

## 9to5strength - Cafe Rouge Nutrition Tables

### Cafe Rouge - Breakfast Menu

#### Cafe Rouge - Rouge Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Rouge Breakfast with Fried Egg	944	45	45	6	63	25	5.5	4.1
Rouge Breakfast with Scrambled Egg	908	37	46	6	62	30	5.4	4.3
Rouge Breakfast with Poached Egg	840	38	44	5	55	25	4.8	2.1
Rouge Vegetarian with Fried Egg	655	25	44	8	40	17	10.1	1.9
GF Rouge Vegetarian with Fried Egg	619	23	33	7	40	17	14.9	1.8
Rouge Vegetarian with Scrambled Egg	619	37	45	9	39	22	9.9	2.1
GF Rouge Vegetarian with Scrambled Egg	583	35	34	8	39	22	14.7	1.9
Rouge Vegetarian with Poached Egg	551	37	42	8	32	17	9.4	1.7
GF Rouge Vegetarian with Poached Egg	515	35	31	7	32	17	14.2	1.6

#### Cafe Rouge - Pancakes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Pancakes with bacon & banana	744	22	121	68	19	6	2.4	3.1
Eggs Benedict - Smoked Salmon	698	36	46	5	41	16	1.9	4.1
Eggs Benedict - Ham	552	29	39	5	30	16	2.7	2.9
Eggs Benedict - Spinach	547	18	37	5	36	18	2.5	1.7
Pancakes with fruit & fruit compote	388	8	74	22	5	1	6.1	1.5

#### Cafe Rouge - Sourdough Toast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bacon & Scrambled Eggs	595	32	27	1	40	18	0.8	3.1
Salmon & Scrambled Eggs	582	33	26	1	38	15	0.8	0.6
GF Bacon & Scrambled Eggs	559	30	16	0	40	18	5.6	3.0
GF Salmon & Scrambled Eggs	546	31	15	0	38	15	5.6	0.5
Bacon & Poached Eggs	466	30	24	0	28	10	0.2	2.6
Salmon & Poached Eggs	454	31	23	1	27	12	0.2	1.7
Smashed Avocado with Smoked Salmon	430	21	28	2	26	6	4.6	0.5
GF Smashed Avocado with Salmon	430	21	28	2	26	6	4.6	0.5
GF Bacon & Poached Eggs	430	28	13	0	28	10	4.9	2.5
GF Salmon & Poached Eggs	418	29	12	0	27	12	4.9	1.6
Smashed Avocado with Tomato	288	6	27	1	16	3	4.6	0.5
GF Smashed Avocado with Tomato	288	6	27	1	16	3	4.6	0.5

#### Cafe Rouge - Croques

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Madame	583	29	55	1	27	13	2.5	3.4
Portobello Mushroom	546	20	50	1	29	9	4.5	2.5
Monsieur	504	22	55	1	21	11	2.5	3.2

#### Cafe Rouge - Pastries & Other

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Granola	576	18	88	41	16	7	10.4	0.2
Almond Croissant	338	11	32	14	18	10	2.1	0.7
Pain au Raisin	281	4	34	17	14	6	2.0	0.9
Croissant	263	6	28	4	14	9	0.9	0.7
Pain au Chocolat	259	4	31	9	13	8	1.1	0.6
Fruit Salad	27	1	6	6	1	0	3.2	0.0

## Cafe Rouge - A La Carte Menu

### Cafe Rouge - Bread & Nibbles

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sharing board	1520	63	77	14	103	43	15.2	7.1
Sobrasada Flatbread	1018	28	99	9	55	17	7.4	3.5
Garlic Flatbread with Emmental Cheese	920	22	91	5	51	26	4.8	2.7
Garlic flatbread	824	16	94	5	42	20	4.7	2.5
Mediterranean Flatbread	720	18	102	15	25	3	7.5	2.5
Baguette & Smoked Harissa Hummus	354	11	51	3	11	1	5.4	1.3
Baguette & Supergreen Pesto	345	10	50	4	11	2	3.2	1.5
Olives	146	1	5	0	13	2	4.2	3.5

### Cafe Rouge - Starters

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Camembert	564	20	32	9	39	19	2.0	1.3
Pâté	504	9	36	8	35	18	2.8	1.4
Tian of Crab and Avocado	371	14	48	2	13	2	4.6	1.7
Soupe À L'Oignon	339	16	43	12	10	5	4.8	3.5
Beetroot Tatin	312	4	34	13	17	7	2.3	0.7
Crevettes	302	18	18	2	17	11	1.7	2.2
Champignons À L'Ail	254	8	23	1	14	7	4.4	0.8
Soup de Saison	249	11	37	4	3	1	14.2	1.8

### Cafe Rouge - Mains

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Demi Poulet with frites	1043	103	37	1	53	11	6.6	6.6
Moules Marinère with frites	987	34	39	3	77	35	5.9	4.4
Poisson Frites	755	36	52	1	43	4	7.9	3.0
Bouillabaisse	745	60	19	1	46	6	5.2	4.1
Demi Poulet with house salad	716	102	4	3	32	9	4.2	4.6
Poulet Breton	603	29	38	8	35	12	12.6	2.1
Confit de Canard with Cherry Sauce	564	44	37	17	26	10	4.8	3.0
Boeuf Bourguignon	548	58	46	7	14	6	5.7	4.2
Moules Provençale with frites	479	21	39	1	26	2	5.4	4.9
Moroccan Vegetable Tagine	478	15	63	24	15	2	15.7	2.1
Confit de Canard with Orange Sauce	426	19	39	12	19	8	10.1	2.8
Vegetable Parmentier	418	8	52	6	18	2	8.7	3.0

### Cafe Rouge - Steak Frites

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Ribeye with frites	838	60	36	1	49	14	5.7	2.7
Sirloin with frites	699	55	37	1	36	8	5.6	2.6
Heart of Rump with frites	609	54	37	1	26	3	5.5	2.6
Fillet with frites	577	44	36	1	27	4	5.3	2.3
Ribeye with house salad	512	59	4	3	28	13	3.3	0.7
Sirloin with house salad	372	53	4	3	16	6	3.1	0.6
Heart of Rump with house salad	282	53	5	3	6	2	3.0	0.6
Fillet with house salad	250	43	4	3	7	2	2.8	0.3
Beef Dripping Merlot Gravy	147	1	4	1	16	1	0.2	0.5
Béarnaise	126	1	3	1	13	7	0.0	0.3
Peppercorn Sauce	83	1	4	1	6	4	0.8	0.8
Roquefort	67	2	3	1	5	3	0.1	0.8
Add Garlic Butter	65	0	0	0	7	5	0.0	0.1

### Cafe Rouge - Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Rouge Burger with frites	1006	42	73	5	59	16	7.7	4.8
Spicy Chick Pea Burger with frites	969	19	107	13	48	6	17.0	4.2
Poulet Burger with frites	747	36	70	4	34	5	7.1	3.9
Rouge Burger with house salad	679	40	41	7	38	15	5.3	2.7
Spicy Chick Pea Burger with house salad	642	17	75	16	27	4	14.5	2.2
Poulet Burger with house salad	420	34	38	6	14	3	4.7	1.9
Add Grilled Halloumi	131	9	0	0	10	6	0.5	1.6
Add Sweet Cure Bacon	122	11	1	1	8	3	0.0	2.4
Add Camembert	89	7	0	0	7	4	0.0	0.5
Add Fried Egg	79	7	0	0	6	2	0.0	0.2
Add Smashed Avocado	55	1	1	0	6	1	1.4	0.1
Add Portobello Mushroom	10	1	0	0	0	0	1.1	0.0

### Cafe Rouge - Croques

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Camembert & Pancetta with Frites	1105	32	89	7	68	25	7.2	5.4
Madame with Frites	955	32	91	2	50	14	7.1	5.4
BBQ Pulled Beef with Frites	950	33	96	11	46	13	8.5	5.1
Chicken Club with Frites	950	36	87	2	49	13	7.5	5.2
Portobello Mushroom with Frites	918	23	87	2	51	11	9.1	4.6
Monsieur with Frites	876	25	91	2	44	13	7.1	5.2
Camembert & Pancetta with Salad	778	30	56	9	47	24	4.8	3.4
Madame with Salad	628	31	59	4	29	13	4.6	3.4
BBQ Pulled Beef with Salad	623	32	64	13	25	12	6.0	3.0
Chicken Club with Salad	623	34	55	4	29	11	5.1	3.2
Portobello Mushroom with Salad	591	21	54	4	31	10	6.6	2.5
Monsieur with Salad	549	24	59	4	23	11	4.6	3.2

### Cafe Rouge - Baguettes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Grilled Vegetable & Halloumi with frites	995	31	107	12	47	14	10.6	5.5
Poulet with frites	902	39	109	3	32	3	8.8	4.6
Rump steak with frites	892	39	109	6	33	4	10.0	3.7
Grilled Vegetable & Halloumi with house salad	668	29	75	14	26	12	8.1	3.5
Poulet with house salad	575	38	76	5	12	2	6.4	2.6
Steak with house salad	565	38	76	8	13	2	7.6	1.7

### Cafe Rouge - Lighter Bites

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Salade Niçoise	563	54	18	1	28	6	9.3	2.1
Salade César	464	10	16	4	40	5	2.6	2.4
Add Orchard Salad	454	5	20	19	38	3	5.9	1.0
Salade de Poulet	348	33	7	5	21	7	1.5	1.4
Add Goats' Cheese	120	8	0	0	10	7	0.0	0.5
Add Chargrilled Chicken breast	116	27	1	1	1	0	0.1	1.0
Add Smoked Salmon	114	11	1	1	7	1	0.0	0.0

### Cafe Rouge - Omelette

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Omelette - 3 eggs with frites	641	23	45	1	40	5	5.2	2.5
Omelette - 3 eggs with house salad	314	21	12	3	19	4	2.7	0.5
Add Smoked Salmon	114	11	1	1	7	1	0.0	0.0
Add Emmental Cheese	71	20	0	0	6	4	0.0	0.5
Add Mushroom	57	3	1	0	5	0	2.2	0.2
Add Ham	27	5	0	0	1	0	0.1	0.5
Add Heirloom Tomatoes	15	1	3	3	0	0	1.1	0.0
Add Spinach	9	1	1	1	0	0	1.0	0.1

### Cafe Rouge - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Halloumi Frites	514	19	30	3	35	12	1.5	2.6
Frites	372	3	36	0	23	2	4.5	2.0
Sweet Potato Frites	335	3	36	15	19	1	3.1	2.0
Dauphinoise Potatoes	227	4	25	1	12	7	2.1	0.9
Tenderstem Broccoli	121	2	0	0	12	7	1.5	0.0
Green Beans	93	2	2	2	8	5	3.9	0.0
House Salad	45	2	4	3	2	0	2.1	0.2
Hierloom tomato & Shallot Salad	43	2	2	2	2	0	2.9	0.0

### Cafe Rouge - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Cheese Board with Baguette	742	32	43	1	49	32	2.4	3.1
Cheese Board with Wafer Biscuits	663	28	24	1	50	32	1.3	2.7
Fondant au Chocolat	563	9	57	43	32	12	4.2	0.3
Beignets with Dark Chocolate Sauce	517	7	70	26	23	12	2.5	1.3
Tarte au Citron	509	6	75	47	21	12	1.2	0.2
Beignets with Salted Caramel Sauce	508	8	61	33	26	13	2.7	1.0
Café Gourmand	468	4	57	37	24	14	1.5	0.2
Tarte Tatin	432	9	59	16	19	11	1.6	1.2
Rhubarb & Ginger Crumble	415	4	62	37	16	6	3.8	0.2
Brioche Bread & Butter Pudding	401	5	51	31	20	12	1.0	0.3
Crèmes Glacées: Chocolate	367	6	45	37	18	11	1.7	0.2
Mousse au Chocolat	340	3	19	15	28	7	2.0	0.1
Crèmes Glacées: Strawberry	312	4	30	23	20	13	0.6	0.1
Crèmes Glacées: Salted Caramel	290	4	27	20	19	12	0.5	0.3
Crème Brûlée	288	6	27	22	17	7	1.9	0.2
Crèmes Glacées: Vanilla	262	4	31	26	13	7	0.7	0.2
Mango Sorbet	165	0	39	33	1	1	0.1	0.1
Lemon Sorbet	154	0	39	22	0	0	0.1	0.1