

YUM YUM! RESERVATION RECOMMENDED :)

... **Home cooking**
WITH ORGANIC AND/OR LOCAL PRODUCTS

Lunchtime meals

Small plate	12,00€
Large plate	16,00€
Child's plate	8,00€

Organic brési supplement (dried beef) 3,00€
Gaec Humbert Oudet - Cussey/Lison (25)

Smoked trout fillet supplement 3,00€
Pisciculture Côte - Bonnevaux (25)

Plate of local cheeses 5,50€

Dessert of the day 5,50€

... **Salty snack** 3,50€

Depending on the day: ask us!

... **Sweet snack**

Shortbread biscuits 3,00€
La Petite miette - Brères (25)

5-piece assortment to choose from:
Small spelt • Chocolate wheat • Chocolate buckwheat and wheat

Pastries made with honey 4,00€
Le Rucher des 3 ours - Montrond-le-Château (25)
Figolulu • Cookie

... **Organic ice cream** served in 140 ml tubs

Le Jardinier glacier - Saint-Etienne-en-Bresse (71)

Sorbets 5,95€
1 flavour of your choice: Apricot • Blackcurrant • Lemon
Strawberry • Raspberry • Mango • Blackberry • Blueberry

Oat milk ice cream (gluten free) 5,95€
1 flavour of your choice: Banana • Coffee • Chocolate
Mint • Hazelnut • Vanilla

Rice milk ice cream (gluten free) 5,95€
1 flavour of your choice: Lemon Basil • Salted Caramel
Chocolate • Walnut • Rosemary • Vanilla • Verbena

PLEASE LET US KNOW IF YOU HAVE ANY FOOD ALLERGIES.
NET PRICES IN EUROS, SERVICE IS INCLUDED.

TAKEAWAY FORMULAS

Small plate 11,00€

Large plate 15,00€

Dessert 5,00€

... **Think about your containers ;)**



Magasin Café Cantine

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**The 1st
Saturday
of the month
is pizza!**
(eat in or take away)
5€ per slice
Reservation
recommended

**Every Sunday
in summer
BRUNCH**
served from 10:30 to 2:30
22€
Reservation
recommended



Magasin Café Cantine

First it was a seed: an idea that germinated, then grew into a tree, and now it is a warm and welcoming island.*

Here, you'll find a **grocery store** with natural and organic products: fruits and vegetables, bulk and wrapped products, dairy, household necessities... and local crafts.

There is also a **café-restaurant** where you can sit down and be served or order a takeaway. You can meet our cook and watch her prepare your delicious meal! And you can always just sit and enjoy a cup of coffee, in the morning or afternoon ... along with a delicious snack, perhaps?

There are **two terraces**, one in front of our lovely 17th century building and one in back. Both are sunny, with giant shade sails, and each has its own atmosphere: the vibrancy of city street energy or the tranquility of a forested park.

At L'îlot, you can **meet other people**, connect with them, relax, share. And sometimes you'll meet farmers, musicians, artists, craftspeople... Spend some time with us for a few minutes or a few hours – and then come back again! You can also **share your know-how**, ideas, and talents here:

CREATION IS OUR LEITMOTIF!
You're always welcome at L'îlot!

* L'îlot, meaning "small island," is on the ground floor of the only house on Courbet Square that remains high and dry when the Loue River floods.



ALCOHOLIC DRINKS

DUE TO LOCAL REGULATIONS, WE CAN ONLY SERVE ALCOHOLIC DRINKS WITH MEALS OR SALTY SNACKS.

••• **Frênette** bottle (75 cl) 9,00€ glass (15 cl) 3,00€
Slightly alcoholic, fizzy drink, made from ash tree fermented leaves
Hubert Gaillot - *Ville-du-Pont* (25)
Flavors: Plain • Elderberry flower • Gentian

••• **Organic draft beer** (33 cl) 4,00€
Les 2 fûts - *Besançon* (25) - Flavors: Lager • I.P.A.

••• **Bottled beer** (33 cl) 6,50€
Champ des coucous - *Charbonnières-les-Sapins* (25)
Springtime • 4 Seasons • Raspberry
Les 2 fûts - *Besançon* (25) - Organic: White • Amber • Black
Moulin des Moines - *Krautwiller* (67) - Gluten-free organic beer

••• **Organic wine** ..Glass (10 cl) 3€ .. 1/4 L 6€ .. 1/2 L 11€
● **Le P'tit Blanc en Croix** (vin nature) - Les Vignes à Fanfan
Vuillafans, Vallée de la Loue (25) - Chardonnay - 11,5°
● **Les petites perdrix**
Vin de France, Sud-Ouest - Sauvignon et Sémillon - 12,5°
● **Saint Michel Le Grand** - IGP Pays d'Oc - Syrah - 12,5°
● **Lumaria** (biodynamie) - IGT Terre di Chieti, Orsogna, Italie
Primitivo - 14°
● **Cévennes** - Ners Cruviers-Lascours - IGP Cévennes - Grenache - 12,5°
● **Les petites perdrix** - *Vin de France, Sud-Ouest* - Merlot - 13°

••• **Organic wine (bottle)** (75 cl)
● **Arbois** - Domaine Maire et Fils
Arbois, Jura - AAC Tradition - Chardonnay Savagnin - 12,5° 24€
● **Sablet** - Domaine de Verquière - *Vallée du Rhône - AP Côtes du Rhône*
Grenache blanc Clairette Bourboulenc Roussanne - 13° 24€
● **L'atelier** - Domaine Plô Notre Dame
Languedoc - AOP Minervois - Syrah Grenache - 14,5° 22€
● **Côtes du Rhône** - Domaine de Verquière
Vallée du Rhône - AP Côtes du Rhône - Grenache Syrah - 13,5° 22€
● **Ma Bohème** - Domaine Le Pive - *Languedoc-Roussillon*
IGP Sable de Camargue - Gris de Gris (Grenache Gris) - 12,5° 24€
● **Règle N°1** - Domaine Plô Notre Dame
Languedoc - AOP Minervois - Grenache Cinsault - 12,5° 22€

ALCOHOL ABUSE IS DANGEROUS FOR YOUR HEALTH. DRINK RESPONSIBLY.
NET PRICES IN EUROS, SERVICE IS INCLUDED.

SOFT DRINKS



••• **Sparkling water**
L'eau vertueuse - *Velleminfroy* (70) (50 cl) 3,00€
With organic lemon juice 3,20€

••• **"Sirops" organic syrup + still water** (25 cl) 2,00€
Grenadine • Mint • Lemon • Strawberry • Rasp & blackberry • Peach • Fir

••• **"Diabolos" organic syrup + limonade** .. (25 cl) 3,80€

••• **Sparkling lemonades** - **Elixia** - *Champagnole* (39)
Limo plain organic with agave syrup (33 cl) 3,70€
Limo herbal organic (33 cl) 4,00€
Flavors: Basil • Ginger • Elderberry flower
Orange tree flower • Lavender • Peppermint • Rose • Verbena
Limo cola (33 cl) 4,50€
Limo chocolate (33 cl) 4,00€

••• **Fruit juices**
Apple juice from the valley (15 cl) 3,00€
Apple juice + other fruits - organic (15 cl) 3,00€
Les Jardins de Cocagnes - *Besançon* (25)
Flavors (depending on delivery): Blackcurrant • Raspberry • Blackberry

Apple juice + herbal - organic (15 cl) 3,00€
Les Jardins de Cocagnes - *Besançon* (25)
Flavors (depending on delivery): Woodruff • Rosemary • Lemon verbena

Exotic juices - *Teranga MS - Ornans* (25) (15 cl) 3,00€
Flavors: Bissap (hibiscus) • Ginger & pineapple • Baobab

Top of the line juices - **Alain Milliat** - *Valence* (26) (15 cl) 3,00€
Flavors: Apricot • Strawberry • Vine peach • Tomato
White grape Chardonnay or Rosé Cabernet or Red Merlot

••• **Organic iced herbal tea** (25 cl) 5,90€
Alain Milliat - *Valence* (26)
Flavors: Apple ginger lime • Apple strawberry mint

••• **Sparkling herbal - organic** (25 cl) 5,90€
Alain Milliat - *Valence* (26) - Flavors: Apple • Rhubarb

••• **Organic gingerbeer** (25 cl) 3,80€
La French s'il-vous-plait - *Le Havre* (76)

••• **Alcohol-free beer - organic** (33 cl) 5,00€
Moulin des Moines - *Krautwiller* (67)

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HOT DRINKS



••• **Organic teas** - **L'îlot Thé** - *Sizun* (29) (25 cl) 2,90€
Green

Maté • Chun mee • Fairy tea (herbal, spiced, bergamot)
A cup of sea (algae & ginger) • Genmaicha (puffed rice)
Wild berry tea • Jasmine • Flower tea
Mystery tea (mango, ginger, lemon)

Black
English breakfast • Earl grey (bergamot lemon)
Pu-erh (orange) • Duo of roses (rosehip, rose, rose geranium)

••• **Organic herbal teas** (25 cl) 2,80€
L'îlot Thé - *Sizun* (29)
Rooibos (plain) • Zoulou (green rooibos and spearmint)
Chai (spiced)

Dans ma caravane il y a - *Vernierfontaine* (25)
Depending on production:
Detox • Meditation • Sweet dreams • Dawn • Afternoon....
Menthe et Mélisse - *La Planée* (25)
Depending on production:
Spearmint • Bergamot • Digestive...

••• **Coffee**
"1936" Mokador 100% arabica - *Artisan roasted in Switzerland*
Espresso short or long 1,80€
Coffee with cream or milk 2,00€
Double coffee 3,00€
Double coffee with cream or milk 3,20€
Decaf short or long 1,80€
Cappuccino 4,50€

••• **Organic hot chocolate**
Cow's milk (15 cl) 3,50€
Vegan milk (15 cl) 4,00€



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SERVICE IS INCLUDED.

Some of our products are
available in our shop:
do come and visit us :)