

YUM YUM! RESERVATION RECOMMENDED :)

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

Plate of the day 15,00€
Child's plate 8,50€

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

Plate of local cheeses 6,50€

Dessert of the day 5,50€

TAKEAWAY FORMULAS *Think about your containers ;)*

Plate 14,00€ • **Dessert** 5,00€

... **Salty snack** Depending on the day: ask us! ... 4,00€

... **Sweet snack** (assortment possible)

Pastries made with honey 2,00€
Le Rucher des 3 ours - Montrond-le-Château (25)
Of your choice: Figolulu • Cookie

Shortbread biscuits La Petite miette - Brères (25) 1,00€
Of your choice: Small spelt • Chocolate wheat
Chocolate buckwheat and wheat

Biscuits Les Croquets du Poirier - Déservillers (25) 1,50€
Of your choice: Cranberry • Sesame gaude • 3 seeds

... **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 • Kiwi • Mango • Blackberry • Blueberry

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

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

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

**Would you like to know
our program of events**

(concerts, exhibitions,
workshops, conferences...)?



Ask us to put you on our mailing list.

Artists, craftspeople, designers...

Contact us to join!



Magasin Café Cantine

8 PLACE COURBET 25290 ORNANS
03 39 59 76 79 / 06 42 76 41 34
LILLOT.ORNANS@GMAIL.COM

WWW.LILLOT-ORNANS.FR

LILLOT.ORNANS



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 cooks
and watch them 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

... **Frênette** bottle (75 cl) 10,00 € 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

... **Organic draft beer** (33 cl) 4,00 €
Les 2 fûts - *Besançon* (25) - Blond

... **Organic bottled beer**

Les 2 fûts - *Besançon* (25)
Flavors: Amber • White • IPA • Black (33 cl) 6,50 €

Aromacomtois - *Amancey* (25)
Flavors: Fir blond beer • Spruce white beer (33 cl) 7,00 €

Moulin des Moines - *Krautwiller* (67)
Gluten-free beer (33 cl) 6,50 €

... **Organic wine** Glass (10cl) 3,50€.. 1/4L 7,50€.. 1/2 L 15€

● **Le P'tit Blanc en Croix** (vin nature) - Les Vignes à Fanfan
Vuillafans, Vallée de la Loue, Doubs - 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°

● **Les Petites Perdrix** - *Vin de France, Sud-Ouest* - Merlot - 13°

... **Organic wine (bottle)** (75 cl)

● **Les Terres Vagabondes** - Le Vignoble du Pagure
Vuillafans, Vallée de la Loue, Doubs - Chardonnay - 12,5° 24 €

● **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 €

● **Filou & Loustic** - Domaine Preignes
IGP Pays d'Oc - Merlot Syrah Carbernet Sauvignon - 12,5° 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 €

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 3,50 €

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

... **"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 • Elderberry flower • Orange tree flower
Lavender • Peppermint

Limo cola (33 cl) 4,50 €

Limo chocolate (33 cl) 4,00 €

... **Fruit juices**

Apple juice from the valley (15 cl) 3,00 €

Exotic juices - *Teranga MS* - *Ornans* (25) (15 cl) 3,50 €
Flavors: Bissap (hibiscus) • Ginger & pineapple • Baobab

Top of the line juices - *Alain Milliat* - *Valence* (26) .. (15 cl) 4,00 €
Flavors: Apricot • Strawberry • Passion fruit • Vine peach
White grape Chardonnay • Carrot • Tomato

... **Organic iced herbal tea** (25 cl) 5,90 €

Alain Milliat - *Valence* (26)
Flavors: Apple peach verbena • Apple strawberry mint

... **Sparkling herbal - organic** (25 cl) 5,90 €

Alain Milliat - *Valence* (26)
Flavors: Lime • Rhubarb

... **Organic gingerbeer with ginger** (33 cl) 3,80 €

Socrate - *Dijon* (21)

... **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) 2,90 €

L'îlot Thé - *Sizun* (29)
Rooibos (plain)
Zoulou (green rooibos and spearmint)
Chai (spiced)

Surprise herbal tea (depending on local production at the time)

... **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 €

If vegan milk +0,50 €

... **Chocolat chaud bio** (15 cl) 3,50 €

If vegan milk +1,00 €



NET PRICES IN EUROS,
SERVICE IS INCLUDED.

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

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