

Welcome at nous

WE ARE VERY HAPPY TO WELCOME YOU AT NOUS RESTAURANT. PLEASE TAKE A SEAT AND ENJOY THIS TIME, WE'LL TAKE GOOD CARE OF YOU. IN OUR RESTAURANTS EVERYTHING IS HOMEMADE EVERYDAY IN OUR KITCHENS BY OUR TEAMS WITH RIGOR, LOVE AND PASSION. LET'S EAT, ENJOY!

TO SHARE

HUMMUS - 9€

mashed chickpeas - corn tortillas



GUACAMOLE - 9€

mashed avocados - corn tortillas



QUESADILLAS - 10€

cheddar, tomatoes and red peppers, yogurt sauce & guacamole

STARTS

AVOCADO & FETA TOAST - 8,5€

organic whole wheat bread, poached egg

ZUCCHINI & PARMESAN SALAD - 8€

zucchini, pine nuts, parmesan cheese with olive oil and lemon vinaigrette

new recipe!

THE KEY RECIPES AT NOUS



NOURGER served with french fries/ season salad

Composed of: salad, avocado, cucumber, pickles

Beef balls - smoked bacon & barbecue sauce - 15€

Chicken & yogurt mint sauce - 14€

Veggie balls & yogurt mint sauce - 14€



NOURRITO served with french fries/ season salad

Composed of a tortilla stuffed with : salad, avocado, cucumber, pickles, grated carrots

Beef balls - smoked bacon & barbecue sauce - 14€

Chicken & yogurt mint sauce - 13€

Veggie balls & yogurt mint sauce - 13€



NOUSBOL

served with season salad, wholegrain rice, hummus

Beef balls - smoked bacon & barbecue sauce - 14€

Chicken & yogurt mint sauce - 13€

Veggie balls & yogurt mint sauce - 13€

Fish [saithe] & curry sauce - 14,5€

OUR TOASTS

GRILLED CHEESE - 14€ french fries / season salad

Organic toasted bread, cheddar, parmesan cheese, guacamole, lettuce

AVOCADO & FETA TOAST - 14€ french fries / season salad

organic whole wheat bread, poached egg *Large size!*

SALMON & AVOCADO TOAST - 14€

Organic toasted bread with cream cheese, homemade gravelax salmon, avocado, zucchini and pine nuts salad and arugula salad

OUR SALADS



AVOCADO AND FETA SALAD - 13€

Avocado, feta cheese, green lettuce, green peas, cucumber, broccoli, buckwheat, seeds and parsley

SALMON AND AVOCADO SALAD - new recipe!

Marinated salmon, rice, broccoli, mesclun salad, avocado, coriander, soja/ sésame/vinegar sauce

POKAÏ SALAD - 14€

Marinated raw fish, quinoa, avocado, carrots salad, raisins, almonds, mesclun salad, pine nuts, coriander, seeds & asian vinaigrette

POACHED EGG SALAD - 14€

Poached egg, lentils, parsley, roasted sweet potatoes, quinoa, mesclun salad, parmesan cheese, seeds, parsley

OUR EXTRAS



Add a half **AVOCADO** to your meal - 2€



Add some **CHICKEN** to your meal - 3€



Add some **CHEDDAR** to your nourrito or your nourger - 2€



Add a **POACHED EGG** to your meal - 2€



Add some **FRENCH FRIES** to your meal - 4,5€



Add some **SEASON SALAD** to your meal - 4,5€

LUNCH DEAL

MAIN + DESSERT - 19€

Only for lunch on week days, excluding public holidays :)

KIDS DEAL

CHICKEN OR BEEF BALLS + FRENCH FRIES OR RICE + YOGURT SAUCE OR TOMATOE SAUCE - 11€

WEEKEND BRUNCH

BRUNCH FORMULA - 28€

Ask the team to see the menu

If you have any allergies or intolerances, don't hesitate to tell our team who knows the ingredients of the recipes and they will guide you to make the best choice



= GLUTEN FREE

DRINKS ON THE BACK OF THE MENU

Welcome at NOUS

WE ONLY COLLABORATE WITH PASSIONATE AND SERIOUS SMALL PRODUCERS AND CRAFTSMEN TO HAVE A MAXIMUM OF TRANSPARENCY IN OUR KITCHENS AND IN OUR PLATES.
WE COOK ALL OUR RECIPES WITH ORGANIC OR CERTIFIED PRODUCTS

DESSERTS



BLONDIE - 7€

peanut butter and chocolate chips brownie, with a scoop of vanilla ice cream



CHIA PUDDING - 7€

chia seeds, coconut milk, raspberry coulis, fresh fruits



CHEESE CAKE - 7€

served with a homemade raspberry coulis



BANANA BREAD - 7€

Chocolate & banana cake



DESSERT DU MOMENT - 7€

Take a look at the month's menu

VANILLA ICE CREAM - 7€

2 scoops of vanilla ice-cream with hemp seeds covered with homemade raspberry coulis



WINES All our wines are organic or biodynamic. We are working with little wine growers.



MAS DE VESSIERE, PAYS D'OC IGP - Glass 6€ - bottle 25€

Fruity, subtle and sharp

LES GRANDES TERRES, CÔTE DU RHÔNE 2016 - Glass 7€ - bottle 30€

Domaine des Favards - Fleshy, red fruits notes, fruity



LA BELLE ETOILE, LOIRE - Glass 6€ - bottle 25€

Fruity, soft with notes of citrus fruits

MAS DE VESSIERE, PAYS D'OC IGP - Glass 7€ - bottle 30€

Fresh and tasty !



DOMAINE DE LA GUICHARDE 17- Glass 6€ - Pool 9€ - bottle 30€

The côte du Rhône fresh and fruity

COCKTAILS



PINAPLE EXPRESS - 10€

Pinaple & lemon, cassis - GIN BACAE

LE DOUBLE 'R' - 10€

Grapes & Rhubarb pressés - VODKA PYLA

BEERS



LAGER, BRASSERIE DU LUBÉRON - 33CL 6€ - 50CL 8€

Light and fresh beer, subtle and aromatic

MONTH'S BEER - 33CL 6€ - 50CL 8€

Ask our team for more details

LAGER ALTIPLANO - BOTTLE 33CL 6€



FRESH DRINKS



SODAS 33CL - 3€

Coca - Coca Zero - Orangina

STILL / SPARKLING WATER 50CL - 3€

ICED COFFEE 33CL - 5€

100% ORGANIC



BOOST PRESSED JUICE 100% ORGANIC 40CL - 5€

GREEN PRESSED JUICE 100% ORGANIC 40CL - 5€

WHITE BLUEBERRY TEA 33CL - 4€

MATCHA PEPPERMINT TEA 33CL - 4€

LEMON AND ELDERBERRY TEA 33CL - 4€

LEMON BERGAMOT LEMONADE 33CL - 4€

ORANGE GINGER LEMONADE 33CL - 4€

HOT DRINKS



GREEN TEA - 3,5€

OOLONG TEA - 3,5€

INFUSIONS - 4€

COFFEE - 2,5€

100% organic, from mexico with love

LONG BLACK COFFEE - 2,5€

DECAF - 2,5€

COFFEE WITH RICE MILK - 3,5€

HOURS & DIRECTIONS

MONDAY - FRIDAY

12H-14H30
19H-22H30

SAT & SUN

12H-15H
19H-22H30

NOUS PARADIS

16 rue de Paradis, 75010

NOUS CHATEAUDUN

8 rue de Chateaudun, 75009

NOUS VALMY

53 quai de Valmy, 75010