



LES PHILOSOPHES

The right to be informed

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

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

I refused to apply this stupid rule. But I did not give up. After that defeat, I took up the fight. I went back to the public authorities. And finally I, along with others, succeeded in getting a new definition of “Fait Maison”. It’s not so complicated, in the end, to keep things simple. Since 8 May 2015, restaurateurs who cook raw products in their kitchens can display the official logo depicting a pan covered with a roof. Unlike the state’s “Maître Restaurateur” or the Ducasse “Restaurant de qualité” designations, the “home-made” label is free and requires no prior audit. Restaurateurs who cook raw products thus have every incentive to display it on their storefront or on their cards. That way they stand out from those who do not wish to respond to consumers’ legitimate expectation of transparency on their plates.

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

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

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

Xavier Denamur

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

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



Real home cooking

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

All our dishes are prepared on the premises with fresh products. Depending on the season, part of our organic fruits and vegetables are sourced at the farm *Les Plaisirs du Jardin* 30km from Paris. • Our fresh fish comes from sustainable sources except for the organic Scottish salmon. • From Wednesday to Sunday we use fresh organic unpasteurized milk from our producer *Les Flots Blancs* in south west France. • We prepare all our own pastry with organic eggs from *La Ferme Borde Haute* also in the south west. We receive 2 palets of organic vegetables every week from Biogaronne in the Lot et Garonne. • You'll find the complete list of our suppliers on the back page of this menu and on our website: www.cafeine.com. • This eco-friendly approach is designed to minimize our environmental impact and can occasionally lead to stock shortages for which we apologize. • To reduce our environmental impact we only serve French organic draft beers and no bottles –the first to do so, we hope others will follow. Please let us know if you have any food intolerance; all our dishes are prepared on the premises so we know exactly what they contain, please ask for our menu listing allergenes.

Recent research has revealed links between gastrointestinal cancer and sodium nitrite (E250), which is used to give a pinker colour to ham and other deli products. We have asked our producers and farmers to stop using sodium nitrite in their products. If our ham looks a little less pink from now on, it's all in a good cause and will help you enjoy a rosier future.

Chef **Masatsugu Takahashi**

Today's suggestion €28

Today's Starter or soup of the day or traditional country paté Frères Chapolard
Main dish of the day or seasonal cooked vegetables or full vegetarian dish of the day
and the dessert of the day or 'de Marie' matured goat cheese, Lot et Garonne honey and Périgord walnuts
or Tome cheese made from organic cow's milk served with Lot et Garonne honey and Périgord walnuts or Plate of Roquefort Carles and walnuts from the Périgord or Comté "Vieille Réserve" with honey and walnuts from the Périgord
or organic egg custard tart made with vanilla pods and raw milk by Benjamin Turquier

Today's suggestion €20

Today's Starter or soup and today's main dish or seasonal cooked vegetables or full vegetarian dish of the day or traditional country paté Frères Chapolard
or
today's main dish or seasonal cooked vegetables or full vegetarian dish of the day
and today's dessert or Seasonal 'de Marie' matured goat cheese, Lot et Garonne honey and Périgord walnuts or Tome cheese made from organic cow's milk served with Lot et Garonne honey and Périgord walnuts or Plate of Roquefort Carles and walnuts from the Périgord or Comté "Vieille Réserve" with honey and walnuts from the Périgord
or Organic egg custard tart made with vanilla pods and raw milk by Benjamin Turquier

Menu €35

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

and

Grilled fillet of Aubrac beef béarnaise or pepper sauce (+€5) ♦ Aubrac steak tartare cut to order ♦ Grilled wild cod fillet, curry sauce, coconut milk and lime ♦ Fish, catch of the day ♦ Organic salmon escalope sun-dried tomato tapenade made with organic olive oil ♦ Wild monkfish fillet and dill bouillabaisse sauce ♦ Andouillette (tripe sausage) Royale from Troyes ♦ Grilled lamb loin with organic herbs from Provence ♦ Aubrac boeuf bourguignon ♦ Traditional confit duck leg, house speciality (+€3)

and

Selection of raw milk cheeses (+€3) ♦ Plate of Roquefort Carles and walnuts from the Périgord ♦ Comté "Vieille Réserve" with honey and walnuts from the Périgord ♦ Dessert of the day ♦ Seasonal fresh fruit salad ♦ Coupe colonel (lemon sorbet and vodka) ♦ Seasonal fresh fruit salad with vanilla ice-cream ♦ Ile flottante made with organic eggs ♦ Valrhona chocolate mousse ♦ Organic cream cheese with fresh fruits and honey ♦ Traditional ice-cream or sorbet Philippe Démoulin ♦ Cheesecake ♦ Compote normande (seasonal stewed pears and apples with raisins and cream cheese) ♦ Crème brûlée ♦ Coupe Yiddish (seasonal stewed pears and apples with raisins and vanilla ice cream) ♦ Espresso cake ♦ Coupe Affogata ♦ Traditional apple tart tatin and fresh cream ♦ Traditional apple tart tatin and vanilla ice-cream (+€3) ♦ Seasonal 'de Marie' matured goat cheese, Lot et Garonne honey and Périgord walnuts ♦ Tome cheese made from organic cow's milk served with Lot et Garonne honey, Périgord walnuts ♦ Organic egg custard tart made with vanilla pods and raw milk by Benjamin Turquier

Suggestion from the menu €27

A starter and a main dish from the menu or a main dish and a dessert from the menu

Brunch €21

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

Real home cooking

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A la carte

ENTRÉES

| | | | |
|--|--------|--|--------|
| Entrée of the day or Soup of the day | €9.00 | Pata Negra Bellota cured ham (small) | €13.00 |
| Traditional soup of organic onions grilled with Comté cheese | €11.00 | Pata Negra Bellota cured ham (large) | €25.00 |
| Fresh mixed salad | €9.00 | Traditional cooked ham Thierry Schweitzer | €8.00 |
| Asian style free range chicken salad | €10.00 | Dried sausage Chapolard | €7.00 |
| True home-made semi-cooked duck foie gras, 1 slice | €14.00 | Traditional rillettes or pâté | €8.00 |
| True home-made semi-cooked duck foie gras, 2 slices | €24.00 | Traditional country paté Frères Chapolard | €8.00 |
| Chicken liver salad from la ferme du Cabier | €12.00 | Avocado vinaigrette | €6.00 |
| Large chicken liver salad from la ferme du Cabier | €18.00 | Organic tomato or mixed salad (seasonal) | €6.00 |
| Organic beetroot tartare and soft-boiled egg (seasonal) | €10.00 | Organic tomato Mozzarella di Buffala DOP, basil (seasonal) | €13.00 |
| Organic Scottish smoked salmon | €20.00 | Tomato Tarte Tatin (seasonal) | €13.00 |
| Large selection of hams and cured meats | €16.00 | Half melon from the Lot et Garonne | €6.00 |
| Large selection hams, cured meats and raw milk cheeses | €19.00 | Half melon from the Lot et Garonne with organic porto Quinta do Infantado (seasonal) | €12.00 |

FISH

| | | | |
|--|--------|---|--------|
| Grilled wild cod fillet, curry sauce, coconut milk, lime | €22.00 | Organic salmon escalope sun-dried tomato tapenade made with organic olive oil | €22.00 |
| Wild monkfish fillet with dill bouillabaisse sauce | €23.00 | Fish, catch of the day | €22.00 |

MEAT our tartares are cut to order

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

EXTRA SIDE DISHES

| | | | |
|-------------------------------|-------|------------------------------|-------|
| Green salad or fried potatoes | €5.00 | Fresh green beans (seasonal) | €8.00 |
|-------------------------------|-------|------------------------------|-------|

CHEESES

| | | | |
|---|--------|---|-------|
| Assortment of raw milk cheeses | €15.00 | Organic Tome served with Lot et Garonne honey, Perigord walnuts | €8.00 |
| Roquefort Carles and walnuts | €8.00 | Farmhouse Saint Nectaire, honey and Perigord walnuts | €8.00 |
| Comté "Vieille Réserve" Jura Fruitière de Plasne, honey and walnuts | €8.00 | Seasonal 'Marie' matured goat cheese, Lot et Garonne honey and Périgord walnuts | €8.00 |

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

| | | | |
|--|-------|---|-------|
| Cup 2 scoops of ice cream | €9.00 | Seasonal fresh fruit cup & vanilla ice cream | €9.00 |
| Coupe Colonel | €9.00 | Yiddish cup | €9.00 |
| one scoop of lemon sorbet & vodka | | cooked pears, apple & raisins perfumed with cinnamon topped with a scoop of vanilla ice cream | |
| Affogata cup | €9.00 | | |
| one scoop of vanilla ice cream, Kahlua & an espresso | | | |

HOME MADE DESSERTS

| | | | |
|--|--------------|--|-------|
| Crème brûlée or Cheesecake or Ile flottante | €9.00 | Organic cream cheese, fresh fruits and honey | €8.00 |
| Compote normande or Valrhona chocolate mousse | €8.00 | Dessert of the day | €8.00 |
| Fresh fruit salad prepared to order (seasonal) | €9.00 | Espresso cake (house speciality) | €9.00 |
| Traditional Tarte Tatin with fresh cream | €10.00 | Slice of organic lemon cake (house speciality) | €5.00 |
| Traditional Tart Tatin with vanilla ice cream | €13.00 | Slice of organic lemon cake and scoop of ice cream | €8.00 |
| Unique and inescapable custard tart pastry cooked with organic eggs, fresh raw milk and organic vanilla from Madagascar | €9.00 | | |

Light dishes

BREAKFAST

| | | | |
|---|--------|---|--------|
| Full breakfast | €15.00 | Organic cream cheese and fresh fruits and honey | €8.00 |
| Served with either a large coffee, milk coffee, tea, hot chocolate, hot fresh organic or pasteurized milk, freshly squeezed orange or organic seasonal fruit juice, organic cream cheese with fresh fruits, baker B. Turquier's assortment, butter, organic jam and honey from the Lot et Garonne | | Organic scrambled eggs | €7.00 |
| Isigny AOP buttered baguette and organic jam | €3.00 | Organic scrambled eggs with Conté cheese | €9.00 |
| Traditional croissant made with Montauigu AOP butter | €3.00 | Organic scrambled eggs with ham | €9.00 |
| | | Organic scrambled eggs, ham and Conté cheese | €11.00 |
| | | Organic scrambled eggs with organic smoked salmon | €15.00 |
| | | Organic hard boiled egg | €2.00 |

SALADS, QUICHES AND VEGETARIAN DISHES

| | | | |
|---|--------|---|--------|
| Utopistes salad | €14.00 | Home made quiche of the day, mixed salad | €11.00 |
| Raw vegetable salad with Roquefort Carles and hot goat's cheese on toasted sour dough bread | | Seasonal tomato Tarte Tatin | €13.00 |
| Les Philosophes salad | €18.00 | Large asian style free range chicken salad | €15.00 |
| Assortment of raw vegetables, smoked duck breast, hot goat cheese on toasted sourdough bread & Pata Negra Bellota ham | | Organic Scottish organic smoked salmon salad | €18.00 |
| Chaise au plafond salad | €15.00 | Seasonal cooked vegetables | €13.00 |
| Assortment of raw vegetables, smoked duck breast, Comté "Vieille Réserve" cheese, cooked ham & hard boiled egg | | Full vegetarian dish of the day | €13.00 |
| | | Organic tomato and Mozzarella di Buffala DOP, fresh basil | €13.00 |

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

| | | | |
|--|-------|--|--------|
| Farmhouse cooked ham Thierry Schweitzer | €5.50 | Roquefort Carles and Périgord walnuts | €7.00 |
| Traditional country paté Frères Chapolard | €5.50 | Goat cheese with vegetables | €7.00 |
| Traditional rillettes | €5.50 | Ham and Comté "Vieille Réserve" cheese | €8.00 |
| Chapolard dry sausage | €5.50 | Ham, Comté "Vieille Réserve" cheese and vegetables | €9.00 |
| Comté "Vieille Réserve", honey and walnuts | €6.00 | Pata Negra Bellota ham | €11.00 |
| Vegetables, organic boiled egg and organic olive oil | €6.00 | Pata Negra Bellota ham and cheese | €13.00 |
| Farmhouse Saint Nectaire Marie et Romain Chantaduc | €7.00 | Organic smoke salmon | €14.00 |

Net prices, €0.50 increase from 10pm, menu items included.
Alcohol abuse is dangerous for health, consume in moderation.

Real home cooking

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Wine and drinks

WHITE, ROSÉ AND CHAMPAGNE

| | glass | bottle | | glass | bottle |
|---|-------|--------|--|-------|--------|
| Bergerac sec bio Château Grande Maison | €5.00 | €24.00 | Bourgogne Mâcon-Solotrè bio Domaine Auvigüe | €7.00 | €36.00 |
| Côtes de Provence rosé La Bastide Neuve Conv. bio | €5.00 | €24.00 | Bourgogne Chablis bio La Chablissienne | €7.00 | €36.00 |
| Sancerre Cherrier et Fils | €6.00 | €30.00 | Prosecco De Faveri | €7.00 | €36.00 |
| Vin de pays Varois bio | | | Monbazillac bio Château Grande Maison | €9.00 | €51.00 |
| À bouche que veux-tu Domaine des Terres promises | €6.00 | €30.00 | Bourgogne Pouilly-Fuissé bio Domaine Auvigüe | €9.00 | €51.00 |
| Gaillac Doux bio Les Gravels A.Rotier | €6.00 | €30.00 | Champagne Fleury brut bio | €9.50 | €60.00 |
| Bourgogne Haute-Côtes de Nuits bio P Hudelot | €7.00 | €36.00 | Champagne Fleury Extra brut bio Boléro 2006 | | €95.00 |

RED WINES

| | glass | bottle | | glass | bottle |
|--|-------|--------|---|-------|---------|
| Vin du mois | €4.00 | €21.00 | Saint Emilion Grand Cru Y. Delol | €8.00 | €45.00 |
| Bordeaux supérieur bio Bo-Vin D. Gevaert | €5.00 | €24.00 | Saint Joseph Jérôme Coursodon | €8.00 | €45.00 |
| Côtes du Rhône bio "à la réverie" Cht Montfrin | €5.00 | €24.00 | Bourgogne Mercurey Domaine de L'Évêché | €8.00 | €45.00 |
| Vin de pays Sainte Baume bio L'antidote JC Comor | €5.00 | €24.00 | Bandol Amourvèdre JC Comor | €8.00 | €45.00 |
| Gaillac bio Les Gravels A.Rotier | €5.00 | €24.00 | Chianti classico bio Domaine Pacina | | €45.00 |
| Morgon Authentic Vincent Flache Sornay | €6.00 | €30.00 | Gaillac bio L'âme Alain Rotier | | €48.00 |
| Gaillac bio Renaissance A.Rotier | €6.00 | €30.00 | Châteauneuf du Pape bio La Célestière | | €48.00 |
| Bordeaux supérieur bio Ch Haut-Lacoste | €6.00 | €30.00 | Côte-Rôtie Château d'Ampuis E. Guigal (2010) | | €200.00 |
| Côtes de Brouilly Trenel | €6.00 | €30.00 | Côte-Rôtie La Turquie E. Guigal (2001 ou 2002) | | €450.00 |
| Coteaux Varois bio Abracadabrantisque JC Comor | €6.00 | €30.00 | Côte-Rôtie La Mouline E. Guigal (2000 ou 2001) | | €450.00 |
| Crozes-Hermitage bio Les Chênets | €7.00 | €36.00 | Côte-Rôtie La Londonne E. Guigal (2000 ou 2001) | | €450.00 |
| Chianti bio Il secondo di Pacina | €7.00 | €36.00 | Côte-Rôtie La Mouline E. Guigal (1998) | | €650.00 |

WHITE AND ROSÉ CARAFFES

| | 25cl | 50cl | | 25cl | 50cl |
|---|--------|--------|--|--------|--------|
| Bergerac sec bio Château Grande Maison | €8.00 | €16.00 | Bourgogne Haute-Côtes de Nuits bio P Hudelot | €12.00 | €24.00 |
| Côtes de Provence rosé La Bastide Neuve Conv. bio | €8.00 | €16.00 | Bourgogne Mâcon-Solotrè bio Domaine Auvigüe | €12.00 | €24.00 |
| Sancerre Cherrier et Fils | €10.00 | €20.00 | Bourgogne Chablis bio La Chablissienne | €12.00 | €24.00 |
| Vin de pays Varois bio | | | Monbazillac bio Château Grande Maison | €17.00 | €34.00 |
| À bouche que veux-tu Domaine des Terres promises | €10.00 | €20.00 | Bourgogne Pouilly-Fuissé bio Domaine Auvigüe | €17.00 | €34.00 |
| Gaillac Doux bio Les Gravels A.Rotier | €10.00 | €20.00 | | | |

RED CARAFFES

| | 25cl | 50cl | | 25cl | 50cl |
|--|--------|--------|--|--------|--------|
| Vin du mois | €7.00 | €14.00 | Coteaux Varois bio Abracadabrantisque JC Comor | €10.00 | €20.00 |
| Bordeaux supérieur bio Bo-Vin D. Gevaert | €8.00 | €16.00 | Crozes-Hermitage bio Les Chênets | €12.00 | €24.00 |
| Côtes du Rhône bio "à la réverie" Cht Montfrin | €8.00 | €16.00 | Chianti bio Il secondo di Pacina | €12.00 | €24.00 |
| Vin de pays Sainte Baume bio L'antidote JC Comor | €8.00 | €16.00 | Saint Emilion Grand Cru Y. Delol | €15.00 | €30.00 |
| Gaillac bio Les Gravels A.Rotier | €8.00 | €16.00 | Saint Joseph Jérôme Coursodon | €15.00 | €30.00 |
| Morgon Authentic Vincent Flache Sornay | €10.00 | €20.00 | Bourgogne Mercurey Domaine de L'Évêché | €15.00 | €30.00 |
| Gaillac bio Renaissance A.Rotier | €10.00 | €20.00 | Bandol Amourvèdre JC Comor | €15.00 | €30.00 |
| Bordeaux supérieur bio Ch Haut-Lacoste | €10.00 | €20.00 | | | |
| Côtes de Brouilly Trenel | €10.00 | €20.00 | | | |

APERITIFS

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

BEERS

| | 25cl | 50cl | | 25cl | 50cl |
|---|-------|-------|---|-------|--------|
| Organic and craft beers from the Mélusine brewery | | | | | |
| <i>To reduce our environmental impact we only serve French organic draft beers and no bottles. The first to do so, we hope others follow.</i> | | | | | |
| Love and flowers : white beer with flowers 4,2° | €5.00 | 9.00 | Hellfest : true IPA (Indian Pale Ale), 6,66° | €5.00 | €9.00 |
| Slightly sour and not sweet with hints of rose. Goes well with: home made duck foie gras, vegetarian salad, fruit salad | | | Good length on the palate, malt and Mozaic hops that bring aromas of exotic fruits and a pleasant final bitterness. Goes well with: Thursday's curried chicken, oriental chicken salad, beeg filet pepper sauce, Roquefort, lime cheesecake | | |
| Korlène : amber 5,6° | €5.00 | €9.00 | Félibrée au sirop Bio Meneau | €5.00 | €9.00 |
| Taste of roasted malt, smooth and rounded | | | Panaché , Twist, Tango, Monaco à la Félibrée | €5.00 | €9.00 |
| Goes well with: chicken liver salad, confit duck leg, chicken curry, steak tartare, île flottante, mild cheeses. | | | Picon bière à la Félibrée | €6.00 | €11.00 |
| Félibrée : lager 5° | €5.00 | 9.00 | Félibrée à la crème de Cassis ou pêche | €6.00 | €11.00 |
| Naturally hopped, slightly bitter with hints of grapefruit. | | | | | |
| Goes well with: salads, grilled vegetable, cheese. | | | | | |

WHISKIES

| | | | |
|-------------------|--------|--------------------|--------|
| JB ou Bushmills | €8.00 | Oban, 14 ans | €13.00 |
| Jack Daniels | €9.00 | Dalwhinnie, 15 ans | €13.00 |
| Lagavulin, 16 ans | €13.00 | Talisker North 57° | €15.00 |

COGNACS NORMANDIN MERCIER Colombar, Ugni blanc, Folle blanche

| | | | |
|---------------------|--------|-----------------------|--------|
| Grande Champagne XO | €25.00 | Petite Champagne VSOP | €10.00 |
|---------------------|--------|-----------------------|--------|

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COCKTAILS

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

SPIRITS

| | | | |
|--|--------|--|--------|
| Calvados Serge Desfrieches | €10.00 | Alcool de poire bio "L48" Les vergers de Titoy | €10.00 |
| Calvados prestige Serge Desfrieches | €20.00 | Très vieux marc de Bourgogne | €10.00 |
| Armagnac Lassaubatju 1981 | €20.00 | Rhum brun Diplomatico exclusiva reserva | €10.00 |
| Armagnac Lassaubatju XO | €10.00 | Rhum brun Matusalem Gran Reserva 23 ans | €15.00 |
| Eau de vie de prune Les Vergers de Titoy | €10.00 | | |

LIQUEURS

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

COLD DRINKS AND FRESHLY SQUEEZED SEASONAL FRUIT JUICES

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

HOT DRINKS

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

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

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

Green teas € 5.50

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

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

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

Thé à la menthe réalisé avec un fin thé de Chine et de la menthe fraîche. infusion 2-3'.
Ginger lemon, thé vert sencha et citronnelle parfumés de citron et de gingembre, infusion 2-3'.

Black and smoked teas € 5.50

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

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

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

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

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

Rooibos and infusions € 5.50

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

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

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

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

Verveine menthe

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

Five o'clock € 9.00

A choice of tea served with a slice of home-made cake or custard tart, only weekends.

Net prices, €0.50 increase from 10pm, menu items included.
Alcohol abuse is dangerous for health, consume in moderation.

LA CAVE

A selection of take-away prices

All our wines, champagnes, teas and jams can be purchased next door at the

Belle Hortense, 31 rue Vieille du Temple, every day until 2 am:

| | | | |
|---|--------|---|--------|
| Crozes-Hermitage bio Les Chênets | €15.00 | L'apéritif coing-poire bio de la mère Suzette | €19.00 |
| Gaillac bio Renaissance A.Rotier | €12.00 | Teas and infusions of Les Philosophes box 100gr | €12.00 |
| Côtes du Rhône bio "à la rêverie" Cht Montfrin | €10.00 | Infusion Léger tout le temps box 50gr | €8.00 |
| Bordeaux Supérieur bio Bo'Vin de Bazas D. Gevaert | €10.00 | Sirops bio Meneau Bottle 100 cl | €8.00 |
| Vin de pays Sainte Baume bio L'antidote JC Comor | €10.00 | Farmhouse honey Rûchers de Baradieu pot 500gr | €12.00 |
| Champagne Fleury brut bio | €29.00 | Our hard-back notebooks | €5.00 |
| Champagne Fleury Extra brut bio Boléro 2006 | €48,00 | Les Philosophes, Au Petit Fer à Cheval or La Belle Hortense | |

A SELECTION OF OUR SUPPLIERS

Traditional honey **Les ruchers de Baradieu** 47 Mézin
 Organic apples and kiwis **la ferme de Bernardin** 47 Fauillet
 Matured organic goat cheeses **Les Fromages de Marie** 47 Moncrabeau
 Cooking wines **Domaine du Bois de Simon** 47 La Plume
 Melons and pumpkins from the Lot et Garonne **Pascal Ponsic** 47 Le Saumont
 Organic fruits and vegetables from the Lot et Garonne and elsewhere **Biogaronne** 47 Port Sainte-Marie.
 Salamis and chorizo free of GM feeds and antibiotics **GAEC des Landes** Baradieu 47 Mézin
 Organic fresh milk and cream cheese **GAEC des Flots blancs** Baradieu 47 Mézin
 Organic eggs **Ferme Borde Haute**, 47 St Jean de Thurac
 Organic jams **Biolo'Klock** 47 Montpezat d'Agenais
 Tome cheese from organic milk "Crozefond" **Famille Pozzer** 47 Saint-Aubin
 Free-range chicken minimum 100 days and chicken livers **la ferme du Cabier** 47 Laplume
 Walnuts from the Périgord **Noyeraie de la vallée de la Dordogne Charles Branche** 24 Loubéjac
 Comté cheese "Vieille Réserve" and in season full cream butter **Jura Fruitière de Plasne**, 39 Plasne
 Farhouse Saint Nectaire AOP **Marie et Romain Chantaduc** Lieu dit Louhalion 63 Aurières
 Organic pasta **Lazzaretti** Z.A du Couquiou 84 Entraigues sur Sorgue
 Cured meats and farmhouse porc, free of GM feeds and antibiotics **Thierry Schweitzer** 67 Schleithal
 Pata Negra Bellota ham grand reserve aged 36 months **Jamones Lazo SA** 21 Cortegana, Huelva, Espagne
 Nos sirops bio **Maison Meneau** 33 Saint-Loubès
 Nos fromages de chèvre frais artisanaux **La Ferme du Tertre** 49 Fougeré
 Nos viandes de boeuf d'Aubrac **Agriviande** Laries, 12 Cassagnes-Bégonhès
 Notre Roquefort AOP **Roquefort Carles** 6 rue De Lauras 12 Roquefort
 Organic olive oil **Biocoop Restauration** 35 Saint Grégoire
 Armenian organic juices **Azade** 1 rue Fontaine, 59 La Madeleine
 IPA and organic beers **Brasserie Mélusine** ZA la Barboire, 85 Chanbretaud
 Local fruits and vegetables and organic baskets **la ferme Les Plaisirs du Jardin** 95 Cergy
 Fresh fruits and vegetables **Halles Prestige** 94 Rungis
 Fresh wild fish and organic Scottish salmon **Ets Le Chalut** 94 Rungis
 Italian products, **L'Atelier italien SARL Pintus** 60 Nogent-sur-Oise
 Cooking chocolate 66% and cacao powder 100% for hot chocolate **Valrhona** ZA Les Lots 26 Tain L'Hermitage
 Organic egg ice-cream and traditional sorbets free of additives **Boulangerie-pâtisserie Philippe Démoulin** 6 bd Voltaire, 75 Paris
 Teas **Verantis** 18 rue du Borrégo 75 Paris
 Vanilla pods "Bourbon Bio Gourmet" from Madagascar **Eurovanille SAS** 62 Gouy Saint André
 Breads and croissants **B Turquier Tout autour du pain** 59 rue Saintonge 75 Paris
 Organic flour T65 "Saveur Paris Île-de-France" **Moulins Bourgeois** 77 Verdelot
 Organic Porto Quinta do Infantado Reserva **Chanceleiros**, 50 Pinhao Portugal



RestoEcoResponsable

We are engaged in a societal approach through the transparency on the products we serve, our ecological impact, our policy on wages, and our investissements and cultural actions.

Go to our website to book a table, leave suggestions, our recipes, look up the daily specials and participate in wine tastings and cultural events. You'll also find our take away wine and grocery list and special promotions.

www.cafeine.com

Discover our weekly selection of organic vegetable from la ferme Les Plaisirs du Jardin to cook at home as we do in the restaurant.

www.panierbiocergy.com

Waste sorting, collection & recycling of biowaste

www.moulinot.fr

Communications consultants, design, production and website

rphunter.com

See the film République de la Malbouffe for free at

www.republiquedelamalbouffe.com



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

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

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

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

Culture is a weapon of mass construction

LES PHILOSOPHES

28 rue Vieille du Temple, 75004 Paris Téléphone 01 48 87 49 64