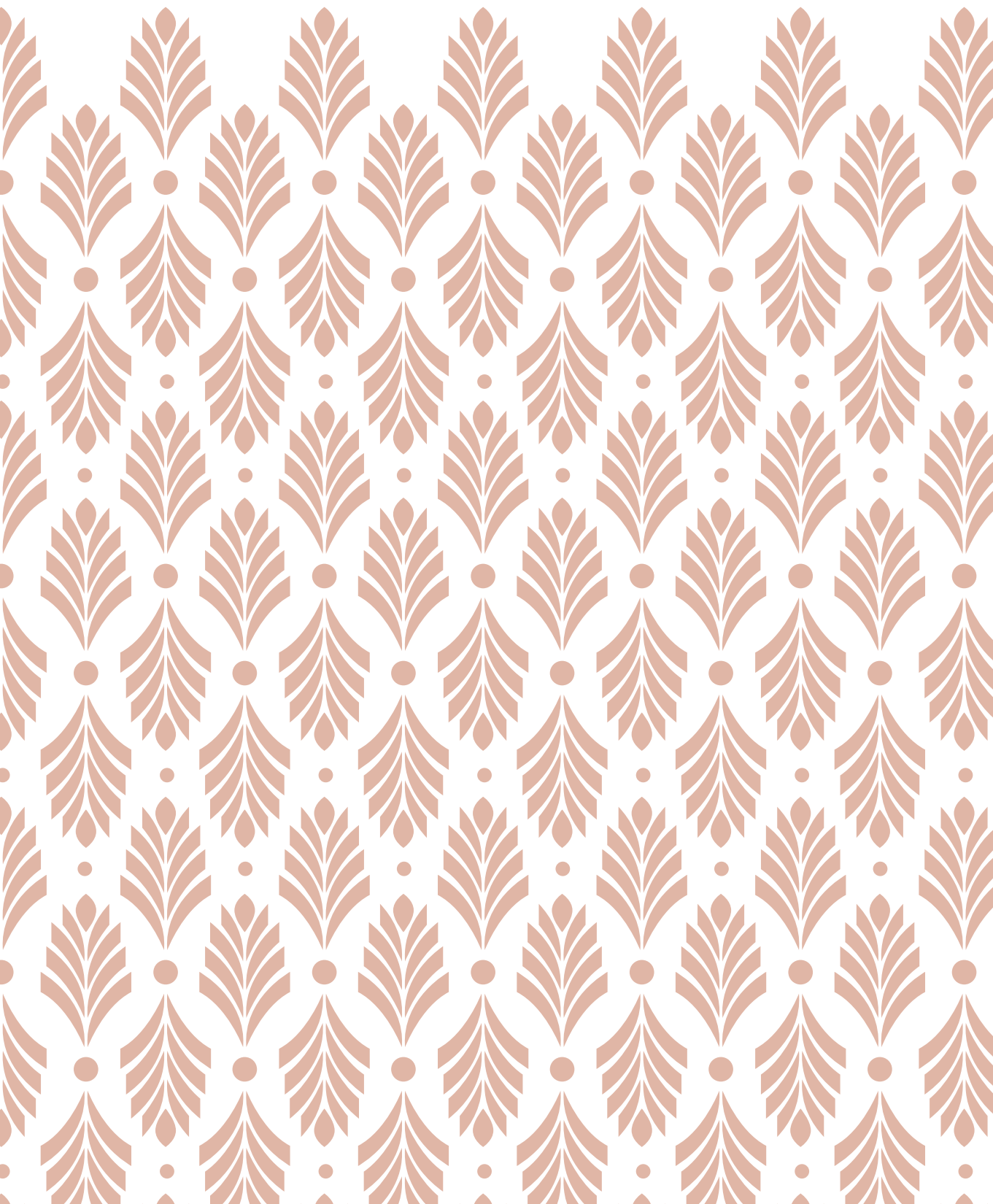




# L'ATELIER

A TASTE OF PARIS



# P E T I T - D É J E U N E R B R E A K F A S T

## BIEN-ÊTRE - HEALTHY

### **Granola maison - Granola bowl R 75.00**

Seasonal fruit salad served with homemade granola and yoghurt

### **Porridge - Oats bowl R 70.00**

Oatmeal served with cinnamon, honey, banana and berries

### **Toast de pain complet avocat et poivron confit - Avocado on health bread R 80.00**

Avocado and pepperdew topped on health bread

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## ŒUFS - EGGS

### **Wrap Petit-déjeuner - Breakfast wrap R 95.00**

Macon or chicken strips, eggs, tomato relish,  
greens and caramelized onion

### **Les oeufs de L'Atelier - Eggs your way R 80.00**

Two eggs and macon served with tomato relish  
and mushrooms and bread of your choice

### **Croq' de L'Atelier - Toasted breakfast sandwich R 75.00**

Eggs & macon served on toasted brioche with  
spinach and béchamel sauce

### **Omelette R 40.00**

Trois oeufs servis avec le pain de votre choix  
- Three egg omelette, served with bread of your choice

Choose your filling:

Cheese R10

Peppers R10

Onions R10

Mushrooms R10

Macon R20

Tomatoes R10

### **Œufs bénédicte - Eggs benedict R 110**

English muffin, poached egg, macon rashers,  
sauteed spinach and hollandaise

***With salmon R110***

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## **CRÊPES – PANCAKES**

### **Crêpes - Classic pancakes R 55.00**

Three traditional pancakes filled with cinnamon and sugar

### **Crêpes aux champignons - Mushroom pancake R70.00**

Three traditional pancakes filled with mixed mushrooms, cream and fresh herbs

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## **PAIN PERDU – FRENCH TOAST**

### **Pain perdu classique - Classic french toast R 78.00**

Honey, jam and sweet mascarpone cheese

### **Pain perdu aux fruits rouges - Berry french toast R 85.00**

Berries and sweet mascarpone cheese

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## **CROISSANTS**

### **Croissant au fromage - Cheese croissant R 55.00**

Cheese, jam and butter

### **Croissant au saumon - Salmon croissant R 95.00**

Smoked salmon roses, cream cheese, mustard, pickled onion, aioli and lettuce

### **Croissant aux œufs - Egg croissant R 70.00**

Scrambled egg, cream cheese, tomatoes and lettuce

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# D É J E U N E R L U N C H

## HORS D'ŒUVRES - TAPAS

### **Tacos R75**

Beef short rib, slaw and aioli

### **Tartare de saumon - Salmon tartare R120**

Smoked salmon, shallot, cream cheese and lemon zest

### **Croquettes R75**

Potato and herb croquette, roasted red pepper and mayo

### **Choux-Fleurs - Cauliflower R75**

Deep fried cauliflower florets, chimichurri, sweet & sour sauce

### **En-cas - Sliders R90**

Beef and chicken, brioche bun and hand cut fries

*Add Cheddar Cheese R6*

### **Boeuf Wellington - Beef Wellington R145**

Fillet steak coated with pâté and duxelles, wrapped in puff pastry and served with blue cheese, peppadews and spinach

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## SANDWICH ET WRAPS - SANDWICHES & WRAPS

### **Fromage et tomates - Cheese & tomato R75**

Your choice of bread, tomato, mozzarella, rocket and basil pesto

*Served with crisps or L'Atelier house salad*

### **Saumon et Roquette - Salmon & arugula R115**

Your choice of bread, smoked salmon, pickled red onion, caper mayo and arugula

*Served with crisps or L'Atelier house salad*

### **Thon & aioli - Tuna & aioli R85**

Your choice of bread, tuna, pickled onion, greens, dill and caper mayo

*Served with crisps or L'Atelier house salad*

### **Poulet mayo - Chicken mayo R85**

Your choice of bread, herbed chicken, pickled onion, lettuce, garlic aioli, caper mayo and pepperdews

*Served with crisps or L'Atelier house salad*

### **Wrap végétarien - Veggie wrap R95**

Toasted wrap with chimichurri, mayo, greens, tomatoes, avocado and grilled halloumi cheese

*Served with crisps or L'Atelier house salad*



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## QUICHES

### **Quiche aux épinards et feta - Spinach & feta quiche R95**

*Served with L'Atelier house salad*

### **Quiche aux bacon de bœuf et cheddar - Macon & cheddar cheese quiche R105**

*Served with L'Atelier house salad*

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## SALADES - SALADS

### **Salade de choux-fleur et pois chiche - Cauliflower & chickpea salad R70**

Spiced roasted chickpeas, cauliflower, herb cous-cous, sundried tomatoes, seeds & greens

### **Salade de feta et butternut - Butternut & feta salad R70**

Quinoa, roasted butternut, spiced feta, pumpkin seeds and balsamic vinaigrette

### **Poke bol au saumon et riz noir - Salmon & black rice poke bowl R105**

Salmon, black rice, edamame beans, avocado, cucumber, carrots, pickled ginger, purple slaw

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## PLATS D'HIVER - WINTER WARMERS

### **Curry de pois chiche et lentilles - Chickpea & lentil curry R75**

Served with rice or toasted bread coleslaw and raita

### **Schnitzel de poulet - Chicken schnitzel R80**

Served with roasted vegetables and mushroom sauce

### **Soupe du jour - Soup of the day R55**

*Please ask your waiter*

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## VÉGÉTARIEN - VEGAN

### **Gâteau à l'orange - Orange travel cake R40**

Moist orange cake

### **Gâteau au chocolat - Chocolate travel cake R40**

Moist chocolate cake

### **Brownie au chocolat R40**

Moist gluten free and vegan house brownie

### **Calpet classic flapjack R110**

Two plain/butternut/beetroot flapjacks, served with coconut cream, maple syrup, berries and cinnamon sugar

### **En-cas - Sliders R120**

Lentil and chickpea patty, tomato relish, baby spinach served on a charcoal activated bun with hand cut fries

# VIENNOISERIES FRENCH PASTRIES

## **Croissant R35**

(Imported French butter)  
Served with butter & jam R8

## **Pain au chocolat R38**

Rich buttery pastry served with chocolate

## **Amande croissant R35**

Almond croissant

## **Tortillon chocolat et crème patissiere R35**

Twisted puff pastry filled with chocolate and pastry cream

## **Fruit galettes R40**

Seasonal fruit tart - (apple/mango/plum/figs)  
Puff pastry filled with fruit & vanilla custard

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## **CHOCOLAT ET BISCUITS - CHOCOLATE AND COOKIES**

Choc chip cookies (6 pack) **R60**

Oatmeal cranberry cookies (6 pack) **R60**

Coconut rocher cookies (6 pack) **R60**

Madelaines (6 pack) **R60**

Speculaas (6 pack) **R60**

Macaron (each) **R20**

Afrikoa chocolate bar **R42**

Afrikoa chocolate gift packs **R115**

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## **GÂTEAUX ET SCONES - CAKES AND SCONES**

Cake of the day **R45**

L'atelier scones served with cream & jam **R40**

Pain à la banana - banana loaf **R45**

Pain à la banana - banana loaf - (gluten free) **R45**

## **PAINS - BREADS**

Brioche loaf **R68**

Health bread loaf **R90**

Sourdough loaf **R45**

Long baguette **R30**

Rye bread **R45**

Bagels (six pack) **R 58**

Banana loaf **R390**

Banana loaf (Gluten Free) **R390**

*Faites vous plaisir avec notre offre  
- Indulge yourself at the display*

# BOISSONS BEVERAGES

## BOISSONS GAZEUSES ET MIX - SOFT DRINKS & MIXERS

Coke, Coke Zero, Sprite Zero 300ml **R30**  
Grapetiser, Appletiser **R32**  
Lipton Iced Tea (Peach, Lemon) **R30**  
Red Bull **R34**  
Dry Lemon **R19**  
Pink Tonic, Indian Tonic **R19**  
Soda Water **R19**  
Lemonade **R19**

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## JUS DE FRUITS - FRUIT JUICES

Apple juice **R30**  
Orange juice **R30**

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## EAUX - WATERS

Still/sparkling 500ml **R15**  
San Pellegrino 750ml **R65**

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## MILK-SHAKE - MILKSHAKES

Strawberry/chocolate/caramel/vanilla **R45**

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## CAFÉS ET THÉS - COFFEES & TEAS

Americano **R29**  
Cappuccino **R32**  
Rooibos cappuccino **R32**  
Rooibos latte **R30**  
Café latte **R29**  
Afrikoa mocha **R38**  
Hot chocolate **R38**  
Milo **R35**  
Chocolate freezo **R40**  
Coffee freezo **R40**  
Chai freezo **R40**  
Tea (Five Roses/Earl Grey/Rooibos) **R30**  
Green tea (Rooibos cherry/chilli/black) **R35**  
Almond or soya milk available extra **R10**

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**Contact us for all special occasion cakes, events,  
high teas and wholesale bread requirements**  
info@latelierbakery.Com or (010) 110 7467 or 071 285 3079  
for bookings or additional information.

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