

SCAFFSTRONG



A GUIDE TO  
**CAFE ROUGE**  
FOOD AND DRINK MENU



0-300 Calories  
300-500 Calories  
+500 Calories

## ROUGE BREAKFAST

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Rouge Breakfast with Fried Egg	<b>944.1</b>	45.4	45.4	5.5	5.5	63.2	4.1
Rouge Breakfast with Scrambled Egg	<b>908</b>	37.2	46.4	5.4	6	62.2	4.3
Rouge Breakfast with Poached Egg	<b>839.8</b>	38.4	43.7	4.8	5.2	55.3	2.1
Rouge Vegetarian with Fried Egg	<b>655.2</b>	25.2	43.7	10.1	8.4	39.9	1.9
Gluten-Free Rouge Vegetarian with Fried Egg	<b>619.1</b>	23.2	32.7	14.9	7.4	40	1.8
Rouge Vegetarian with Scrambled Egg	<b>619.1</b>	37.2	44.6	9.9	8.9	38.9	2.1
Gluten-Free Rouge Vegetarian with Scrambled Egg	<b>583</b>	35.2	33.7	14.7	7.9	39	1.9
Rouge Vegetarian with Poached Egg	<b>550.9</b>	36.6	41.9	9.4	8	32	1.7
Gluten-Free Rouge Vegetarian with Poached Egg	<b>514.8</b>	34.6	31	14.2	7.1	32.1	1.6

## PANCAKES

Pancakes with bacon & banana	<b>744.2</b>	21.7	120.8	2.4	67.7	18.9	3.1
Pancakes with fruit & fruit compote	<b>388.1</b>	8.2	74.2	6.1	21.6	5	1.5
Eggs Benedict - Ham	<b>551.5</b>	28.7	39.3	2.7	4.6	30.3	2.9
Eggs Benedict - Spinach	<b>547.4</b>	18.2	37.3	2.5	5.3	35.7	1.7
Eggs Benedict - Smoked Salmon	<b>697.6</b>	35.8	46.1	1.9	4.8	40.6	4.1

## SOURDOUGH TOAST

Bacon & Scrambled Eggs	<b>594.7</b>	31.8	27.3	0.8	0.6	39.8	3.1
Gluten-Free Bacon & Scrambled Eggs	<b>558.6</b>	29.8	16.4	5.6	-0.4	39.9	3
Bacon & Poached Eggs	<b>466.4</b>	29.7	23.9	0.2	0.3	27.9	2.6
Gluten-Free Bacon & Poached Eggs	<b>430.3</b>	27.7	12.9	4.9	-0.6	28	2.5
Salmon & Scrambled Eggs	<b>582.4</b>	33.1	26.3	0.8	1.1	36.4	0.6
Gluten-Free Salmon & Scrambled Eggs	<b>546.3</b>	31.1	15.3	5.6	0.2	38.4	0.5
Salmon & Poached Eggs	<b>454.2</b>	31.1	22.9	0.2	1.2	26.5	1.7
Gluten-Free Salmon & Poached Eggs	<b>418.1</b>	29.1	11.9	4.9	0.2	26.5	1.6
Smashed Avocado with Tomato	<b>287.6</b>	6.4	26.8	4.6	0.8	16.2	0.5
Gluten-Free Smashed Avocado with Tomato	<b>287.6</b>	6.4	26.8	4.6	0.8	16.2	0.5
Smashed Avocado with Smoked Salmon	<b>430.4</b>	20.7	27.5	4.6	2.2	25.5	0.5
Gluten-Free Smashed Avocado with Salmon	<b>430.4</b>	20.7	27.5	4.6	2.2	25.5	0.5

## CROQUES

Monsieur	<b>503.7</b>	22.2	54.8	2.5	1	21.1	3.2
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0-300 Calories  
300-500 Calories  
+500 Calories

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Madame	<b>582.7</b>	29	54.8	2.5	1	26.9	3.4
Portobello Mushroom	<b>545.9</b>	19.6	50.4	4.5	1.1	28.6	2.5

## PASTRIES

Croissant	<b>263.2</b>	5.7	28	0.9	4.2	14	0.7
Almond Croissant	<b>338</b>	10.6	32.2	2.1	13.8	18.1	0.7
Pain au Chocolat	<b>259</b>	4.3	31.2	1.1	9.2	12.7	0.6
Pain au Raisin	<b>281.3</b>	4.3	33.9	2	16.6	13.8	0.9

## OTHER

Fruit Salad	<b>26.8</b>	1	6.3	3.2	6.3	0.5	0
Granola	<b>576.3</b>	17.9	87.6	10.4	40.6	15.9	0.2

## KIDS BREAKFAST

Petit Breakfast with Fried egg	<b>556.5</b>	29.6	41.8	4.4	4.1	29.2	2.8
Petit Breakfast with Scrambled Egg	<b>538.7</b>	27.2	42.6	4.4	4.5	31.2	3
Petit Veggie Breakfast with Fried egg	<b>312.6</b>	15.3	33.8	7.5	2.6	11.3	1.2
Gluten-Free Petit Veggie Breakfast with Fried Egg	<b>276.5</b>	8.2	22.9	12.3	1.6	11.4	1
Petit Veggie Breakfast with Scrambled Egg	<b>294.8</b>	12.9	34.6	7.5	2.9	13.3	1.3
Gluten-Free Petit Veggie Breakfast with Scrambled Egg	<b>258.7</b>	5.8	23.7	12.3	2	13.4	1.2
Kids Pancakes	<b>279.4</b>	5.4	54.7	2.3	19	3.9	1
Petit Pain - Sausage	<b>714</b>	26.3	42.4	1.3	7.1	48.5	2.7
Petit Pain - Bacon	<b>424.6</b>	21.9	35.4	2.3	4.8	21.2	3.1
Gluten-Free Petit Pain - Bacon	<b>395.7</b>	18.9	33	6.4	4.9	19.5	3

## BREAD & NIBBLES

Olives	<b>146</b>	1.3	4.6	4.2	0	12.6	3.5
Classic Baguette & Supergreen Pesto	<b>345.2</b>	10.3	50.4	3.2	3.5	10.7	1.5
Classic Baguette & Smoked Harissa Hummous	<b>353.7</b>	10.5	50.7	5.4	3.3	10.9	1.3
Sourdough Flatbread - Garlic Butter	<b>823.5</b>	16	94.1	4.7	5	41.6	2.5
Sourdough Flatbread - Garlic Butter + Emmental Cheese	<b>920.2</b>	21.5	91.3	4.8	4.5	51.1	2.7
Sourdough Flatbread - Mediterranean	<b>720.3</b>	17.8	101.9	7.5	14.7	25	2.5
Sourdough Flatbread - Sobrasada	<b>1017.6</b>	28.2	98.9	7.4	9	54.9	3.5



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## STARTERS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
King Prawns	302.3	18.4	18.4	1.7	2	16.7	2.2
Gluten-Free King Prawns	266.2	16.5	7.5	6.5	1.1	16.8	2.1
French Onion Soup	339.2	15.6	43.1	4.8	11.6	10.4	3.5
Gluten-Free French Onion Soup	303.1	13.6	32.1	9.6	10.6	10.4	3.4
Pea & Mint Tortelloni	227.7	8.83	34.64	5.11	12.14	4.83	0.83
Seasonal Soup	248.6	11.2	36.7	14.2	4.1	3.3	1.8
Chicken Liver Pate	503.8	9.3	36	2.8	8.2	35.2	1.4
Gluten-Free Chicken Liver Pate	467.7	7.3	25	7.6	7.3	35.3	1.2
Garlic Mushrooms	253.7	7.6	22.8	4.4	1	13.6	0.8
Gluten-Free Garlic Mushrooms	217.6	5.6	11.9	9.1	0	13.7	0.7
Breaded Camembert	564.4	19.7	31.5	2	8.7	39.4	1.3
Devon Crab & Avocado Tian	371.3	14.2	47.5	4.6	1.6	12.7	1.7
Gluten-Free Devon Crab & Avocado Tian	335.2	12.2	36.6	9.3	0.7	12.8	1.5
Sharing Board	1520	63.2	76.8	15.2	13.6	103.2	7.1

## BAGUETTES

Steak with frites	892.2	39.3	45.5	10	5.6	33.1	3.7
Steak with house salad	565.3	37.7	13	7.6	7.7	12.6	1.7
Chargrilled Chicken with frites	902.1	39.4	108.9	8.8	3.3	32.1	4.6
Chargrilled Chicken with house salad	575.2	37.7	76.4	6.4	5.4	11.6	2.6
Vegetable & Halloumi with frites	995.1	31	107.3	10.6	12.1	46.5	5.5
Vegetable & Halloumi with house salad	668.2	29.3	74.8	8.1	14.3	26	3.5

## MAINS

Poulet Breton	603.3	29.2	37.8	12.6	8	34.5	2.1
Beef Bourguignon	548.1	57.6	45.8	5.7	7.3	13.6	4.2
Moules Marineres	987	34.1	39	5.9	3.1	77.3	4.4
Gluten-Free Moules Marineres	1124.7	95.2	67.3	6.6	9.9	51.5	5.7
Moules Provencales	479.3	20.5	38.9	5.4	1.4	25.5	4.9
Gluten-Free Moules Provencales	1701.3	132.8	88.9	7.5	12.6	89.4	7.1
Demi Poulet with frites	1043	103.2	36.6	6.6	0.8	52.7	6.6
Demi Poulet with house salad	716.1	101.6	4.1	4.2	2.9	32.2	4.6
Salmon	576.6	37.6	21.6	0.9	2.6	37.9	1.4



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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Pea & Asparagus Risotto	<b>515.2</b>	13.1	74.4	7.8	5.8	16.5	3.3
Leffe Beer Battered Fish	<b>755</b>	36.1	51.5	7.9	1.2	43.1	3
Vegetable Tagine	<b>477.5</b>	14.7	62.5	15.7	23.9	15.2	2.1
Gluten-Free Vegetable Tagine	<b>393.2</b>	11.8	47.7	13.3	20.2	12.2	2.1
Duck Confit with Orange Sauce	<b>426.2</b>	19.4	38.8	10.1	12.2	19.4	2.8
Duck Confit with Cherry Sauce	<b>564</b>	43.6	36.8	4.8	17.2	26	3

## LIGHTER BITES

Nicoise Salad	<b>562.6</b>	53.9	18	9.3	0.6	28.4	2.1
-With Chargrilled Chicken breast toppings	<b>678.7</b>	81	18.5	9.43	1.2	29.7	3.1
-With Goats' Cheese toppings	<b>682.6</b>	61.8	18.4	9.3	1	38.1	2.6
-With Smoked Salmon toppings	<b>676.9</b>	65.3	18.6	9.3	1.2	35.8	2.1
-With Caesar Salad toppings	<b>1026.8</b>	63.8	33.8	11.9	5	68	trace
-With Gluten-Free Caesar Salad toppings	<b>925.9</b>	61.1	19.6	11.5	4.6	65.4	4.1
Chicken & Avocado Salad	<b>348</b>	32.6	6.5	1.5	5.2	20.9	1.4
-With Chargrilled Chicken breast toppings	<b>464.1</b>	59.7	7	1.63	5.8	22.2	2.4
-With Goats' Cheese toppings	<b>468</b>	40.5	6.9	1.5	5.6	30.6	1.9
-With Smoked Salmon toppings	<b>462.3</b>	44	7.1	1.5	5.8	28.3	trace
-With Caesar Salad toppings	<b>812.2</b>	42.5	22.3	4.1	9.6	60.5	3.8
-With Gluten-Free Caesar Salad toppings	<b>711.3</b>	39.8	8.1	3.7	9.2	57.9	3.4
Summer Salad	<b>270</b>	3.25	8.25	6	7.5	23.5	1.4
-With Chargrilled Chicken breast toppings	<b>386.1</b>	30.35	8.75	6.13	8.1	24.8	2.4
-With Goats' Cheese toppings	<b>390</b>	11.15	8.65	6	7.9	33.2	1.9
-With Smoked Salmon toppings	<b>384.3</b>	14.65	8.85	6	8.1	30.9	trace
-With Caesar Salad toppings	<b>734.2</b>	13.15	24.05	8.6	11.9	63.1	3.8
-With Gluten-Free Caesar Salad toppings	<b>633.3</b>	10.45	9.85	8.2	11.5	60.5	3.4

## OMELETTE

Omelette with house salad	<b>314.1</b>	21.3	12.4	2.7	3	19.4	0.5
-Add choice of Emmental Cheese	<b>385.1</b>	41.6	trace	2.7	trace	25.3	1
-Add choice of Ham	<b>340.9</b>	26.6	12.7	2.8	3.3	19.9	1
-With Smoked Salmon toppings	<b>676.9</b>	65.3	18.6	9.3	1.2	35.8	2.1



0-300 Calories  
300-500 Calories  
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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-Add choice of Smoked Salmon	<b>428.4</b>	32.7	13	2.7	3.6	26.8	trace
-Add choice of Mushroom	<b>371</b>	24	13	4.9	3.3	24.3	0.7
-Add choice of Heritage Tomatoes	<b>328.7</b>	21.9	15.1	3.8	5.7	19.7	trace
-Add choice of Spinach	<b>323.3</b>	22.3	13	3.7	trace	19.7	0.6
<b>Omelette with frites</b>	<b>641</b>	23	<b>44.9</b>	<b>5.2</b>	0.9	<b>39.9</b>	<b>2.5</b>
-Add choice of Emmental Cheese	<b>712</b>	43.3	trace	5.2	trace	<b>45.8</b>	<b>3</b>
-Add choice of Ham	<b>667.8</b>	28.3	<b>45.2</b>	<b>5.3</b>	1.2	<b>40.4</b>	<b>3</b>
-Add choice of Smoked Salmon	<b>755.3</b>	34.4	<b>45.5</b>	<b>5.2</b>	1.5	<b>47.3</b>	trace
-Add choice of Mushroom	<b>697.9</b>	25.7	<b>45.5</b>	<b>7.4</b>	1.2	<b>44.8</b>	<b>2.7</b>
-Add choice of Heritage Tomatoes	<b>655.6</b>	23.6	<b>47.6</b>	<b>6.3</b>	3.6	<b>40.2</b>	trace
-Add choice of Spinach	<b>650.2</b>	24	<b>45.5</b>	<b>6.2</b>	1.5	<b>40.2</b>	<b>2.6</b>

## STEAK FRITES

<b>Sirloin with frites</b>	<b>698.8</b>	54.8	36.5	5.6	0.6	36.1	2.6
-With Garlic Butter sauce	<b>763.8</b>	54.9	36.7	5.6	0.6	43.2	2.7
-With Bearnaise sauce	<b>824.3</b>	55.4	39.1	5.6	1.4	48.7	2.9
-With Roquefort sauce	<b>766</b>	56.8	39.6	5.7	1.4	41.3	3.4
-With Beef Dripping Merlot Gravy sauce	<b>735.4</b>	55.7	40.9	5.8	1.8	52.3	3.1
-With Peppercorn Sauce	<b>782.2</b>	55.9	40.3	6.4	2	42	3.4
<b>Sirloin with house salad</b>	<b>371.9</b>	53.1	3.9	3.1	2.7	15.5	0.6
-With Garlic Butter sauce	<b>436.9</b>	53.2	4.1	3.1	2.7	22.6	0.7
-With Bearnaise sauce	<b>824.3</b>	55.4	39.1	5.6	1.4	48.7	2.9
-With Roquefort sauce	<b>439.1</b>	55.1	7	3.2	3.5	20.7	1.4
-With Beef Dripping Merlot Gravy sauce	<b>408.5</b>	54	8.3	3.3	3.9	31.7	1.1
-With Peppercorn Sauce	<b>455.3</b>	54.2	7.7	3.9	4.1	21.4	1.4
<b>Heart of Rump with frites</b>	<b>609.3</b>	54.2	37.3	5.5	0.8	26.3	2.6
-With Garlic Butter sauce	<b>674.3</b>	54.3	37.5	5.5	0.8	33.4	2.7
-With Bearnaise sauce	<b>734.8</b>	54.8	39.9	5.5	1.6	38.9	2.9
-With Roquefort sauce	<b>645.9</b>	55.1	41.7	5.7	2	42.5	3.1
-With Beef Dripping Merlot Gravy sauce	<b>645.9</b>	55.1	41.7	5.7	2	42.5	3.1
-With Peppercorn Sauce	<b>692.7</b>	55.3	41.1	6.3	2.2	32.2	3.4
<b>Heart of Rump with house salad</b>	<b>282.4</b>	52.6	4.8	3	3	5.8	0.6
-With Garlic Butter sauce	<b>347.4</b>	52.7	5	3	3	12.9	0.7



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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Bearnaise sauce	<b>407.9</b>	53.2	7.4	3	3.8	18.4	0.9
-With Roquefort sauce	<b>349.6</b>	54.6	7.9	3.1	3.8	11	1.4
-With Beef Dripping Merlot Gravy sauce	<b>319</b>	53.5	9.2	3.2	4.2	22	1.1
-With Peppercorn Sauce	<b>365.8</b>	53.7	8.6	3.8	4.4	11.7	1.4
<b>Ribeye with frites</b>	<b>838.4</b>	<b>60.4</b>	<b>36.4</b>	<b>5.7</b>	<b>0.5</b>	<b>49</b>	<b>2.7</b>
-With Garlic Butter sauce	<b>903.4</b>	<b>60.5</b>	<b>36.6</b>	<b>5.7</b>	<b>0.5</b>	<b>56.1</b>	<b>2.8</b>
-With Bearnaise sauce	<b>963.9</b>	<b>61</b>	<b>39</b>	<b>5.7</b>	<b>1.3</b>	<b>61.6</b>	<b>3</b>
-With Roquefort sauce	<b>905.6</b>	<b>62.4</b>	<b>39.5</b>	<b>5.8</b>	<b>1.3</b>	<b>54.2</b>	<b>3.5</b>
-With Beef Dripping Merlot Gravy sauce	<b>875</b>	<b>61.3</b>	<b>40.8</b>	<b>5.9</b>	<b>1.7</b>	<b>65.2</b>	<b>3.2</b>
-With Peppercorn Sauce	<b>921.8</b>	<b>61.5</b>	<b>40.2</b>	<b>6.5</b>	<b>1.9</b>	<b>54.9</b>	<b>3.5</b>
<b>Ribeye with house salad</b>	<b>511.5</b>	<b>58.8</b>	<b>3.9</b>	<b>3.3</b>	<b>2.7</b>	<b>28.4</b>	<b>0.7</b>
-With Garlic Butter sauce	<b>576.5</b>	<b>58.9</b>	<b>4.1</b>	<b>3.3</b>	<b>2.7</b>	<b>35.5</b>	<b>0.8</b>
-With Bearnaise sauce	<b>637</b>	<b>59.4</b>	<b>6.5</b>	<b>3.3</b>	<b>3.5</b>	<b>41</b>	<b>1</b>
-With Roquefort sauce	<b>578.7</b>	<b>60.8</b>	<b>7</b>	<b>3.4</b>	<b>3.5</b>	<b>33.6</b>	<b>1.5</b>
-With Beef Dripping Merlot Gravy sauce	<b>548.1</b>	<b>59.7</b>	<b>8.3</b>	<b>3.5</b>	<b>3.9</b>	<b>44.6</b>	<b>1.2</b>
-With Peppercorn Sauce	<b>594.9</b>	<b>59.9</b>	<b>7.7</b>	<b>4.1</b>	<b>4.1</b>	<b>34.3</b>	<b>1.5</b>
<b>Fillet with frites</b>	<b>576.6</b>	<b>44.1</b>	<b>36.4</b>	<b>5.3</b>	<b>0.6</b>	<b>27.4</b>	<b>2.3</b>
-With Garlic Butter sauce	<b>641.6</b>	<b>44.2</b>	<b>36.6</b>	<b>5.3</b>	<b>0.6</b>	<b>34.5</b>	<b>2.4</b>
-With Bearnaise sauce	<b>702.1</b>	<b>44.7</b>	<b>39</b>	<b>5.3</b>	<b>1.4</b>	<b>40</b>	<b>2.6</b>
-With Roquefort sauce	<b>643.8</b>	<b>46.1</b>	<b>39.5</b>	<b>5.4</b>	<b>1.4</b>	<b>32.6</b>	<b>3.1</b>
-With Beef Dripping Merlot Gravy sauce	<b>613.2</b>	<b>45</b>	<b>40.8</b>	<b>5.5</b>	<b>1.8</b>	<b>43.6</b>	<b>2.8</b>
-With Peppercorn Sauce	<b>660</b>	<b>45.2</b>	<b>40.2</b>	<b>6.1</b>	<b>2</b>	<b>33.3</b>	<b>3.1</b>
<b>Fillet with house salad</b>	<b>249.7</b>	<b>42.5</b>	<b>3.9</b>	<b>2.8</b>	<b>2.7</b>	<b>6.8</b>	<b>0.3</b>
-With Garlic Butter sauce	<b>314.7</b>	<b>42.6</b>	<b>4.1</b>	<b>2.8</b>	<b>2.7</b>	<b>13.9</b>	<b>0.4</b>
-With Bearnaise sauce	<b>375.2</b>	<b>43.1</b>	<b>6.5</b>	<b>2.8</b>	<b>3.5</b>	<b>19.4</b>	<b>0.6</b>
-With Roquefort sauce	<b>316.9</b>	<b>44.5</b>	<b>7</b>	<b>2.9</b>	<b>3.5</b>	<b>12</b>	<b>1.1</b>
-With Beef Dripping Merlot Gravy sauce	<b>286.3</b>	<b>43.4</b>	<b>8.3</b>	<b>3</b>	<b>3.9</b>	<b>23</b>	<b>0.8</b>
-With Peppercorn Sauce	<b>333.1</b>	<b>43.6</b>	<b>7.7</b>	<b>3.6</b>	<b>4.1</b>	<b>12.7</b>	<b>1.1</b>

## BURGERS

<b>Chargrilled Chicken Burger with frites</b>	<b>747.2</b>	35.6	70.2	7.1	3.5	34.3	3.9
-With Fried Free Range Egg toppings	<b>826.6</b>	42.4	70.2	7.1	3.5	40.1	4.1
-With Smashed Avocado toppings	<b>802.6</b>	36.2	70.8	8.5	3.7	40	4



0-300 Calories  
300-500 Calories  
+500 Calories

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
-With Sweet Cure Bacon toppings	<b>869.6</b>	46.1	71.4	7.1	4.7	42.7	6.3
-With Camembert toppings	<b>836.6</b>	42.2	70.5	7.1	3.8	41.2	4.4
-With Grilled Halloumi toppings	<b>878.2</b>	45	70.5	7.6	3.8	44.5	5.5
-With Portobello Mushroom toppings	<b>757.2</b>	37	70.5	8.2	3.7	34.7	trace
<b>Chargrilled Chicken Burger with house salad</b>	420.3	33.9	37.7	4.7	5.6	13.8	1.9
-With Fried Free Range Egg toppings	<b>499.7</b>	40.7	37.7	4.7	5.6	19.6	2.1
-With Smashed Avocado toppings	<b>475.7</b>	34.5	38.3	6.1	5.8	19.5	2
-With Sweet Cure Bacon toppings	<b>542.7</b>	44.4	38.9	4.7	6.8	22.2	4.3
-With Camembert toppings	<b>509.7</b>	40.5	38	4.7	5.9	20.7	2.4
-With Grilled Halloumi toppings	<b>551.3</b>	43.3	38	5.2	5.9	24	3.5
-With Portobello Mushroom toppings	<b>430.3</b>	35.3	38	5.8	5.8	14.2	trace
<b>Gluten-Free Chargrilled Chicken Burger with house salad</b>	1053.9	72.5	74.8	7.8	10.2	49.8	1.6
-With Fried Free Range Egg toppings	<b>1133.3</b>	79.3	74.8	7.8	10.2	55.6	1.8
-With Smashed Avocado toppings	<b>1109.3</b>	73.1	75.4	9.2	10.4	55.5	1.7
-With Sweet Cure Bacon toppings	<b>1176.3</b>	83	76	7.8	11.4	58.2	4
-With Camembert toppings	<b>1143.3</b>	79.1	75.1	7.8	10.5	56.7	2.1
-With Grilled Halloumi toppings	<b>1184.9</b>	81.9	75.1	8.3	10.5	60	3.2
-With Portobello Mushroom toppings	<b>1063.9</b>	73.9	75.1	8.9	10.4	50.2	trace
<b>Spicy Chickpea Burger with frites</b>	969.1	19.1	107	17	13.4	47.9	4.2
-With Fried Free Range Egg toppings	<b>1048.5</b>	25.9	107	17	13.4	53.7	4.4
-With Smashed Avocado toppings	<b>1024.5</b>	19.7	107.6	18.4	13.6	53.6	4.3
-With Sweet Cure Bacon toppings	<b>1091.5</b>	29.6	108.2	17	14.6	56.3	6.6
-With Camembert toppings	<b>1058.5</b>	25.7	107.3	17	13.7	54.8	4.7
-With Grilled Halloumi toppings	<b>1100.1</b>	28.5	107.3	17.5	13.7	58.1	5.8
-With Portobello Mushroom toppings	<b>979.1</b>	20.5	107.3	18.1	13.6	48.3	trace
<b>Spicy Chickpea Burger with house salad</b>	642.2	17.4	74.5	14.5	15.5	27.4	2.2
-With Fried Free Range Egg toppings	<b>721.6</b>	24.2	74.5	14.5	15.5	33.2	2.4
-With Smashed Avocado toppings	<b>697.6</b>	18	75.1	15.9	15.7	33.1	2.3
-With Sweet Cure Bacon toppings	<b>764.6</b>	27.9	75.7	14.5	16.7	35.8	4.6
-With Camembert toppings	<b>731.6</b>	24	74.8	14.5	15.8	34.3	2.7
-With Grilled Halloumi toppings	<b>773.2</b>	26.8	74.8	15	15.8	37.6	3.8
-With Portobello Mushroom toppings	<b>652.2</b>	18.8	74.8	15.6	15.7	27.8	trace



0-300 Calories  
300-500 Calories  
+500 Calories

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
<b>Rouge Burger</b>	<b>633.6</b>	38.6	37.2	3.2	4.6	36	2.7
-With Fried Free Range Egg toppings	713	45.4	37.2	3.2	4.6	41.8	2.9
-With Smashed Avocado toppings	689	39.2	37.8	4.6	4.8	41.7	2.8
-With Sweet Cure Bacon toppings	756	49.1	38.4	3.2	5.8	44.4	5.1
-With Camembert toppings	723	45.2	37.5	3.2	4.9	42.9	3.2
-With Grilled Halloumi toppings	764.6	48	37.5	3.7	4.9	46.2	4.3
-With Portobello Mushroom toppings	643.6	40	37.5	4.3	4.8	36.4	trace
<b>Black Angus Burger with frites</b>	<b>1005.6</b>	41.8	73.4	7.7	5	58.7	4.8
-With Fried Free Range Egg toppings	1085	48.6	73.4	7.7	5	64.5	5
-With Smashed Avocado toppings	1061	42.4	74	9.1	5.2	64.4	4.9
-With Sweet Cure Bacon toppings	1128	52.3	74.6	7.7	6.2	67.1	7.2
-With Camembert toppings	1095	48.4	73.7	7.7	5.3	65.6	5.3
-With Grilled Halloumi toppings	1136.6	51.2	73.7	8.2	5.3	68.9	6.4
-With Portobello Mushroom toppings	1015.6	43.2	73.7	8.8	5.2	59.1	trace
<b>Gluten-Free Black Angus Burger with house salad</b>	<b>598.2</b>	36	28.9	9.4	4.3	34.4	2.4
-With Fried Free Range Egg toppings	677.6	42.8	28.9	9.4	4.3	40.2	2.6
-With Smashed Avocado toppings	653.6	36.6	29.5	10.8	4.5	40.1	2.5
-With Sweet Cure Bacon toppings	720.6	46.5	30.1	9.4	5.5	42.8	4.8
-With Camembert toppings	687.6	42.6	29.2	9.4	4.6	41.3	2.9
-With Grilled Halloumi toppings	729.2	45.4	29.2	9.9	4.6	44.6	4
-With Portobello Mushroom toppings	608.2	37.4	29.2	10.5	4.5	34.8	trace
-With Grilled Halloumi toppings	1100.1	28.5	107.3	17.5	13.7	58.1	5.8
-With Portobello Mushroom toppings	979.1	20.5	107.3	18.1	13.6	48.3	trace
<b>Black Angus Burger with house salad</b>	<b>678.7</b>	40.1	40.9	5.3	7.1	38.2	2.7
-With Fried Free Range Egg toppings	758.1	46.9	40.9	5.3	7.1	44	2.9
-With Smashed Avocado toppings	734.1	40.7	41.5	6.7	7.3	43.9	2.8
-With Sweet Cure Bacon toppings	801.1	50.6	42.1	5.3	8.3	46.6	5.1
-With Camembert toppings	768.1	46.7	41.2	5.3	7.4	45.1	3.2
-With Grilled Halloumi toppings	809.7	49.5	41.2	5.8	7.4	48.4	4.3
-With Portobello Mushroom toppings	688.7	41.5	41.2	6.4	7.3	38.6	trace

## CROQUES

<b>Monsieur</b>	<b>503.7</b>	22.2	54.8	2.5	1	21.1	3.2
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0-300 Calories  
300-500 Calories  
+500 Calories

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Madame	<b>582.7</b>	29	54.8	2.5	1	26.9	3.4
Portobello Mushroom	<b>545.9</b>	19.6	50.4	4.5	1.1	28.6	2.5
BBQ Pulled Beef	<b>578</b>	30.1	60	4	10.9	23.2	3
Chicken Club	<b>578</b>	32.4	51.1	3	1.7	26.4	3.2
Camembert & Pancetta	<b>732.6</b>	28.4	52.4	2.7	6.1	44.8	3.4

## CROQUES WITH FRITES

Monsieur	<b>875.7</b>	25.4	91	7.1	1.5	43.8	5.2
Madame	<b>954.7</b>	32.2	91	7.1	1.5	49.6	5.4
Portobello Mushroom	<b>917.9</b>	22.8	86.6	9.1	1.5	51.4	4.6
BBQ Pulled Beef	<b>950</b>	33.3	96.3	8.5	11.3	46	5.1
Chicken Club	<b>950</b>	35.6	87.4	7.5	2.1	49.2	5.2
Camembert & Pancetta	<b>1104.6</b>	31.6	88.7	7.2	6.5	67.6	5.4

## CROQUES WITH SALAD

Monsieur	<b>548.8</b>	23.7	58.5	4.6	3.6	23.3	3.2
Madame	<b>627.8</b>	30.5	58.5	4.6	3.6	29.1	3.4
Portobello Mushroom	<b>591</b>	21.2	54.1	6.6	3.6	30.8	2.5
BBQ Pulled Beef	<b>623.1</b>	31.7	63.8	6	13.4	25.4	3
Chicken Club	<b>623.1</b>	33.9	54.9	5.1	4.3	28.6	3.2
Camembert & Pancetta	<b>777.7</b>	30	56.2	4.8	8.7	47	3.4

## SIDES

Frites	<b>372</b>	3.2	36.3	4.5	0.4	22.7	2
Sweet Potato Frites	<b>335</b>	2.7	36.4	3.1	15.1	19.2	2
Halloumi Frites	<b>513.6</b>	18.5	29.9	1.5	2.7	35.2	2.6
Green Beans	<b>93.1</b>	1.8	2.1	3.9	1.8	7.8	trace
Dauphinoise Potatoes	<b>227.4</b>	4.1	24.6	2.1	1.1	11.9	0.9
House Salad	<b>45.1</b>	1.5	3.7	1.5	2.5	2.2	0.2
Hierloom tomato & Shallot Salad	<b>42.7</b>	2.3	1.9	2.3	1.7	2.1	0
Tenderstem Broccoli	<b>121.1</b>	2.2	0.3	2.2	0.1	12.1	trace

