SWEET POTATO

Roasted sweet potato pieces with paprika

3<sup>50</sup>



## PANCAKES

### JUST PANCAKES\*

VG

Classic Pancakes, simple and timeless  
3 ultra-fluffy pancakes, real maple syrup,  
and a knob of butter

→ allergènes : gluten, milk, egg

8<sup>50</sup>

### SWEET PANCAKES\*

VG

3 fluffy pancakes, fresh seasonal fruit, crushed  
hazelnuts, whipped cream & maple syrup

→ allergènes : gluten, milk, nuts

10<sup>50</sup>

### PANCAKES BACON\*

The unbeatable pancakes with bacon, the same recipe  
since 2015. Three deliciously fluffy pancakes, smoked  
bacon from beech and pinewood, sourced from Haute-  
Savoie, a free-range fried egg, sumac and crispy fried  
onions to add some zest, and finally, our organic  
maple syrup to pour on top.

→ allergènes : gluten, milk, egg, nut

14

### SMOKED TROUT PANCAKES\*

Our smoked trout version (no salmon on our menu,  
for ethical reasons). Three pancakes, topped with  
our house-smoked trout, a runny soft-boiled egg, a  
creamy goat cheese with lemony herbs for fresh-  
ness, pink peppercorns, and lemon to elevate the  
flavors.

→ allergènes : gluten, milk, egg, fish

15

### BANANA VEGAN PANCAKES

V

Banana pancake topped with our homemade  
chocolate spread, roasted banana & crunchy  
pecans

→ allergènes : gluten, nuts

8

## EXTRAS

SCRAMBLED EGGS	4	BACON	3 <sup>50</sup>
FRIED EGG	2	HALLOUMI	4
MAPLE SYRUP	1	SMOKED TROUT	5 <sup>50</sup>
PEANUT BUTTER	1	HASHBROWN	3
CONFITURE	1	HOMEMADE SPREAD	1
CHILI OIL MAISON	1	LOW-GLUTEN BREAD	1

\*GF / LF option available

All products we offer as  
gluten-free may contain  
traces of gluten.

Please inform us  
in case of any  
allergies.



## PLATS

### BURGER BY SLAKE

A Homemade seeded bun, vegetable achard (cabbage, carrots, spices), slow-cooked pulled pork from the Lagast mountains, Cantal cheese, and homemade BBQ sauce.

Veggie option possible with scrambled eggs.

→ allergènes : *gluten - lactose - egg - soy - sesame - sunflower*

15

### CHEESY TOAST & SOUP

VG

On a slice of crusty country bread, Fourme de Montbrison cheese and pear. Served with a soup of the day.

→ allergènes : *gluten - milk*

13

### TOAST VEGGIE

VG

On a slice of country bread, satay hummus, roasted sweet potatoes, pickled kabocha squash, toasted crushed hazelnuts, a soft-boiled egg, and feta cheese.

Vegan option possible with mushrooms.

→ allergènes : *milk - egg - gluten - nuts*

15

## BOWL

### GRANOLA BOWL

VG

Our recipe, unchanged since 2015, served with fresh yogurt, seasonal fruits, and honey.

LF option: plant-based yogurt +1

→ allergènes : *gluten - milk - nuts*

Available in M / L

6 / 9<sup>50</sup>

## FRENCH TOAST

### FRENCH TOAST

VG

Our cinnamon roll French toast style, topped with crushed pecans, salted butter caramel, and whipped cream

→ allergènes : *gluten - milk - egg - nuts*

10<sup>50</sup>

## SCONE

### SCONE

VG

Secret scone recipe passed down from a New Zealand grandmother, served with a knob of fresh butter and homemade jam

→ allergènes : *gluten - milk*

7<sup>50</sup>



Open Daily  
7/7 8:30 am – 6:30 pm

Kitchen Hours  
Mon–Fri: 8:30 am – 2:30 pm  
Sat–Sun: 8:30 am – 3:00 pm

sla  
ake