



**EATING GOOD  
FEELING GOOD**

Ce document présente les allergènes naturellement présents dans nos produits.  
Fabriqués dans la même cuisine, ils peuvent cependant en contenir des traces.

| DÉSIGNATION                        |                 | Gluten                                                                            | Moutarde                                                                          | Œuf                                                                               | Fruits à coques                                                                   | Soja                                                                              | Lait                                                                              | Lupin                                                                              | Sulfites                                                                            | Sésame                                                                              | Mollusques                                                                          | Poissons                                                                            | Crustacés                                                                           | Arachides                                                                           | Céleri                                                                              |
|------------------------------------|-----------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                    |                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BOISSONS CHAUDES                   | ESPRESSO        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                                    | NOISETTE°       |                                                                                   |                                                                                   |                                                                                   | X                                                                                 |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                                    | AMERICANO       |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                                    | CAPPUCCINO°     |                                                                                   |                                                                                   |                                                                                   | X                                                                                 |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                                    | CAFÉ LATTE°     |                                                                                   |                                                                                   |                                                                                   | X                                                                                 |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                                    | CHOCOLAT CHAUD° |                                                                                   |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| ° possibilité avec du lait végétal |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |

|          |                                       |   |  |  |   |  |   |  |   |   |  |  |  |   |  |
|----------|---------------------------------------|---|--|--|---|--|---|--|---|---|--|--|--|---|--|
| DESSERTS | COMPOTE VANILLE BRISURES DE SPECULOOS | X |  |  |   |  |   |  | X |   |  |  |  |   |  |
|          | FROMAGE BLANC 0% GRANOLA ET MIEL      |   |  |  | X |  | X |  |   | X |  |  |  | X |  |
|          | MANGO & COCO CHIA PUDDING             |   |  |  | X |  |   |  |   |   |  |  |  |   |  |
|          | MOUSSE AU CHOCOLAT & COPEAUX          |   |  |  |   |  |   |  |   |   |  |  |  |   |  |
|          | POIRE & COCO CHIA PUDDING             |   |  |  | X |  |   |  |   |   |  |  |  |   |  |
|          | SHAKER DE FRUITS (mini ou grand)      |   |  |  |   |  |   |  |   |   |  |  |  |   |  |
|          | STARLIGHT POIRE                       |   |  |  |   |  | X |  |   |   |  |  |  |   |  |
|          | YAOURT 0 % myrtille ou vanille        |   |  |  |   |  | X |  |   |   |  |  |  |   |  |

|     |                     |   |  |  |   |   |   |  |  |  |  |  |  |  |   |
|-----|---------------------|---|--|--|---|---|---|--|--|--|--|--|--|--|---|
| JUS | CALIFORNIA GREEN    |   |  |  |   |   |   |  |  |  |  |  |  |  | X |
|     | CARRIBEAN PASSION * |   |  |  |   |   |   |  |  |  |  |  |  |  |   |
|     | CHOCO BON           |   |  |  |   | X | X |  |  |  |  |  |  |  |   |
|     | GINGER ACE          |   |  |  |   |   |   |  |  |  |  |  |  |  |   |
|     | PUMPKIN SPICE*      | X |  |  | X |   |   |  |  |  |  |  |  |  |   |

|             |                             |   |  |   |  |   |   |  |  |  |  |  |  |  |   |
|-------------|-----------------------------|---|--|---|--|---|---|--|--|--|--|--|--|--|---|
| PÂTISSERIES | CAKE CITRON PAVOT *         | X |  | X |  |   | X |  |  |  |  |  |  |  | X |
|             | CARROT CAKE *               | X |  | X |  | X | X |  |  |  |  |  |  |  |   |
|             | COOKIE CHOCOLAT BLANC*      | X |  | X |  | X | X |  |  |  |  |  |  |  |   |
|             | COOKIE CHOCOLAT NOIR *      | X |  | X |  | X |   |  |  |  |  |  |  |  |   |
|             | CROISSANT                   | X |  | X |  | X | X |  |  |  |  |  |  |  |   |
|             | MUFFIN FAÇON BANANA BREAD * | X |  | X |  |   | X |  |  |  |  |  |  |  |   |
|             | MUFFIN MYRTILLES *          | X |  | X |  | X |   |  |  |  |  |  |  |  |   |
|             | PAIN AU CHOCOLAT            | X |  | X |  | X | X |  |  |  |  |  |  |  |   |

\* produits décongelés, ne pas recongeler



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| DÉSIGNATION                |                                    | Gluten                                                                            | Moutarde                                                                          | Œuf                                                                               | Fruits à coques                                                                   | Soja                                                                              | Lait                                                                              | Lupin                                                                              | Sulfites                                                                            | Sésame                                                                              | Mollusques                                                                          | Poissons                                                                            | Crustacés                                                                           | Arachides                                                                           | Céleri                                                                              |
|----------------------------|------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                            |                                    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| SOUPES                     | SOUPE BUTTERNUT GINGEMBRE COCO     |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SOUPE CHAMPIGNONS PERSIL           |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SOUPE COURGETTE PARMESAN NOISETTES |                                                                                   | X                                                                                 |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SOUPE LENTILLES CORAIL CURRY COCO  |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SOUPE PETIT POIS RICOTTA BASILIC   |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SOUPE POTIRON PARMESAN             |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SOUPE CAROTTES CUMIN CORIANDRE     |                                                                                   | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| BOWLS<br>SIGNATURE         | AVO CAESAR                         | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                 |                                                                                    |                                                                                     | X                                                                                   |                                                                                     | X                                                                                   |                                                                                     |                                                                                     | X                                                                                   |
|                            | MEDITERRANEAN TUNA                 | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |
|                            | POKE SAUMON                        | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                 |                                                                                   |                                                                                    | X                                                                                   | X                                                                                   |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |
|                            | RAINBOWL                           | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| BOWLS SAISON<br><br>LITTLE | HAPPY BOWL                         | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | FROM ALPES                         | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |
|                            | ALPI GNOCCHIS                      | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | LEMON PASTA                        | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 |                                                                                    | X                                                                                   |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |
|                            | CHAMPOULET                         | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | VEGGIE CURRY                       | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | GNOCCHISSIMA                       | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   | X                                                                                 |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | LITTLE CHICKEN                     | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | LITTLE CESAR                       | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | LITTLE SALMON                      | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 |                                                                                    | X                                                                                   |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |
| SANDWICHES                 | SANDWICH THON (BAGNAT)             | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |
|                            | SANDWICH MOZZARELLA (ITALIEN)      | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                 |                                                                                    | X                                                                                   | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SANDWICH COPPA (MONTAGNARD)        | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SANDWICH JAMBON (RUSTIQUE)         | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |
|                            | SANDWICH FALAFELS (MEDITERRANEEN)  | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |
|                            | SAUCE CAESAR                       |                                                                                   | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |
|                            | SAUCE CREME                        | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SAUCE CURRY JAUNE                  | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 | X                                                                                 |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SAUCE JOUR                         | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SAUCE LÉGÈRE                       | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   |                                                                                   | X                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SAUCE MOUTARDE MIEL                | X                                                                                 | X                                                                                 | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SAUCE TAHINI                       | X                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                            | SAUCE TOMATE PIQUANTE              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | X                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |



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| DÉSIGNATION     |                               | Gluten                                                                            | Moutarde                                                                          | Œuf                                                                               | Fruits à coques                                                                   | Soja                                                                              | Lait                                                                              | Lupin                                                                              | Sulfites                                                                            | Sésame                                                                              | Mollusques                                                                          | Poissons                                                                            | Crustacés                                                                           | Arachides                                                                           | Céleri                                                                              |
|-----------------|-------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                 |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| QUICHES & PÂTES | QUICHE LORRAINE               | x                                                                                 |                                                                                   | x                                                                                 |                                                                                   |                                                                                   | x                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | QUICHE SAUMON                 | x                                                                                 |                                                                                   | x                                                                                 |                                                                                   |                                                                                   | x                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     | x                                                                                   |                                                                                     |                                                                                     |                                                                                     |
|                 | LASAGNES BOLOGNAISE           | x                                                                                 |                                                                                   | x                                                                                 |                                                                                   |                                                                                   | x                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
| TOPPINGS        | AMANDES/NOIX                  |                                                                                   |                                                                                   |                                                                                   | x                                                                                 |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | x                                                                                   |                                                                                     |
|                 | BROCOLI VAPEUR                |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | BOULETTES VEGETALES HAPPYVORE | x                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | BUTTERNUT RÔTI                |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | CHAMPIGNONS RÔTIS             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | CHIPS DE PITA                 | x                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | CHOU-FLEUR RÔTI AU CURCUMA    |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | CHOUX ROUGE RÂPE              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | COPPA                         |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | COURGETTES RÔTIES             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | CROÛTONS                      | x                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | x                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | EDAMAMÉS*                     |                                                                                   |                                                                                   |                                                                                   |                                                                                   | x                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | FALAFEL                       | x                                                                                 |                                                                                   | x                                                                                 |                                                                                   | x                                                                                 |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | FÉTA / MOZZARELLA / SCARMOZA  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   | x                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | FILET DE POULET AUX HERBES    |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | FILET DE THON                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     | x                                                                                   |                                                                                     |                                                                                     |                                                                                     |
|                 | GNOCCHIS                      | x                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | GRANA PADANO                  |                                                                                   |                                                                                   | x                                                                                 |                                                                                   |                                                                                   | x                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | HOUMOUS                       |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | x                                                                                   | x                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | JAMBON BLANC                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     | x                                                                                   |
|                 | KALE MARINÉ                   | x                                                                                 | x                                                                                 |                                                                                   |                                                                                   | x                                                                                 |                                                                                   |                                                                                    | x                                                                                   | x                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | LENTILLES MÂRINEES            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | MEULE DE SAVOIE               |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   | x                                                                                 |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | MIX GRAINES ET FRUITS SECS    |                                                                                   |                                                                                   |                                                                                   | x                                                                                 |                                                                                   |                                                                                   |                                                                                    | x                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     | x                                                                                   |                                                                                     |
|                 | OEUF DUR                      |                                                                                   |                                                                                   | x                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | OIGNONS CARAMELISES           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | OIGNONS FRITS                 | x                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | PÂTES                         | x                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | PETIT PAIN GRAINES            | x                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     | x                                                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | POIS CHICHES MARINES          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | QUINOA / TRIO DE RIZ          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |
|                 | SAUMON CRU                    |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |                                                                                     |                                                                                     |                                                                                     | x                                                                                   |                                                                                     |                                                                                     |                                                                                     |

\* produits décongelés, ne pas recongeler