

# 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 TOMATO 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, mango 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 specials

### VANILLA ICE CREAM - 7€

2 scoops of vanilla ice-cream with hemsps seeds covered with homemade salted caramel



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



### LES BONS MOMENTS, CÔTE DU RHÔNE 2016 - Bottle 30€

Fleshy, red fruits notes, fruity



### LA BELLE ÉTOILE, LOIRE - Glass 6€ - Bottle 25€

Fruity, soft with notes of citrus fruits



### MAS DE VESSIÈRE, PAYS D'OC IGP 2017 - Glass 6€ - Bottle 25€

Perfect rosé, fresh and fruity

## COCKTAILS



### FRESH PRESSED JUICE 100% ORGANIC 40CL - 5€

## BEERS



### LAGER, BRASSERIE DU LUBÉRON - BOTTLE 33CL 6€

Light and fresh beer, subtle and aromatic

### BEER OF THE MONTH - BOTTLE 33CL 6€

Ask us !

### LAGER ALTIPLANO - BOTTLE 33CL 6€



## FRESH DRINKS



### SODAS 33CL - 3€

Coca - Coca Zero - Orangina

### STILL / SPARKLING WATER 50CL - 3€

### COCONUT WATER 33CL - 4€

### ICED COFFEE 33CL - 5€

## 100% ORGANIC



### WHITE BLUEBERRY TEA 33CL - 4€

### BLACK GINGER 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

### NOUS PARADIS

16 rue de Paradis, 75010

**MON - FRI**  
12H-14H30  
19H-22H30

**SAT & SUN**  
12H-15H  
19H-22H30

### NOUS CHATEAUDUN

8 rue de Chateaudun, 75009

**MON - FRI**  
12H-14H30  
19H-22H30

**SAT & SUN**  
12H-15H  
19H-22H30

### NOUS VALMY

53 quai de Valmy, 75010

**MON-THUR**  
12H-14H30  
19H-22H30

**FRI - SUN**  
11H30-16H30  
19H-23H00 ( 22H30 dimanche)