



APEGO
COFFEE SHOP
ET BRUNCH



LOCALLY SOURCED, ORGANIC, AND SUPPORTING SMALL PRODUCERS FIRST

APPETIZERS

MEZZÉS

Tzatziki, Pomegranate & Za'atar 11 €
Cucumber, Greek yogurt, dill,
olive oil, lemon

Apego Signature Hummus 11 €
Chickpeas, tahini, lemon, olive oil,
smoked paprika

Grilled Seasonal Vegetables 12 €
Selection of seasonal grilled
vegetables

Falafel Bowl 10 €
Small serving of falafels

Fresh Side Salad 7 €
Baby greens, cucumber,
seasonal vegetables, fresh herbs,
lemon & olive oil

SHARING BOARDS

Green mezze 17 €
Hummus, olive tapenade, tzatziki, grilled
vegetables, falafels, pita bread

Sea & Fresh 20 €
French smoked trout, tzatziki, olive
tapenade, grilled vegetables, feta
cheese, pita bread

Cheese Lover 20 €
Selection of 3 artisan cheeses, grilled
vegetables, honey, seasonal fruits, olive
tapenade, pita bread

ALSO AVAILABLE TO SHARE:
Our Roman-style pinsas, Cypriot pitas
& green salad



BRUNCH EVERY DAY OF THE WEEK



BREAKFAST MENU

BREAKFAST 19 € The offer

Organic Scrambled Eggs
from Île-de-France
served with green salad

Extras:

Mushrooms 2 €

Half Avocado 3 €

French Smoked Trout 6 €

Traditional French Baguette
Toast Butter & homemade jams

One Hot Drink of Your Choice
Prepared with Fair Trade Organic
Specialty Coffee

Espresso

Long Black / Americano (30cl)

Coffee of the Day / Filter Coffee

Cappuccino (30cl)

Café Crème

Double Espresso

Flat White (30cl)

Latte (30cl)

Noisette (5.5cl)

Ristretto

Wellness Latte +2€

One Fruit Juice

Freshly Squeezed Orange Juice
or apple Juice

LUNCH MENU

SIGNATURE 23,50 € Menu

Any Pinsa or any Salad

Includes one drink
of your choice:

Homemade Lemonade

Homemade Iced Tea

Lemon & Ginger Detox Drink

Smoothie of the Day

Extra +2 €

Smoked Trout Pinsa

Four-Cheese Pinsa

Smoked Trout Salad

BRUNCH 39 € All-you-can-eat healthy and delicious brunch

Every Day
of the week

Children aged 2–5 13 €

Children aged 6–12 23 €

More than just a brunch
– an experience to savour.
A homemade sweet and
savory buffet inspired by
plant-based and fish-based
cuisine, thoughtfully designed
to nourish both body and mind.
Enjoy low-gluten recipes,
wholesome sweet treats made
with natural sweeteners, and a
cuisine that perfectly balances
indulgence and wellbeing.

We prioritise organically grown
fruit and vegetables, favouring
local sourcing, independent
producers and short supply chains.
Included Drinks: fair trade organic
specialty coffee, hot chocolate,
homemade iced tea, homemade
lemonade



All guests seated
at the same table
are kindly invited
to choose the
All-You-Can-Eat
Brunch. It cannot
be combined with
à la carte orders.

Reservations
available on
our website.



GOURMET 19 € Menu

Any Pita Sandwich
& Green Salad

Includes one drink
of your choice:

Homemade Lemonade

Homemade Iced Tea

Lemon & Ginger Detox Drink

Smoothie of the Day

MADE WITH
HEART
FULL OF
FLAVOR

CONTINUOUS SERVICE

GOURMET salads

Our salads are prepared with a seasonal base displayed on the daily specials board.

Lemon-Smoked French Trout 22 €

Green lentils, mixed salad leaves, French smoked trout, tzatziki, feta, seasonal vegetables, roasted sweet potatoes, red onions, fresh mint & dill

Falafel Bowl 18 €

Green lentils, mixed salad leaves, falafels, hummus, feta, seasonal vegetables, roasted sweet potatoes, red onions, fresh mint & dill

Roasted Vegetable & Hummus Salad 19 €

Green lentils, mixed salad leaves, hummus, grilled seasonal vegetables, roasted sweet potatoes, red onions, fresh mint & dill

Burrata & Truffle 21 €

Local artisan burrata, truffle, mixed salad leaves, seasonal vegetables, roasted sweet potatoes, red onions, fresh mint & dill

Greek Feta & Halloumi 20 €

Green lentils, mixed salad leaves, grilled halloumi, feta, tzatziki, seasonal vegetables, roasted sweet potatoes, red onions, fresh mint & dill

Mediterranean Delight 19 €

Green lentils, mixed salad leaves, tuna, black olive tapenade, feta, seasonal vegetables, roasted sweet potatoes, red onions, fresh mint & dill

Salad extras

Mushrooms 2 €

Half Avocado 3 €

ROMAN-STYLE pinsas

Low-gluten dough made from rice, soya and wheat flours. 72-hour fermentation. 80% hydration.

Goat's Cheese & Honey 21 €

Light cream base, mozzarella, goat's cheese, red onions, rocket, za'atar

Four Cheeses 23 €

Light cream base, mozzarella, goat's cheese, Brie, feta, red onions, rocket, za'atar

Lemon-Smoked French Trout 23 €

Light cream base, mozzarella, French smoked trout, rocket, preserved lemon, za'atar

Mediterranean 20 €

Tomato base, mozzarella, tuna with olives, marinated anchovies, red onions, Kalamata olives, rocket, za'atar

Grilled Halloumi & Kalamata Olives 20 €

Tomato base, halloumi, artichokes, Kalamata olives, red onions, rocket, za'atar

The Vegetarian 19 €

Tomato base, button mushrooms, grilled seasonal vegetables, rocket, seasonal tomatoes, za'atar

Margherita 16 €

Tomato base, mozzarella, olive oil, za'atar

Italiano 20 €

Tomato base, mozzarella, artichokes, Parmigiano, za'atar

Verde – Grilled Vegetables & Pesto 22 €

Tomato base, mozzarella, grilled seasonal vegetables, pesto, tomato, za'atar

Pistachio Cream & Walnuts 21 €

Light cream base, mozzarella, grilled seasonal vegetables, pistachio cream, walnuts, za'atar

Burrata & Truffle 23 €

Light cream base, mozzarella, artisan burrata, truffle, rocket, za'atar

CYPRIOT PITAS & GREEN SALAD

French Smoked Trout Pita 17 €

Tzatziki, French smoked trout, feta, seasonal vegetables, red onions, fresh herbs, za'atar

Grilled Vegetable Pita 16 €

Basil pesto, seasonal vegetables, feta, red onions, fresh herbs, za'atar

Tuna & Kalamata Olive Pita 16 €

Tzatziki, tuna, feta, seasonal salad vegetables, red onions, fresh herbs, za'atar

DRINKS

ORGANIC ENERGY smoothies 7,90 €

Sunny Boost

Orange, carrot, lemon, ice

Green Breeze

Apple, cucumber, ginger, ice

Golden Energy

Carrot, apple, ginger, ice

Citrus Boost

Apple, lemon, ginger, ice

Green Energy

Spinach, kiwi, banana, apple juice, basil

FRUITY 7,90 € smoothies

Raspberry Delight

Raspberries, banana, apple, mint

Mango passion

Mango, pineapple, banana, apple juice, ginger

Pure pineapple refresh

Pineapple, apple juice, mint

MILKSHAKES 7,90 €

Available in all Terre Adélie ice cream flavours:

Madagascar Vanilla

Nocciatella

Amaretto Tiramisu

Date Ice Cream with Date Pieces

Pistachio

Lime & Mint Leaf

Hazelnut with Nougatine Pieces

French Strawberry

Watermelon

Stracciatella with Chocolate Shavings

Orange Blossom

Salted Caramel

Plant-Based Milk Supplement
Oat or Barista Soy Milk + 0,50 €

ORGANIC FERMENTED drinks

Kéfir 6,90 €

Grapefruit

Lemon Mint

Elderflower Hibiscus

Lemon Verbena

Mint & Passion Fruit

Citrus probiotic infusion 6,90 €

Peppermint infusion 6,90 €

Kombucha 6,90 €

Ginger

Hibiscus chai

Mango & vanilla

Lemon verbena

HOT & ICED DRINKS

Fair trade organic specialty coffee

Espresso	2,40 €
Long Black, Americano 30 cl	3,60 €
Filter Coffee	4 €
Cappuccino 30 cl	4,90 €
or Café crème	
Double Espresso	3,50 €
Flat White 30cl	5,90 €
Latte 30cl	5 €
Noisette 5,5 cl	3 €
Ristretto	2,40 €
70% Dark Hot Chocolate	6,50 €

Plant-Based Milk Supplement
Oat or Barista Soy Milk + 0,50 €

Mariage Frères teas 5,50 €

Marco Polo

Black tea with floral aromas and fruits from China and Tibet

Earl Grey Imperial

Darjeeling black tea scented with bergamot

Casablanca

Green and black tea with sweet mint and a hint of bergamot

Mandarin jasmine

Green tea delicately scented with jasmine blossoms.

Rouge métis Rooibos

Naturally caffeine-free red rooibos with red and black berries and delicate flowers.

COLD drinks

Detox water	5 €
Filtered sparkling water	5 €
Filter still water	4 €
Fresh orange juice	6,50 €
Apple juice	6 €
Homemade Iced Tea	7 €
Homemade Lemonade	7 €
Lemon & Ginger Detox Drink	7 €
Fresh ginger, lemon & honey	
Ginger Shot 4 cl	5 €

Organic wellness lattes coffee-free hot or iced 6,90 €

Chai Latte

Black tea with comforting spices: cinnamon, ginger, cardamom & clove

Purple Ube Latte, purple sweet potato & Bourbon vanilla

Naturally rich in antioxidants and fibre

Golden Latte, turmeric

Antioxidant and soothing

Black Latte, activated Charcoal Latte

Naturally rich in minerals with lightly roasted notes

Blue Spirulina Latte

Naturally antioxidant and revitalising

Pink Beetroot & raw cacao Latt

Beetroot for vitality. Raw cacao for antioxidants and magnesium

Pumpkin spice latte

For gentle, steady energy

Premium pure matcha latte

Naturally rich in antioxidants. Matcha provides smooth, progressive energy.

Plant-Based Milk Supplement
Oat or Barista Soy Milk + 0,50 €



ALCOOLS

Organic wines from independant producers

Domaine Sauvette - Touraine

Glass of White, Rosé or Red Wine 7,50 €
Bottle (75cl) - White, Rosé or Red 30 €

Domaine de la Croix Montjoie - Bourgogne

Glass of Chardonnay 11,90 €
Bottle of Chardonnay (75cl) 45 €
Glass of Pinot Noir 12,90 €
Bottle of Pinot Noir (75cl) 49 €

Domaine Richaud - Côtes du Rhône

Glass of White Wine « À la source » 7,90 €
Bottle of « À la source » (75cl) 39 €
Glass of Red Wine « Terre de galets » 9,50 €
Bottle of « Terre de galets » (75cl) 42 €

Local organic beers

Galia Draft Beer

25 cl 5,50 €
50 cl 9,50 €

Dock Donohue

Indigo IPA 6,90 €
Pilsner 6,90 €
Mission Pale 6,90 €
Aube blanche 6,90 €

Martinot organic Champagne & cocktails

Glass of Organic Champagne 12 €

Bottle of Organic Champagne 45 €

Mimose Cocktail 10 €

MMMM

DESSERTS

Our homemade desserts are prepared using organic low-gluten flours and natural sweeteners. Our recipes are made with carefully selected low-glycaemic sweeteners such as coconut sugar, agave syrup and acacia honey.

We prioritise local sourcing, organic farming, artisan production and small independent producers.

HOMEMADE GOURMET PASTRIES

Made without refined sugar and thoughtfully crafted for balanced indulgence

Fresh Organic Fruit Salad	8 €
Greek Yogurt & Homemade Granola	8,90 €
70% Dark Chocolate Brownie	8 €
Vegan 70% Dark Chocolate Mousse	8 €
Vegan Chia Pudding	8 €
Gluten-Free Cake of the Day	5,90 €
Pancakes with Fresh Fruit	12 €
Gourmet Coffee	8 €
Coffee served with a selection of homemade sweet treats	
Gluten-Free Basque Cheesecake with fruit coulis	8,90 €

ICE CREAMS

ARTISAN ORGANIC ICE CREAMS TERRE ADÉLICE

French artisan-made ice cream crafted with natural ingredients, prioritising local and organic sourcing. Create your own custom ice cream sundae!

1 scoop	4,50 €
2 scoops	7,90 €
3 scoops	11 €
Extra scoop	3 €

Toppings

Fruit Coulis or Honey	1 €
Chocolate Shavings	1 €
Melted 70% Dark Chocolate	1,50 €
Homemade Granola / Mixed Nuts	1,50 €
Fresh Fruit	3,50 €
Speculoos Crumble	1,50 €
Homemade Cake Crumble	2 €
Isigny Whipped Cream	1,50 €

FLAVOURS

Madagascar Vanilla
Nocciatella
Amaretto Tiramisu
Date Ice Cream with Date Pieces
Pistachio
Lime & Mint Leaf
Hazelnut with Nougatine Pieces
French Strawberry
Watermelon
Stracciatella with Chocolate Shavings
Orange Blossom
Salted Caramel

WAFFLES

Plain or Coconut Sugar	5 €
Acacia Honey	6 €
Melted 70% Dark Chocolate	6,50 €
Melted Chocolate & Banana	7 €
Fresh Fruit	8,50 €

Extra Toppings

Isigny Whipped Cream	1,50 €
Ice Cream Scoop	3 €