



NUTRITION SURVIVAL GUIDE TO

CAFÉ ROUGE

CALORIES AND MACRONUTRIENTS

2021

WWW.PDFITNESSANDNUTRITION.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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BREAD & NIBBLES

Olives	146.00	1.30	4.60	4.20	0.00	12.60	3.50
Baguette & Supergreen Pesto	345.20	10.30	50.40	3.20	3.50	10.70	1.50
Baguette & Smoked Harissa Hummous	353.70	10.50	50.70	5.40	3.30	10.90	1.30
Garlic Flatbread	823.50	16.00	94.10	4.70	5.00	41.60	2.50
Mediterranean Flatbread	720.30	17.80	101.90	7.50	14.70	25.00	2.50
Sobrassata Flatbread	1017.60	28.20	98.90	7.40	9.00	54.90	3.50

STARTERS

King Prawns	302.30	18.40	18.40	1.70	2.00	16.70	2.20
French Onion Soup	339.20	15.60	43.10	4.80	11.60	10.40	3.50
Baby Carrot & Shallot Tatin	375.00	5.20	31.20	1.30	18.10	20.10	0.30
Chicken Liver Pâté	503.80	5.20	36.00	2.80	8.20	35.20	1.40
Garlic Mushrooms	253.70	7.60	22.80	4.40	1.00	13.60	0.80
Breaded Camembert	530.00	17.70	33.20	2.70	5.90	35.70	1.30

MAINS

Poulet Breton	603.30	29.20	37.80	12.60	8.00	34.50	2.10
Beef Bourguignon	548.10	57.60	45.80	5.70	7.30	13.60	4.20
Moules Marinère with frites	987.00	34.10	39.00	5.90	3.10	77.30	4.40
Demi Poulet with frites	1043.00	103.20	36.60	6.60	0.80	52.70	6.60
Demi Poulet with house salad	716.10	101.60	4.10	4.20	2.90	32.20	4.60
Salmon	576.60	37.60	21.60	0.90	2.60	37.90	1.40
Wild mushroom Risotto	652.00	12.80	56.40	5.60	3.10	40.80	2.40
Beer Battered Fish & Chips	755.00	36.10	51.50	7.90	1.20	43.10	3.00
Moroccan Vegetable Tagine	477.50	14.70	62.50	15.70	23.90	15.20	2.10
Confit de Canard with Orange Sauce	426.20	19.40	38.80	10.10	12.20	19.40	2.80
Confit de Canard with Cherry Sauce	564.00	43.60	36.80	4.80	17.20	26.00	3.00

LIGHTER BITES

Salade Niçoise	562.60	53.90	18.00	9.30	0.60	28.40	2.10
- With et Caesar Dressing	851.70	54.20	21.00	10.00	2.90	58.70	2.40
- With Chargrilled Chicken breast	678.70	81.00	18.50	9.43	1.20	29.70	3.10
Salade César (no dressing)	175.10	9.60	12.80	1.90	2.10	9.30	2.10
- With et Caesar Dressing	464.20	9.90	15.80	2.60	4.40	39.60	2.40
- With Chargrilled Chicken breast	291.20	36.70	13.30	2.03	2.70	10.60	3.10
Salade César	464.20	9.90	15.80	2.60	4.40	39.60	2.40
- With et Caesar Dressing	762.30	10.20	18.80	3.30	6.70	69.90	2.70
- With Chargrilled Chicken breast	580.30	37.00	16.30	2.73	5.00	40.90	3.40

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Omelette - three free range eggs	269.00	19.80	8.70	0.60	0.50	17.20	0.50
- With Emmental Cheese	340.00	40.10	8.70	0.60	0.50	23.10	1.00
- With Ham	295.80	25.10	9.00	0.70	0.80	17.70	1.00
- With Smoked Salmon	383.30	31.20	9.30	0.60	1.10	24.60	0.50
- With Mushroom	325.90	22.50	9.30	2.80	0.80	22.10	0.70
- With Tomatoes	283.60	20.40	11.40	1.70	3.20	17.50	0.50
- With Spinach	278.20	20.80	9.30	1.60	1.10	17.50	0.60
Omelette - three free range eggs with house salad	314.10	21.30	12.40	2.70	3.00	19.40	0.50
- With Emmental Cheese	385.10	41.60	12.40	2.70	3.00	25.30	1.00
- With Ham	340.90	26.60	12.70	2.80	3.30	19.90	1.00
- With Smoked Salmon	428.40	32.70	13.00	2.70	3.60	26.80	0.50
- With Mushroom	371.00	24.00	13.00	4.90	3.30	24.30	0.70
- With Tomatoes	328.70	21.90	15.10	3.80	5.70	19.70	0.50
- With Spinach	323.30	22.30	13.00	3.70	3.60	19.70	0.60
Omelette - three free range eggs with frites	641.00	23.00	44.90	5.20	0.90	39.90	2.50
- With Emmental Cheese	712.00	43.30	44.90	5.20	0.90	45.80	3.00
- With Ham	667.80	28.30	45.20	5.30	1.20	40.40	3.00
- With Smoked Salmon	755.30	34.40	45.50	5.20	1.50	47.30	2.50
- With Mushroom	697.90	25.70	45.50	7.40	1.20	44.80	2.70
- With Tomatoes	655.60	23.60	47.60	6.30	3.60	40.20	2.50
- With Spinach	650.20	24.00	45.50	6.20	1.50	46.10	2.60

STEAK FRITES

Sirloin	326.80	51.60	0.20	1.10	0.20	13.30	0.60
- With Garlic Butter	391.80	51.70	0.40	1.10	0.20	20.40	0.70
- With et Frites	698.80	54.80	36.50	5.60	0.60	36.00	2.60
- With et House Salad	371.90	53.10	3.90	3.20	2.70	15.50	0.60
- With Béarnaise Sauce	452.30	52.20	2.80	1.10	1.00	25.90	0.90
- With Roquefort Sauce	394.00	53.60	3.30	1.20	1.00	18.50	1.40
- With Beef Dripping Merlot Gravy Sauce	363.40	52.50	4.60	1.30	1.40	29.50	1.10
- With Peppercorn Sauce	410.20	52.70	4.00	1.90	1.60	19.20	1.40
Heart of Rump	237.30	51.00	1.10	0.90	0.40	3.60	0.70
- With Garlic Butter	302.30	51.10	1.30	0.90	0.40	10.70	0.70
- With et Frites	609.30	54.20	37.40	5.40	0.80	26.30	2.70
- With et House Salad	282.40	52.50	4.80	3.00	2.90	5.80	0.70
- With Béarnaise Sauce	362.80	51.60	3.70	0.90	1.20	16.20	3.00
- With Roquefort Sauce	304.50	53.00	4.20	1.00	1.20	8.80	1.50
- With Beef Dripping Merlot Gravy Sauce	273.90	51.90	5.50	1.10	1.60	19.80	1.20
- With Peppercorn Sauce	320.70	52.10	4.90	1.70	1.80	9.50	1.50
Ribeye	466.40	57.20	0.10	1.20	0.10	26.20	0.80
- With Garlic Butter	531.40	57.30	0.30	1.20	0.10	33.30	0.80
- With et Frites	838.40	60.40	36.40	5.70	0.50	48.90	2.80
- With et House Salad	511.50	58.70	3.80	3.30	2.60	28.40	0.80
- With Béarnaise Sauce	478.90	57.80	2.70	1.20	0.90	38.80	3.80
- With Roquefort Sauce	533.60	59.20	3.20	1.30	0.90	31.40	1.60
- With Beef Dripping Merlot Gravy Sauce	503.00	58.10	4.50	1.40	1.30	42.40	1.30
- With Peppercorn Sauce	549.80	58.30	3.90	2.00	1.50	32.10	1.60
Fillet	204.60	40.90	0.10	0.70	0.10	4.60	0.40

- 1-200 CAL
- 201-300 CAL
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- 501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Garlic Butter	269.60	41.00	0.30	0.70	0.10	11.70	0.40
- With et Frites	576.60	44.10	36.40	5.20	0.50	27.30	2.40
- With et House Salad	249.70	42.40	3.80	2.80	2.60	6.80	0.40
- With Béarnaise Sauce	330.10	41.50	2.70	0.70	0.90	17.20	0.70
- With Roquefort Sauce	271.80	42.90	3.20	0.80	0.90	9.80	1.20
- With Beef Dripping Merlot Gravy Sauce	241.20	41.80	4.50	0.90	1.30	20.80	0.90
- With Peppercorn Sauce	288.00	42.00	3.90	1.50	1.50	10.50	1.20
Sirloin with frites	698.80	54.80	36.50	5.60	0.60	36.10	2.60
- With Garlic Butter	763.80	54.90	36.70	5.60	0.60	43.20	2.70
- With et Frites	1070.80	58.00	72.80	10.10	1.00	58.80	4.60
- With et House Salad	743.90	56.30	40.20	7.70	3.10	38.30	2.60
- With Béarnaise Sauce	824.30	55.40	39.10	5.60	1.40	48.70	2.90
- With Roquefort Sauce	766.00	56.80	39.60	5.70	1.40	41.30	3.40
- With Beef Dripping Merlot Gravy Sauce	735.40	55.70	40.90	5.80	1.80	52.30	3.10
- With Peppercorn Sauce	782.20	55.90	40.30	6.40	2.00	42.00	3.40
Heart of Rump with frites	609.30	54.20	37.30	5.50	0.80	26.30	2.60
- With Garlic Butter	674.30	54.30	37.50	5.50	4.50	33.40	2.70
- With et Frites	981.30	57.40	73.60	10.00	1.20	49.00	4.60
- With et House Salad	654.40	55.70	41.00	7.60	3.30	28.50	2.60
- With Béarnaise Sauce	734.80	54.80	39.90	5.50	1.60	38.90	2.90
- With Roquefort Sauce	676.50	56.20	40.40	5.60	1.60	31.50	3.40
- With Beef Dripping Merlot Gravy Sauce	645.90	55.10	41.70	5.70	2.00	42.50	3.10
- With Peppercorn Sauce	692.70	55.30	41.10	6.30	2.20	32.20	3.40
Ribeye with frites	838.40	60.40	36.40	5.70	0.50	56.10	2.80
- With Garlic Butter	903.40	60.50	36.60	5.70	0.50	34.40	2.80
- With et Frites	1210.40	63.60	40.90	42.00	0.90	78.80	4.80
- With et House Salad	883.50	61.90	38.50	9.40	3.00	58.30	2.80
- With Béarnaise Sauce	963.90	61.00	36.40	8.30	1.30	68.70	3.10
- With Roquefort Sauce	905.60	62.40	36.50	8.80	1.30	61.30	3.60
- With Beef Dripping Merlot Gravy Sauce	875.00	61.30	36.60	10.10	1.70	72.30	3.30
- With Peppercorn Sauce	921.80	61.50	37.20	9.50	1.90	62.00	3.60
Fillet with frites	576.60	44.10	36.40	5.30	0.60	27.40	2.40
- With Garlic Butter	641.60	44.20	36.60	5.30	0.60	34.50	2.40
- With et Frites	948.60	47.30	72.70	9.80	1.00	50.10	4.40
- With et House Salad	621.70	45.60	40.10	7.40	3.10	29.60	2.40
- With Béarnaise Sauce	702.10	44.70	39.00	0.00	1.40	40.00	2.70
- With Roquefort Sauce	643.80	46.10	39.50	5.40	1.40	5.20	3.20
- With Beef Dripping Merlot Gravy Sauce	613.20	45.00	40.80	5.50	1.80	43.60	2.90
- With Peppercorn Sauce	660.00	45.20	40.20	6.10	2.00	5.90	3.20
Sirloin with house salad	371.90	53.10	3.90	3.10	2.70	15.50	0.70
- With Garlic Butter	436.90	53.20	4.10	3.10	2.70	22.60	0.70
- With et Frites	743.90	56.30	40.20	7.60	3.10	38.20	2.70
- With et House Salad	417.00	54.60	7.60	5.20	5.20	17.70	0.70
- With Béarnaise Sauce	497.40	53.70	6.50	3.10	3.50	28.10	1.00
- With Roquefort Sauce	439.10	55.10	7.00	3.20	3.50	20.70	1.50
- With Beef Dripping Merlot Gravy Sauce	408.50	54.00	8.30	3.30	3.90	31.70	1.20
- With Peppercorn Sauce	455.30	54.20	7.70	3.90	4.10	21.40	1.50
Heart of Rump with house salad	282.40	52.60	4.80	3.00	3.00	5.80	0.70
- With Garlic Butter	347.40	52.70	5.00	3.00	3.00	12.90	0.70
- With et Frites	654.40	55.80	41.10	7.50	3.40	28.50	2.70

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With et House Salad	327.50	54.10	8.50	5.10	5.50	8.00	0.70
- With Béarnaise Sauce	407.90	53.20	7.40	3.00	3.80	18.40	1.00
- With Roquefort Sauce	349.60	54.60	7.90	3.10	3.80	11.00	1.50
- With Beef Dripping Merlot Gravy Sauce	319.00	53.50	9.20	3.20	4.20	22.00	1.20
- With Peppercorn Sauce	365.80	53.70	8.60	3.80	4.40	11.70	1.50
Ribeye with house salad	511.50	58.80	3.90	3.30	2.70	28.40	0.80
- With Garlic Butter	576.50	58.90	4.10	3.30	2.70	35.50	0.80
- With et Frites	883.50	62.00	40.20	7.80	3.10	51.10	2.80
- With et House Salad	556.60	60.30	7.60	5.40	5.20	30.60	0.80
- With Béarnaise Sauce	637.00	59.40	6.50	3.30	3.50	41.00	1.10
- With Roquefort Sauce	578.70	60.80	7.00	4.10	3.50	33.60	1.60
- With Beef Dripping Merlot Gravy Sauce	548.10	59.70	8.30	4.50	3.90	44.60	1.30
- With Peppercorn Sauce	594.90	59.90	7.70	4.70	4.10	34.30	1.60
Fillet with house salad	249.70	42.50	3.90	2.80	2.70	6.80	0.40
- With Garlic Butter	314.70	42.60	4.10	2.80	2.70	13.90	0.40
- With et Frites	621.70	45.70	40.20	7.30	3.10	29.50	2.40
- With et House Salad	294.80	44.00	7.60	4.90	5.20	9.00	0.40
- With Béarnaise Sauce	375.20	43.10	6.50	2.80	3.50	19.40	0.70
- With Roquefort Sauce	316.90	44.50	7.00	2.90	3.50	12.00	1.20
- With Beef Dripping Merlot Gravy Sauce	286.30	43.40	8.30	3.00	3.90	23.00	0.90
- With Peppercorn Sauce	333.10	43.60	7.70	3.60	4.10	12.70	1.20

BURGERS

Spicy Chick Pea Burger	597.10	15.80	70.80	12.50	13.00	25.20	2.20
- With et Frites	969.10	19.00	107.10	17.00	13.40	47.90	4.20
- With et House Salad	642.20	17.30	74.50	14.60	15.50	27.40	2.20
- With Fried Free Range Egg Topping	676.50	22.60	70.80	12.50	13.00	31.00	2.40
- With Smashed Avocado Topping	652.50	16.40	71.40	13.90	13.20	30.90	2.30
- With Sweet Cure Bacon Topping	719.50	26.30	72.00	12.50	14.20	33.60	4.60
- With Camembert Topping	686.50	22.40	71.10	12.50	13.30	32.10	2.70
- With Grilled Halloumi Topping	728.10	25.20	71.10	13.00	13.30	35.40	3.80
- With Portobello Mushroom Topping	607.10	17.20	71.00	13.60	13.20	25.60	2.20
Poulet Burger with frites	747.20	35.60	70.20	7.10	3.50	34.30	3.90
- With et Frites	1119.20	38.80	106.50	11.60	3.90	57.00	5.90
- With et House Salad	792.30	37.10	73.90	9.20	6.00	36.50	3.90
- With Fried Free Range Egg Topping	826.60	42.40	70.20	7.10	3.50	40.10	4.10
- With Smashed Avocado Topping	802.60	36.20	70.80	8.50	3.70	40.00	4.00
- With Sweet Cure Bacon Topping	869.60	46.10	71.40	7.10	4.70	42.70	6.30
- With Camembert Topping	836.60	42.20	70.50	7.10	3.80	41.20	4.40
- With Grilled Halloumi Topping	878.20	45.00	70.50	7.60	3.80	44.50	5.50
- With Portobello Mushroom Topping	757.20	37.00	70.40	8.20	3.70	34.70	3.90
Poulet Burger with house salad	420.30	33.90	37.70	4.70	5.60	13.80	1.90
- With et Frites	792.30	37.10	74.00	9.20	6.00	36.50	3.90
- With et House Salad	465.40	35.40	41.40	6.80	8.10	16.00	1.90
- With Fried Free Range Egg Topping	499.70	40.70	37.70	4.70	5.60	19.60	2.10
- With Smashed Avocado Topping	475.70	34.50	38.30	6.10	5.80	19.50	2.00
- With Sweet Cure Bacon Topping	542.70	44.40	38.90	4.70	6.80	22.20	4.30
- With Camembert Topping	509.70	40.50	38.00	4.70	5.90	20.70	2.40
- With Grilled Halloumi Topping	551.30	43.30	38.00	5.20	5.90	24.00	3.50

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Spicy Chick Pea Burger with frites	969.10	19.10	107.00	17.00	13.40	47.90	4.20
- With et Frites	1341.10	22.30	143.30	21.50	13.80	70.60	6.20
- With et House Salad	1014.20	20.60	110.70	19.10	15.90	50.10	4.20
- With Fried Free Range Egg Topping	1048.50	25.90	107.00	17.00	13.40	53.70	4.40
- With Smashed Avocado Topping	1024.50	19.70	107.60	18.40	13.60	53.60	4.30
- With Sweet Cure Bacon Topping	1091.50	29.60	108.20	17.00	14.60	56.30	6.60
- With Camembert Topping	1058.50	25.70	107.30	17.00	13.70	54.80	4.70
- With Grilled Halloumi Topping	1100.10	28.50	107.30	17.50	13.70	58.10	5.80
- With Portobello Mushroom Topping	979.10	20.50	107.30	18.10	13.60	48.30	4.20
Spicy Chick Pea Burger with house salad	642.20	17.40	74.50	14.50	15.50	27.40	2.20
- With et Frites	1014.20	20.60	110.80	19.00	15.90	50.10	4.20
- With et House Salad	687.30	18.90	78.20	16.60	18.00	29.60	2.20
- With Fried Free Range Egg Topping	721.60	24.20	74.50	14.50	15.50	33.20	2.40
- With Smashed Avocado Topping	697.60	18.00	75.10	15.90	15.70	33.10	2.30
- With Sweet Cure Bacon Topping	764.60	27.90	75.70	14.50	16.70	35.80	4.60
- With Camembert Topping	1103.60	24.00	74.80	14.50	15.80	34.30	2.70
- With Grilled Halloumi Topping	773.20	26.80	74.80	15.00	15.80	37.60	3.80
- With Portobello Mushroom Topping	652.20	18.80	74.80	15.60	15.70	27.80	2.20
Poulet Burger	375.20	32.40	33.90	2.60	3.10	11.60	1.90
- With et Frites	747.20	35.60	70.20	7.10	3.50	34.30	3.90
- With et House Salad	420.30	33.90	37.60	4.70	5.60	13.80	1.90
- With Fried Free Range Egg Topping	454.60	39.20	33.90	2.60	3.10	17.40	2.10
- With Smashed Avocado Topping	430.60	33.00	34.50	4.00	3.30	17.30	2.00
- With Sweet Cure Bacon Topping	497.60	42.90	35.10	2.60	4.30	20.00	4.30
- With Camembert Topping	464.60	39.00	34.20	2.60	3.40	18.50	2.40
- With Grilled Halloumi Topping	406.20	41.80	34.20	3.10	3.40	21.80	3.50
- With Portobello Mushroom Topping	385.20	33.80	34.20	3.70	3.30	12.00	1.90
Rouge Burger	633.60	38.60	37.20	3.20	4.60	36.00	2.70
- With et Frites	1005.60	41.80	73.50	7.70	5.00	58.70	4.70
- With et House Salad	678.70	40.10	40.90	5.30	7.10	38.20	2.70
- With Fried Free Range Egg Topping	713.00	45.40	37.20	3.20	4.60	41.80	2.90
- With Smashed Avocado Topping	689.00	39.20	37.80	4.60	4.80	41.70	2.80
- With Sweet Cure Bacon Topping	756.00	49.10	38.40	3.20	5.80	44.40	5.10
- With Camembert Topping	723.00	45.20	37.50	3.20	4.90	42.90	3.20
- With Grilled Halloumi Topping	764.60	48.00	37.50	3.70	4.90	46.20	4.30
- With Portobello Mushroom Topping	643.60	40.00	37.50	4.30	4.80	36.40	2.70
Rouge Burger with frites	1005.60	41.80	73.40	7.70	5.00	58.70	4.80
- With et Frites	1377.60	45.00	109.70	12.20	5.40	81.40	6.80
- With et House Salad	1050.70	43.30	77.10	9.80	7.50	60.90	4.80
- With Fried Free Range Egg Topping	1085.00	48.60	73.40	7.70	5.00	64.50	5.00
- With Smashed Avocado Topping	1061.00	42.40	74.00	9.10	5.20	64.40	4.90
- With Sweet Cure Bacon Topping	1128.00	52.30	74.60	7.70	6.20	67.10	7.20
- With Camembert Topping	1095.00	48.40	73.70	7.70	5.30	65.60	5.30
- With Grilled Halloumi Topping	1136.60	51.20	73.70	8.20	5.30	68.90	6.40
- With Portobello Mushroom Topping	1015.60	43.20	73.70	8.80	5.20	59.10	4.80
Rouge Burger with house salad	678.70	40.10	40.90	5.30	7.10	38.20	2.70
- With et Frites	1050.70	43.30	77.20	9.80	7.50	60.90	4.70
- With et House Salad	723.80	41.60	44.60	7.40	9.60	40.40	2.70
- With Fried Free Range Egg Topping	758.10	46.90	40.90	5.30	7.10	44.00	2.90
- With Smashed Avocado Topping	734.10	40.70	41.50	6.70	7.30	43.90	2.80

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
- With Sweet Cure Bacon Topping	801.10	50.60	42.10	5.30	8.30	46.60	5.10
- With Camembert Topping	768.10	46.70	41.20	5.30	7.40	45.10	3.20
- With Grilled Halloumi Topping	809.70	49.50	41.20	5.80	7.40	48.40	4.30
- With Portobello Mushroom Topping	688.70	41.50	41.20	6.40	7.30	38.60	2.70

SIDES

Frites	372.00	3.20	36.30	4.50	0.40	22.70	2.00
Sweet Potato Frites	335.00	2.70	36.40	3.10	15.10	19.20	2.00
Halloumi Frites	513.60	18.50	29.90	1.50	2.70	35.20	2.60
Green Beans	93.10	1.80	2.10	3.90	1.80	7.80	-
Dauphinoise Potatoes	227.40	4.10	24.60	2.10	1.10	11.90	0.90
House Salad	45.10	1.50	3.70	2.10	2.50	2.20	0.20
Hierloom tomato & Shallot Salad	42.70	2.30	1.90	2.90	1.70	2.10	0.00
Tenderstem Broccoli	121.10	2.20	0.30	1.50	0.10	12.10	-

DESSERTS

Mousse au Chocolat	340.30	3.20	19.00	2.00	14.50	27.50	0.10
Rhubarb & Ginger Crumble	415.40	3.80	62.20	3.80	37.30	16.00	0.20
Brioche Bread & Butter Pudding	469.00	8.50	63.20	1.00	40.70	20.00	0.70
Beignets with Salted Caramel Sauce	507.80	7.50	60.70	2.70	32.50	26.10	1.00
Beignets with Dark Chocolate Sauce	516.50	7.10	70.20	2.50	26.10	23.10	1.30
Fondant au Chocolat	562.80	9.00	56.80	4.20	42.90	32.30	0.30
Tarte au Citron	509.40	5.70	74.60	1.20	47.10	20.50	0.20
Crème Brûlée	287.60	5.80	26.50	1.90	21.70	17.10	0.20
Tarte Tatin	432.20	8.80	59.20	1.60	15.70	19.10	1.20
Crèmes Glacées: Vanilla	262.20	3.90	31.40	0.70	25.60	13.30	0.20
Crèmes Glacées: Strawberry	311.90	3.80	30.10	0.60	23.20	19.60	0.10
Crèmes Glacées: Chocolate	367.10	5.60	45.40	1.70	36.50	17.70	0.20
Crèmes Glacées: Salted Caramel	289.60	3.50	27.10	0.50	20.20	18.60	0.30
Lemon Sorbe	154.00	0.10	38.60	0.10	22.00	0.10	0.10
Mango Sorbet	165.00	0.40	39.30	0.10	33.30	0.70	0.10
Cheese Board with Wafer Biscuits	663.10	28.30	23.50	1.30	0.90	50.30	2.70
Cheese Board with Baguette	742.10	31.90	42.60	2.40	1.30	49.20	3.10

KIDS MENU

PETIT STARTERS							
Baguette Slice & Crudites	66.30	2.50	12.70	1.40	3.70	0.50	0.40
Gluten-Free Crudites	68.50	2.20	11.90	3.70	3.70	0.70	0.50
PETIT MAINS							
Mac n Cheese	310.90	13.30	41.90	1.70	4.70	9.70	1.40
Mac n Tomato	207.50	6.90	41.80	1.50	4.90	1.10	0.50
Pizza Fingers	104.50	6.10	7.70	0.70	5.00	5.60	0.70
Chicken Crunchies	416.60	14.00	39.10	3.50	6.60	22.10	1.80
Fab Fishcakes	126.80	5.70	18.20	2.20	2.00	3.90	2.50
Sausage & Mash	536.90	22.60	38.30	5.70	10.80	27.50	2.50
PETIT DESSERTS							
Fresh Fruit Salad	103.50	1.60	24.50	4.80	23.80	0.50	0.00
Vanilla Ice Cream	115.60	1.90	12.90	0.20	10.60	6.30	0.10

- 1-200 CAL
- 201-300 CAL
- 301-400 CAL
- 401-500 CAL
- 501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Choc Ice Cream	121.50	1.90	15.60	0.60	13.60	5.80	0.00
Strawberry Ice Cream	116.50	1.50	13.20	0.20	11.30	6.40	0.00
Chocolate Brownie with Crème Fraiche	237.60	2.70	22.90	1.50	18.60	14.70	0.30
Chocolate Brownie with Ice Cream	303.00	4.30	34.60	1.70	28.10	16.00	0.40
Chilly Billy Ice Lolly	35.70	0.10	8.40	1.70	3.30	0.10	0.00
GRANDE STARTERS							
Baguette & Crudites	101.30	3.7	20.00	1.80	3.90	0.70	0.50
Gluten-Free Crudites	98.70	2.90	17.00	6.00	3.60	0.90	0.70
Garlic Bread	134.10	0.30	0.50	0.10	0.00	14.50	0.20
GRANDE MAINS							
Mac n Cheese	443.80	18.60	61.80	2.60	6.50	13.00	1.90
Mac n Tomato	327.20	11.00	65.60	2.30	9.10	1.90	1.00
Chicken Crunchies	473.20	20.10	46.10	3.50	7.00	22.40	2.20
Burger with Frites	688.70	25.80	39.20	3.10	2.40	47.10	2.10
Burger with Salad	494.10	24.70	24.00	2.60	3.50	32.90	1.40
Chicken Caesar Salad	523.30	32.30	9.20	2.20	3.10	40.30	2.30
Fish Goujons	503.40	12.80	40.90	3.80	6.30	31.80	1.50
Gluten-Free Chicken Caesar Salad	519.70	33.80	4.00	1.90	3.20	41.70	2.30
GRANDE DESSERTS							
Fresh Fruit Salad	103.50	1.60	24.50	4.80	23.80	0.50	0.00
Vanilla Ice Cream	115.60	1.90	12.90	0.20	10.60	6.30	0.10
Choc Ice Cream	121.50	1.90	15.60	0.60	13.60	5.80	0.00
Strawberry Ice Cream	116.50	1.50	13.20	0.20	11.30	6.40	0.00
Chocolate Brownie with Crème Fraiche	237.60	2.70	22.90	1.50	18.60	14.70	0.30
Chocolate Brownie with Ice Cream	303.00	4.30	34.60	1.70	28.10	16.00	0.40
Chilly Billy Ice Lolly	35.70	0.10	8.40	1.70	3.30	0.10	0.00

BREAKFAST

Rouge Breakfast with Fried Egg	944.10	45.40	45.40	5.50	5.50	63.20	4.10
Rouge Breakfast with Scrambled Egg	908.00	37.20	46.40	5.40	6.00	62.20	4.30
Rouge Breakfast with Poached Egg	839.80	38.40	43.70	4.80	5.20	55.30	2.10
Rouge Vegetarian with Fried Egg	655.20	25.20	43.70	10.10	8.40	39.90	1.90
Rouge Vegetarian with Scrambled Egg	619.10	37.20	44.60	9.90	8.90	38.90	2.10
Rouge Vegetarian with Poached Egg	550.90	36.60	41.90	9.40	8.00	32.00	1.70
PANCAKES							
Pancakes with bacon & banana	744.20	21.70	120.80	2.40	67.70	18.90	3.10
Pancakes with fruit & fruit compote	388.10	8.20	74.20	6.10	21.60	5.00	1.50
Eggs Benedict - Ham	551.50	28.70	39.30	2.70	4.60	30.30	2.90
Eggs Benedict - Spinach	547.40	18.20	37.30	2.50	5.30	35.70	1.70
Eggs Benedict - Smoked Salmon	697.60	35.80	46.10	1.90	4.80	40.60	4.10
SOURDOUGH TOAST							
Bacon & Scrambled Eggs	594.70	31.80	27.30	0.80	0.60	39.80	3.10
Bacon & Poached Eggs	466.40	29.70	23.90	0.20	0.30	27.90	2.60
Salmon & Scrambled Eggs	582.40	33.10	26.30	0.80	1.10	38.40	0.60
Salmon & Poached Eggs	454.20	31.10	22.90	0.20	1.20	26.50	1.70
Smashed Avocado with Tomato	287.60	6.40	26.80	4.60	0.80	16.20	0.50
Smashed Avocado with Smoked Salmon	430.40	20.70	27.50	4.60	2.20	25.50	0.50
CROQUES							
Croque Monsieur	503.70	22.20	54.80	2.50	1.00	21.10	3.20
Croque Madame	582.70	29.00	54.80	2.50	1.00	26.90	3.40



1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Croissant	263.20	5.70	28.00	0.90	4.20	14.00	0.70
Almond Croissant	338.00	10.60	32.20	2.10	13.80	18.10	0.70
Pain au Chocolat	259.00	4.30	31.20	1.10	9.20	12.70	0.60
Pain au Raisin	281.30	4.30	33.90	2.00	16.60	13.80	0.90
Petit Breakfast with Fried egg	556.50	29.60	41.80	4.40	4.10	29.20	2.80
Petit Breakfast with Scrambled Egg	538.70	27.20	42.60	4.40	4.50	31.20	3.00
Petit Veggie Breakfast with Fried egg	312.60	15.30	33.80	7.50	2.60	11.30	1.20
Petit Veggie Breakfast with Scrambled Egg	294.80	12.90	34.60	7.50	2.90	13.30	1.30
Pancake (Kids)	279.40	5.40	54.70	2.30	19.00	3.90	1.00
Petit Pain -Sausage	714.00	26.30	42.40	1.30	7.10	48.50	2.70
Petit Pain - Bacon	424.60	21.90	35.40	2.30	4.80	21.20	3.10
DIETARY OPTIONS							
Rouge Vegetarian with Fried Egg	619.10	23.20	32.70	14.90	7.40	40.00	1.80
Rouge Vegetarian with Scrambled Egg	583.00	35.20	33.70	14.70	7.90	39.00	1.90
Rouge Vegetarian with Poached Egg	514.80	34.60	31.00	14.20	7.10	32.10	1.60
Bacon & Scrambled Eggs	558.60	29.80	16.40	5.60	-0.40	39.90	3.00
Bacon & Poached Eggs	430.30	27.70	12.90	4.90	-0.60	28.00	2.50
Salmon & Scrambled Eggs	546.30	31.10	15.30	5.60	0.20	38.40	0.50
Salmon & Poached Eggs	418.10	29.10	11.90	4.90	0.20	26.50	1.60
Smashed Avocado with Tomato	287.60	6.40	26.80	4.60	0.80	16.20	0.50
Smashed Avocado with Salmon	430.40	20.70	27.50	4.60	2.20	25.50	0.50
Petit Veggie Breakfast with Fried Egg	276.50	8.20	22.90	12.30	1.60	11.40	1.00
Petit Veggie Breakfast with Scrambled Egg	258.70	5.80	23.70	12.30	2.00	13.40	1.20
Petit Pain -Sausage	685.10	23.20	40.00	5.30	7.30	46.80	2.60
Petit Pain - Bacon	395.70	18.90	33.00	3.00	4.90	19.50	3.00