



LA CHAISE AU PLAFOND

The right to be informed

“It’s too complicated”. How many times have I heard those words since I first suggested the very simple idea that restaurant customers should know what they are eating? Complicated? Really? Transparency comes naturally to me. Here, as you know, we have nothing to hide. To make scrambled eggs, we break eggs — organic eggs produced in the Lot-et-Garonne on Damien Lalardy’s farm, delivered in their shells every week. Why complicate life by concealing the origin of the eggs I use to make a tarte when I can tell you everything? For our custard tart, the fresh raw organic milk comes from Romain Chapolard in Mézin. He is proud of it, and so am I! Why deprive myself of the pleasure of saying it, writing it and repeating myself? And if this transparency makes you feel reassured — well, so much the better.

This is why I lobbied the authorities to help consumers see clearly. I wanted people to be informed about the nature of the product (frozen, canned, dehydrated?) and whether the food was cooked on site or simply reheated. Too complicated? That’s right: under the guise of making things simple, trade unions supported by the big players of the restaurant industry poisoned the initiative in the hope of maintaining their traditional opacity. And so was born, in July 2014, the most idiotic logo since the invention of Tarte Tatin. Under the title “Fait Maison” (“Home-Made”), a restaurateur could palm clients off with an industrial pastry base covered with frozen strawberries and a custard made with eggs that come in 5-litre jerrycans! A state scam, cooked up by lobby groups.

I refused to apply this stupid rule. But I did not give up. After that defeat, I took up the fight. I went back to the public authorities. And finally I, along with others, succeeded in getting a new definition of “Fait Maison”. It’s not so complicated, in the end, to keep things simple. Since 6 May 2015, restaurateurs who cook raw products in their kitchens can display the official logo depicting a pan covered with a roof. Unlike the state’s “Maître Restaurateur” or the Ducasse “Restaurant de qualité” designations, the “home-made” label is free and requires no prior audit. Restaurateurs who cook raw products thus have every incentive to display it on their storefront or on their cards. That way they stand out from those who do not wish to respond to consumers’ legitimate expectation of transparency on their plates.

This battle is a textbook case. Don’t trust an industrialist or a legislator who whines “It’s complicated”: stand your ground and don’t let go of the fight, despite the knocks. It’s complicated to ban neonicotinoid pesticides? Of course it is — but killing bees by chemical attack is complicated too! It’s complicated to feed our children with healthy products? Yes, but less complicated than lifelong medical care because of bad eating habits.

After “Fait Maison”, what next? We must keep up the momentum. In my book “Et si on se mettait enfin à table” (Isn’t It Time We Came To The Table?), published by Calmann-Lévy and “Denamur sur le grill” published by In8, I mention some equally challenging battles to simplify taxation, economics and business.

Yes, citizens, it is complicated. Perhaps. But not to be is even worse, so Come to the table!

Xavier Denamur

Read the first pages of my books in English and watch my film République de la Malbouffe, all for free, at www.cafeine.com

Buy a signed copy of these books here. If you don’t like them return them and you’ll get your money back.



Real home cooking

Take away products are available at La belle Hortense. More information on www.cafeine.com. Follow the owner on Facebook: Xavier Denamur

All our dishes are prepared on the premises with fresh products.

Depending on the season, we receive four palets every week of organic fruit, vegetables, poultry, farmhouse charcuterie, raw milk and eggs mostly from the Lot-et-Garonne directly from the producers or through Biogaronne.

You'll find the complete list of our suppliers on the back page of this menu and on our website: www.cafeine.com

This eco-friendly approach is designed to minimize our environmental impact but may occasionally lead to stock shortages for which we apologize.

Please let us know if you have any food intolerance; all our dishes are prepared on the premises so we know exactly what they contain, please ask for our menu listing allergenes.

Today's suggestion

Starter + main dish + cheese or dessert €28

Starter + main dish or main dish + cheese or dessert €20

Starters

Today's Starter | soup of the day | very traditional country paté Frères Chapolard
Organic porc rillettes Bernard Michel for Maison Torres

Main dishes

Main dish of the day | seasonal cooked vegetables | full vegetarian dish of the day

Cheeses and desserts

Organic goat raw milk summer Tomme Alain Domini | Roquefort Carles, the best in the world
Organic raw milk Camembert AOC Gillot | Marie's organic goat raw milk Moncrabeau (seasonal)
Comté "Vieille Réserve" | Farmhouse Saint-Nectaire Marie et Romain Chantaduc

Dessert of the day

Unforgettable custard tart made with organic eggs, vanilla pods and raw milk by Benjamin Turquier
Two scoops of ice cream or sorbets Philippe Démoulin

The Philosophe menus

Starter + main dish + cheese or dessert €35

Starter + main dish or main dish + cheese or dessert €27

Starters

Today's starter | Today's soup | Traditional soup of organic onions grilled with Comté cheese
Tomato Tarte Tatin (seasonal) | Raw vegetable salad | Asian style free range chicken salad with coriander
Grated organic beetroot with soft-boiled organic egg (seasonal) | Very traditional country paté Frères Chapolard
Chicken liver salad from la ferme du Cabier | Small plate of organic tomato and Mozzarella di Buffala DOP or Malako,
fresh basil (seasonal) | Half melon from the Lot-et-Garonne with organic porto Quinta do Infantado (seasonal)
True home-made semi-cooked duck foie gras, 1 slice (+€3)
Small dish of Pata Negra Bellota Grande Reserve ham, cured 36 months (+€3)

Main dishes

Our famous Aubrac steak tartare cut to order | Our famous grilled Andouillette (tripe sausage)
Grilled lamb loin with organic herbs from Provence | Aubrac boeuf bourguignon
Grilled fillet of Aubrac beef béarnaise or pepper sauce (+€5) | Traditional confit duck leg, house speciality (+€3)
Fish, catch of the day | Grilled wild cod fillet, curry sauce, coconut milk and lime
Organic Scottish salmon escalope sun-dried tomato tapenade made with organic olive oil
Mackerel according to the chef's mood

Cheese and desserts

Selection of raw milk cheeses (+€3) | Organic goat raw milk summer Tomme Alain Domini | Roquefort Carles, the
best in the world | Comté "Vieille Réserve" | Organic raw milk Camembert AOC Gillot
Farmhouse Saint-Nectaire Marie and Romain Chantaduc
Seasonal organic 'de Marie' matured Moncrabeau goat cheese
Dessert of the day

Unforgettable custard tart made with organic eggs, vanilla pods and raw milk by Benjamin Turquier
Coupe colonel (lemon sorbet and vodka) | Coupe Affogata | Coupe Pink Iceland | Seasonal fresh fruit salad with
vanilla ice-cream | Unforgettable Ile flottante made with organic eggs | Light organic lime cheesecake
Espresso cake (house speciality) | Valrhona chocolate mousse | Organic cream cheese with fresh fruits and honey
Traditional ice-cream or sorbet Philippe Démoulin | Compote normande (seasonal stewed pears and apples)
Coupe Yiddish (seasonal stewed pears and apples with raisins and vanilla ice cream) | Crème brûlée made with
organic vanilla from Madagascar | Traditional apple Tarte Tatin and fresh cream
Traditional apple Tarte Tatin and vanilla ice-cream (+€4)

Net prices, €0.50 increase from 10pm, menu items included.

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A la carte

ENTRÉES

Entrée of the day or Soup of the day	€9.00	Pata Negra Bellota cured ham (large)	€25.00
Traditional soup of organic onions grilled with Comté cheese	€12.00	Traditional cooked ham Thierry Schweitzer	€8.00
Fresh mixed salad	€9.00	Dried sausage Chapolard	€7.00
Asian style free range chicken salad	€10.00	Organic porc rillettes Bernard Michel	€8.00
True home-made semi-cooked duck foie gras, 1 slice	€16.00	Large slice of very traditional Chapolard pâté	€8.00
True home-made semi-cooked duck foie gras, 2 slices	€26.00	Avocado vinaigrette	€6.00
Chicken liver salad from la ferme du Cabier	€12.00	Organic tomato or mixed salad (seasonal)	€6.00
Large chicken liver salad from la ferme du Cabier	€18.00	Organic tomato Mozzarella di Buffala DOP	
Organic beetroot tartare and soft-boiled egg (seasonal)	€10.00	or Malako from the Peloponese, basil (seasonal)	€13.00
Organic Scottish smoked salmon	€20.00	Tomato Tarte Tatin (seasonal)	€13.00
Large selection of hams and cured meats	€16.00	Half melon from the Lot-et-Garonne	€6.00
Large selection hams, cured meats and raw milk cheeses	€19.00	Half melon from the Lot-et-Garonne with organic	
Pata Negra Bellota cured ham (small)	€13.00	porto Quinta do Infantado (seasonal)	€12.00

FISH

Mackerel according to the chef's mood	€20.00	Organic Scottish salmon escalope, sun-dried tomato	
Grilled wild cod fillet, curry sauce, coconut milk, lime	€22.00	tapenade made with organic olive oil	€22.00
		Fish, catch of the day	€22.00

MEAT our tartares are cut to order

Dish of the day	€13.00	Our famous grilled Andouillette	€20.00
Bœuf bourguignon Aubrac beef	€20.00	Grilled fillet of Aubrac beef, béarnaise or pepper sauce	€29.00
Traditional confit duck leg, house speciality	€25.00	Steak tartare of Aubrac beef, fried potatoes or mixed salad	€20.00
Grilled fillet of lamb, organic herbs from Provence	€24.00	Steak tartare of Aubrac beef, prepared, choice of side dish	€20.00

SALADS, QUICHES AND VEGETARIAN DISHES

Utopistes salad	€14.00	Home made organic quiche of the day, mixed salad	€12.00
Raw vegetables with Roquefort Carles and hot goat's cheese on toasted sour dough bread		Seasonal tomato Tarte Tatin	€13.00
Les Philosophes salad	€18.00	Large asian style free range chicken salad	€15.00
Raw vegetables, smoked duck breast, hot goat cheese on toasted sourdough bread & Pata Negra Bellota ham		Organic Scottish organic smoked salmon salad	€18.00
Chaise au plafond salad	€15.00	Seasonal cooked vegetables	€13.00
Assortment of raw vegetables, smoked duck breast, Comté "Vieille Réserve" cheese, cooked ham & hard boiled egg		Full vegetarian dish of the day	€13.00
		Organic tomato and Mozzarella di Buffala DOP or Malako from the Peloponese, seasonal	€13.00

EXTRA SIDE DISHES

Fried potatoes, rice, green vegetables	€5.00	Fresh green beans (seasonal)	€8.00
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CHEESES

Assortment of raw milk cheeses	€16.00	Seasonal 'Marie' matured goat cheese	€8.00
Organic raw milk summer Crozefond Tomme Alain Domini	€8.00	Affined AOC Gillot organic raw milk Camembert	€8.00
Roquefort Carles and walnuts	€8.00	Seasonal organic 'de Marie' matured Moncrabeau goat cheese	€8.00
Comté "Vieille Réserve" Jura Fruitière de Plasne	€8.00	Farmhouse Saint-Nectaire Marie and Romain Chantaduc	€8.00
Farmhouse Saint-Nectaire	€8.00		

ICE CREAM MADE WITH ORGANIC EGGS & SORBETS BY PHILIPPE DÉMOULIN Guaranteed no stabilizers, preservatives, emulsifiers, artificial colour

Cup 2 scoops of ice cream	€9.00	Affogata cup	€9.00
Coupe Colonel	€9.00	one scoop of vanilla ice cream, Kahlua & an espresso	
one scoop of lemon sorbet & vodka		Seasonal fresh fruit cup & vanilla ice cream	€9.00
Coupe Pink Iceland	€9.00	Yiddish cup	€9.00
one scoop of lemon sorbet Déroulin served with 18° Burgundy raspberry cream		cooked pears, apple & raisins perfumed with cinnamon topped with a scoop of vanilla ice cream	

HOME MADE DESSERTS

Dessert of the day	€8.00	Compote normande	€8.00
Espresso cake (house speciality)	€9.00	Crème brûlée made with organic vanilla from Madagascar	€9.00
Fresh fruit salad prepared to order (seasonal)	€9.00	Traditional Tarte Tatin with fresh cream	€10.00
Unforgettable Ile flottante made with organic eggs	€9.00	Traditional Tarte Tatin with vanilla ice cream	€13.00
Light organic lime cheesecake	€9.00	Slice of organic lemon cake and scoop of ice cream	€8.00
Valrhona chocolate mousse	€9.00	Unforgettable custard tart made with organic eggs, Madagascar vanilla pods and raw milk by Benjamin Turquier €9.00	
Organic cream cheese, fresh fruits and honey	€8.00		

Light dishes

BRUNCH

Served with either a large coffee, milk coffee, tea, hot chocolate, hot fresh organic or pasteurized milk + freshly squeezed orange or seasonal fruit juice + organic cream cheese with fresh fruits + Baker B. Turquier's assortment with butter, organic jam and honey from the Lot-et-Garonne + organic scrambled eggs €21.00

BREAKFAST

Full breakfast	€15.00	Organic scrambled eggs	€7.00
Choice of large coffee, milk coffee, tea, hot chocolate, hot fresh organic or pasteurized milk. Freshly squeezed orange or organic seasonal fruit juice, organic cream cheese with fresh fruits, baker B. Turquier's assortment, butter, organic jam and honey from the Lot-et-Garonne		Organic scrambled eggs with Comté "vielle réserve"	€9.00
Isigny AOP buttered baguette and organic jam	€3.00	Organic scrambled eggs with ham	€9.00
Traditional croissant made with Montagu AOP butter	€3.00	Organic scrambled eggs, ham and Comté "vielle réserve"	€11.00
Organic cream cheese and fresh fruits and honey	€8.00	Organic scrambled eggs with organic Scottish smoked salmon	€15.00
		Organic hard boiled egg	€2.00

TRADITIONAL BAGUETTE SANDWICHES MADE FROM 'LABEL ROUGE' FLOUR BY THE B. TURQUIER BAKERY

Farmhouse cooked ham Thierry Schweitzer	€5.50	Fresh goat cheese with vegetables	€7.00
Traditional country paté Frères Chapolard	€5.50	Roquefort Carles and walnuts	€7.00
Organic porc rillettes Bernard Michel for Maison Torres	€5.50	Seasonal organic 'de Marie' matured Moncrabeau goat cheese	€8.00
Chapolard dry sausage	€5.50	Ham and Comté "Vieille Réserve" cheese	€8.00
Comté "Vieille Réserve"	€6.00	Ham, Comté "Vieille Réserve" cheese and vegetables	€9.00
Vegetables, organic boiled egg and organic Kalamata olive oil	€6.00	Pata Negra Bellota ham	€11.00
Affined AOC Gillot organic raw milk Camembert	€6.00	Pata Negra Bellota ham and Comté "Vieille Réserve" cheese	€13.00
Farmhouse Saint-Nectaire Marie et Romain Chantaduc	€7.00	Organic Scottish smoked salmon	€14.00
Organic raw goat milk Summer Tomme Alain Domini	€8.00		

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Wine and drinks

WHITE WINES, ROSÉ AND CHAMPAGNE

	glass	bottle		glass	bottle
Bergerac sec bio Château Grande Maison	€5.00	€24.00	Chablis bio La Chablienne	€7.00	€36.00
Côtes de Provence rosé La Bastide Neuve			Prosecco De Faveri	€7.00	€36.00
Perle des Anges bio	€5.00	€24.00	Saint-Joseph blanc J. Coursodon	€9.00	€48.00
Muscadet bio "Les Gautronnières" Bonnet-Huteau	€6.00	€30.00	Monbazillac bio Château Grande Maison	€9.00	€51.00
Vin de pays varois bio À bouche que veux-tu JC Comor	€6.00	€30.00	Pouilly-Fuissé bio Domaine Auvigüe	€9.00	€51.00
Gaillac Doux bio Les Gravels A. Rotier	€6.00	€30.00	Champagne Fleury brut bio	€9.50	€60.00
Bourgogne Haute-Côtes de Nuits bio P. Hudelot	€7.00	€36.00	Champagne Fleury Extra brut bio Boléro		€95.00

RED WINES

	glass	bottle		glass	bottle
Vin du mois	€4.00	€21.00	Saint-Emilion Grand Cru (conv bio) Y. Delol	€8.00	€45.00
Bordeaux supérieur bio Bo-Vin D. Gevaert	€5.00	€24.00	Saint Joseph Rouge "Silice" J. Coursodon	€9.00	€48.00
Côtes-du-Rhône bio "à la rêverie" Ch. Montfrin	€5.00	€24.00	Bourgogne Mercurey Domaine de L'Évéché	€8.00	€45.00
Vin de pays Sainte-Baume bio L'antidote JC Comor	€5.00	€24.00	Bandol Amourvèdre JC Comor	€8.00	€45.00
Côteaux du Languedoc Bronzinelle	€5.00	€24.00	Châteauneuf-du-Pape bio La Célestière		€48.00
Gaillac bio Les Gravels A. Rotier	€5.00	€24.00	Côte-Rôtie Château d'Ampuis E. Guigal (2010)		€200.00
Morgon Authentic Vincent Flache	€6.00	€30.00	Côte-Rôtie La Turque E. Guigal (2001 ou 2002)		€450.00
Gaillac bio Renaissance A. Rotier	€6.00	€30.00	Côte-Rôtie La Mouline E. Guigal (2000 ou 2001)		€450.00
Bordeaux supérieur bio Ch. Haut-Lacoste	€6.00	€30.00	Côte-Rôtie La Londonne E. Guigal (2000 ou 2001)		€450.00
Crozes-Hermitage bio Les Chênets	€7.00	€36.00			

WHITE WINE AND ROSÉ CARAFES

	25cl	50cl		25cl	50cl
Bergerac sec bio Château Grande Maison	€8.00	€16.00	Bourgogne Haute-Côtes de Nuits bio P. Hudelot	€12.00	€24.00
Côtes de Provence rosé La Bastide Neuve			Pouilly-Fuissé bio Domaine Auvigüe	€12.00	€24.00
Perle des Anges bio	€8.00	€16.00	Chablis bio La Chablienne	€12.00	€24.00
Muscadet bio "Les Gautronnières" Bonnet-Huteau	€10.00	€20.00	Monbazillac bio Château Grande Maison	€17.00	€34.00
Sainte-Baume bio à bouche que veux-tu JC Comor	€10.00	€20.00	Saint-Joseph blanc J. Coursodon	€16.00	€32.00
Gaillac Doux bio Les Gravels A. Rotier	€10.00	€20.00			

RED WINE CARAFES

	25cl	50cl		25cl	50cl
Vin du mois	€7.00	€14.00	Bordeaux supérieur bio Ch. Haut-Lacoste	€10.00	€20.00
Bordeaux supérieur bio Bo-Vin D. Gevaert	€8.00	€16.00	Crozes-Hermitage bio Les Chênets	€12.00	€24.00
Côtes-du-Rhône bio "à la rêverie" Ch. Montfrin	€8.00	€16.00	Saint-Emilion Grand Cru (conv bio) Y. Delol	€15.00	€30.00
Côteaux du Languedoc Bronzinelle	€8.00	€16.00	Saint-Joseph J. Coursodon	€15.00	€30.00
Gaillac bio Les Gravels A. Rotier	€8.00	€16.00	Bourgogne Mercurey Domaine de L'Évéché	€15.00	€30.00
Morgon Authentic Vincent Flache	€10.00	€20.00	Bandol Amourvèdre JC Comor	€15.00	€30.00
Gaillac bio Renaissance A. Rotier	€10.00	€20.00	Saint Joseph Rouge "Silice" J. Coursodon	€16.00	€32.00

APERITIFS

L'apéro Sproutz spécialité maison unique au monde	€10.00	Muscadet de Beaumes-de-Venise réserve Vidal-Fleury	8cl	€8.00
3 cl d'apéritif au coing et poire bio de la mère Suzette, 14 cl de Prosecco		Campari		€6.00
De Faveri, une belle tranche d'orange bio à écraser et plein de glaçons		Porto Quinta do Infantado – Reserva Bio 8cl		€8.00
Cocktail du coin, exclusivité mondiale	€10.00	Pastis, Martini, Suze, Lillet ou Cinzano Dry		€4.50
Apéritif coing-poire bio de la mère Suzette des vergers		Champagne la coupe Fleury brut bio		€9.50
de Titov, Champagne Fleury brut bio		Americano ou Campari soda ou oranges bio		€8.00
Apéritif du coin bio de la mère Suzette	€6.00	Kir à la crème artisanale		€6.00
Apéritif liqueux à base de coing et de poire willam rouge bio		Kir royal au Champagne Fleury brut bio		€10.00

ORGANIC AND CRAFT BEERS FROM THE MÉLUSINE BREWERY

To reduce our environmental impact we only serve French organic draft beers from returnable barrels and no bottles except for take-away. We feel strongly that you should be able to enjoy a proper real beer such as the Hellfest IPA at home. The first to do this, we hope others will follow.

Love and flowers : white beer with flowers 4,2°	25cl / €5.00	50cl / 9.00	Hellfest : true IPA (Indian Pale Ale), 6,66°	25cl / €5.00	50cl / €9.00
Slightly sour and not sweet with hints of rose. Goes well with: home made duck foie gras, vegetarian salad, fruit salad			Good length on the palate, malt and Mozaic hops that bring aromas of exotic fruits and a pleasant final bitterness. Goes well with: Thursday's curried chicken, oriental chicken salad, beeg filet pepper sauce, Roquefort, lime cheesecake		
Korlène : amber 5,6°	25cl / €5.00	50cl / €9.00	Félibrée au sirop Bio Meneau	25cl / €5.00	50cl / €9.00
Taste of roasted malt, smooth and rounded			Panaché , Twist, Tango, Monaco à la Félibrée	25cl / €5.00	50cl / €9.00
Goes well with: chicken liver salad, confit duck leg, chicken curry, steak tartare, île flottante, mild cheeses.			Picon bière à la Félibrée	25cl / €6.00	50cl / €11.00
Félibrée : lager 5°	25cl / €5.00	50cl / 9.00	Félibrée à la crème de Cassis, framboise		
Naturally hopped, slightly bitter with hints of grapfruit.			ou pêche	25cl / €6.00	50cl / €11.00
Goes well with: salads, grilled vegetable, cheese.					

WHISKIES

JB : Perfect with a coke	€8.00	Old Pulteney 2008 Flotilla : salin single malt, freshness of the Highlands of north-east Scotland	€13.00
Jack Daniels : a classic of American literature	€9.00	Aerolite Lyndsay : A 10 year old Islay single malt.	
Robert Burns Blend : discover this relaxing, round whisky.		A peaty and smokey classic.	€13.00
A tribute to the distiller and famous Scottish poet.	€8.00	Nikka Coffey Grain : A japanese bourbon based on corn.	
		Soft and seducing for the connaisseurs and curious.	€13.00

COGNAC NORMANDIN MERCIER Colombard, Ugni blanc, Folle blanche

Grande Champagne XO	€20.00	Petite Champagne VSOP	€10.00
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COCKTAILS

Nini gin bio gascon tonic aux notes florales	€11.00	Caïpirinha	€9.00
Mojito landais	€9.00	Citron vert, sucre, cachaça Upióca, glace pilée	
Blanche d'Armagnac bio, citron bio pressé, menthe fraîche, sucre		Caïpirovka	€9.00
Margarita landaise	€9.00	Citron vert, sucre, vodka, glace pilée	
Blanche d'Armagnac bio, Cointreau, citron bio pressé, sucre, verre givré au sel		Whisky Coca ou Whisky Sour	€9.00
Black landaise	€9.00	Margarita	€9.00
Blanche d'Armagnac bio, kahlua, glace pilée		Citron, Cointreau, Tequila, glace pilée	
Blanche Sunrise	€9.00	Vodka pamplemousse bio pressé	€11.00
Blanche d'Armagnac bio, orange bio pressée, sirop de grenadine bio de Titoy, Champagne Fleury brut bio		Black Russian	€9.00
Mimosa	€9.00	Kahlua, vodka, glace pilée	
Orange bio pressée, Cointreau, champagne		White Russian	€9.00
Mojito	€9.00	Kahlua, vodka, lait frais cru entier bio, glace pilée	
Citron, sucre, menthe fraîche, rhum blanc, soda, glace pilée		Soho orange bio pressée ou Malibu jus de fruit	€9.00
		Vodka tonic ou Vodka orange bio pressée	€9.00
		Rhum Coca ou Téquila Sunrise ou Téquila tonic	€9.00
		Martini Gin ou Gin Fizz ou Gin tonic ou Bloody Mary	€9.00

SPIRITS

Blanche d'Armagnac bio glacée	€8.00	Vodka Wyborowa ou Zubrowka polonaise	€8.00
Téquila, Manzana ou Malibu	€8.00	Grand Marnier, Drambuie, Cointreau	€8.00
Peppermint Get 27 ou Marie-Brizard	€8.00	Crème de framboise de Bourgogne 18° glace pilée	€8.00
Amaretto, Fernet Branca, Baileys Irish Cream ou Kahlua	€8.00	Nini Gin bio gascon de Stéphanie Cauty aux notes florales	€8.00

LIQUEURS

Blanche d'Armagnac bio glacée	€8.00	Amaretto, Fernet Branca, Baileys Irish Cream ou Kahlua	€8.00
Téquila, Manzana, Cointreau, Malibu ou Soho	€8.00	Vodka Wyborowa ou Zubrowka polonaise	€8.00
Peppermint Get 27 ou Marie-Brizard	€8.00	Drambuie ou Grand Marnier ou Gin Tanqueray	€8.00

COLD DRINKS AND FRESHLY SQUEEZED SEASONAL FRUIT JUICES

Limonade pression le verre 25cl	€3.50	Cocktail Agrumes	€7.00
Limonade sirop bio Meneau, le verre 25cl	€4.50	Pamplemousse bio pressé et orange bio pressée	
Lait frais cru entier bio ou lait frais entier pasteurisé, 25cl	€3.50	Cocktail Vitalité	€7.00
Lait frais cru entier bio ou pasteurisé sirop bio Meneau, 25cl	€4.50	Carotte bio, orange pressée bio, gingembre	
Lait frais cru bio au sirop d'orgeat bio	€4.50	Cocktail Zoncajito	€7.00
Iced tea, coffee, chocolate	€6.00	Citron bio pressé, menthe fraîche et limonade	
Coca ou Perrier la bouteille 33cl ou Sodas 25cl	€5.00	Cocktail Zèbre	€7.00
Eaux minérales le quart (Vittel, San Pellegrino)	€4.00	Citron bio pressé, menthe fraîche et Perrier	
Eaux minérales le demi (Evian, Badoit)	€5.00	Cocktail Energyzen (selon la saison)	€7.00
Eaux minérales le litre (Evian, Badoit)	€7.00	Pomme bio, kiwi bio, banane bio	
Jus d'ananas bio du Pérou, le verre 25cl	€5.00	Cocktail Summer Dream (selon la saison)	€7.00
Nectar d'abricot bio d'Arménie, le verre 25cl	€5.00	Melon, menthe fraîche	
Jus de carottes bio à la commande	€6.00	Cocktail Tigre (selon la saison)	€7.00
Jus de tomates bio, à la commande (selon la saison)	€6.00	Pommes bio, carotte bio, gingembre	
Jus de tomate d'Arménie, le verre 25cl	€5.00	Cocktail Apple limonade (selon la saison)	€7.00
Oranges bio ou citrons bio pressés à la commande	€6.00	Pommes bio et limonade pression	
Pamplemousse bio pressé à la commande	€6.00	Cocktail End of Summer (selon la saison)	€7.00
Jus de fruits bio, à la commande (selon la saison)	€6.00	Poire bio, pomme bio, gingembre.	

HOT DRINKS

Expresso	€2.50	Café-crème, lait frais cru entier bio ou pasteurisé chaud	€5.00
Café Massaya assemblage de grands crus bio, Mexique		Chocolat à l'ancienne au lait frais cru bio ou pasteurisé	€5.00
Décaféiné ou café-noisette	€2.50	Lait frais cru entier bio ou pasteurisé chaud à la vanille	€5.00
Expresso double	€4.00	Grog au rhum Chauvet	€6.00
Capuccino	€5.00	Vin du mois bio chaud	€6.00

TEAS & INFUSIONS OF LES PHILOSOPHES SERVED IN TEA BAGS AND FOR SALE AT LA BELLE HORTENSE

We serve leaf teas in infusion filter. Whenever possible, we favor organic agriculture and our filters are bleached with oxygen not chlorine. All our flavored teas are made in the traditional way without the addition of flavorings. For more information about our teas & infusions please ask for the teas menu.

Green teas € 5.50

(Laissez descendre un peu la température de l'eau avant d'infuser)

Sencha de Corée du Sud, splendide Jeoncha de la 1ère récolte à la saveur végétale et fruitée, subtilement iodée. infusion 1-2'

Jasmin Supérieur fin thé vert de Chine parfumé avec des fleurs par contact répété, infusion 2-3'.

Thé à la menthe réalisé avec un fin thé de Chine et de la menthe fraîche. infusion 2-3'.

Ginger lemon, thé vert sencha et citronnelle parfumés de citron et de gingembre, infusion 2-3'.

Black and smoked teas € 5.50

Assam thé d'Inde des meilleurs crus au goût malté. Excellent avec du lait, infusion 3-4'.

Sikkim thé des confins du Bhoutan et du Darjeeling riche de saveurs de compotées de fruits, infusion 2-3'.

Earl Grey fleuri thé noir parfumé de bergamote et parsemé de fleurs, infusion 2-3'.

Roses Masala Chaï fins thés d'Inde parfumés par contact de pétales de roses, cannelle, gingembre et girofle, infusion 3-4'.

Lapsang Souchong thé de Chine fumé avec des racines d'épicea, infusion 3'.

Rooibos and infusions € 5.50

Rooibos aux épices parfumé de cannelle, cardamome, gingembre, anis et girofle, sans théine, infusion 4-5'.

Relaxation composition apaisante de rooibos, mélisse, cannelle, vanille, pétales d'amarantine, huile essentielle de mandarine, racines de valériane. Infusez 4'.

Léger tout le temps composition détox digestive de verveine, citronnelle, menthe douce et menthe poivrée, citron, fenouil, zaatar (variété de thym / origan), huile essentielle de citron et de menthe douce. Infusion 3'.

Verveine odorante et parfumée provenant des rivages du sud. Infusion 3'.

Verveine menthe

notre délicieuse verveine parfumée de menthe fraîche. Infusion 3'.

Five o'clock € 9.00

A choice of tea served with a slice of unforgettable custard tart made with organic eggs, Madagascar vanilla pods and raw milk by Benjamin Turquier. Only weekends.

Real home cooking

LA CAVE

A selection of take-away prices

All our wines, champagnes and small groceries can be purchased next door at
la Belle Hortense, 31 rue Vieille du Temple, every day from 1pm to 2 am

Bottled beer 33cl IPA Hellfest or Félibree	€4.00	L'apéritif coing-poire bio de la mère Suzette	€19.00
Crozes-Hermitage bio Les Chénets	€15.00	Infusion Léger tout le temps box 50gr	€8.00
Gaillac bio Renaissance A.Rotier	€13.00	Farmhouse honey Rûchers de Baradieu pot 500gr	€12.00
Côtes du Rhône bio "à la rêverie" Cht Montfrin	€10.00	Our hard-back notebooks	€5.00
Bordeaux Supérieur bio Bo'Vin de Bazas D. Gevaert	€10.00	Les Philosophes, Au Petit Fer à Cheval or La Belle Hortense	
Vin de pays Sainte Baume bio L'antidote JC Comor	€10.00	T-shirt "La culture est une arme de construction massive"	€15.00
Saint Joseph Silice J. Coursodon	€20.00	Marseille soap 'Fer à cheval' 72% olive oil, 600g	€6.00
Champagne Fleury brut bio	€30.00	Marseille soap bars 'Fer à cheval' 72% olive oil, 1kg	€15.00
Champagne Fleury Extra brut bio Boléro	€60.00		

A SELECTION OF OUR SUPPLIERS

Traditional honey **Les ruchers de Baradieu** 47 Mézin
Organic apples and kiwis **la ferme de Bernardin** 47 Fauillet
Matured organic goat cheeses **Les Fromages de Marie** 47 Moncrabeau
Cooking wines **Domaine du Bois de Simon** 47 La Plume
Organic fruits and vegetables from the Lot-et-Garonne and elsewhere **Biogaronne** 47 Port Sainte-Marie.
Our organic porc rillettes by **Bernard Michel for La Maison Torres** 47 Le Mas-d'Agenais
Very traditional Chapolard pâté, salamis and chorizo free of GM feeds and antibiotics **GAEC des Landes** Baradieu 47 Mézin
Organic fresh milk and cream cheese **GAEC des Flots blancs** Baradieu 47 Mézin
Organic eggs **Ferme Borde Haute**, 47 St Jean de Thurac
Organic jams **Biolo'Klock** 47 Montpezat d'Agenais
Chemical-free fruit and vegetables famille **Pasello** 47 Nérac
Organic gin, alcool de poire, vieille prune and poire-coing **Les vergers de Titoy** 47 Bazens
Free-range chicken minimum 100 days and chicken livers **la ferme du Cabier** 47 Laplume
Melons, watermelons and gourds from the Lot-et-Garonne **Christian Montus** 47 Moncaut
Fresh foie gras, nos fresh duch legs, dried magrets **Pierre et Claude Senac SCEA de la Phalange** 32 Aux-Aussat
Walnuts from the Périgord Dordogne **Noix SARL** 24 Saint Laurent La Vallée
Comté cheeses "Vieille Réserve" and in season our full cream butter **Jura Fruitière de Plasne**, 39 Plasne
Summer Tomme raw goat's milk **Alain Domini** 64 Beyrie-sur-Joyeuse
Farhouse Saint-Nectaire AOP **Marie et Romain Chantaduc** Lieu dit Louhalion 63 Aurières
Organic pasta **Lazzaretti** Z.A du Couquiou 84 Entraigues sur Sorgue
Cured meats and farmhouse porc, free of GM feeds and antibiotics **Thierry Schweitzer** 67 Schleithal
Pata Negra Bellota ham grand reserve aged 36 months **Jamones Lazo SA** 21 Cortegana, Huelva, Espagne
Organic sirops **Maison Meneau** 33 Saint-Loubès
Fair trade organic cane sugar for our pastries **Sucre Distribution** 33 Cestas
Fresh farmhouse goat cheeses **La Ferme du Tertre** 49 Fougeré
Aubrac beef **Agriviande Laries**, 12 Cassagnes-Bégonhès
Roquefort AOP **Roquefort Carles** 6 rue De Lauras 12 Roquefort
Organic olive oil **Biocoop Restauration** 35 Saint Grégoire
Organic Kalamata olive oil, Malako cheese from thedu Peloponese and organic black olives Kalamata 75, **SAS Eladion**
Armenian organic juices **Azade** 1 rue Fontaine, 59 La Madeleine
Organic beers **Brasserie Mélusine** ZA la Barboire, 85 Chanbretaud
Local fruits and vegetables and organic baskets **la ferme Les Plaisirs du Jardin** 95 Cergy
Fresh fruits and vegetables **Halles Prestige** 94 Rungis
Fresh wild fish and organic Scottish salmon **SAS Paris Caviar** 94 Rungis
Italian products, **L'Atelier italien SARL Pintus** 60 Nogent-sur-Oise
Selection of Whiskies **LMDW** 92 Clichy
Cooking chocolate 66% and cacao powder 100% for hot chocolate **Valrhona** ZA Les Lots 26 Tain L'Hermitage
Organic egg ice-cream and traditional sorbets free of additives **Pâtisserie Philippe Démoulin** 6 bd Voltaire, 75 Paris
Teas **Verantis** 18 rue du Borrégo 75 Paris
Vanilla pods "Bourbon Bio Gourmet" from Madagascar **Eurovanille SAS** 62 Gouy Saint André
Breads and croissants **B Turquier Tout autour du pain** 134 rue de Turenne 75 Paris
Organic flour T65 "Saveur Paris Île-de-France" **Moulins Bourgeois** 77 Verdelot
Organic Porto Quinta do Infantado Reserva **Chanceleiros**, 50 Pinhao Portugal
Affined AOC Gillot organic raw milk Camembert, organic cream and organic microfiltered full milk **Fromagerie Gillot** 61 Saint Hilaire de Briouze
Traditionnal Marseille soaps **Savonnerie Le Fer à Cheval** 13 Marseille



RestoEcoResponsable

We are engaged in a societal approach through the transparency on the products we serve, our ecological impact, our policy on wages, and our investissements and cultural actions. Go to our website to book a table, leave suggestions, our recipes, look up the daily specials and participate in wine tastings and cultural events. You'll also find our take away wine and grocery list and special promotions.

www.cafeine.com

Waste sorting, **collection & recycling** of biowaste

www.moulinot.fr

Communications consultants, design, production and website

rphunter.com

See the film République de la Malbouffe for free at

www.republiquedelamalbouffe.com

Open every day from 9am to 2 am • Food served from midday to 1.15 am

Net prices, €0.50 increase from 10pm, menu items included.

Origin of meats France, Aubrac. • All consumptions must be accompanied by a receipt.

Quantities in centilitres : cold drinks 20, 25 ou 33cl ; aperitifs 6cl ; whiskies, alcohols & liqueurs 4cl ; anis drinks 2cl ; glass of wine 14cl, bottle 75cl.

Culture is a weapon of mass construction

LA CHAISE AU PLAFOND

10 rue du Trésor, 75004 Paris Téléphone 01 42 76 03 22

