

# BREAKFAST

PRINTEMPS 2019  
7AM-11:30AM\*

## LES SUCRÉS

**PAIN PERDU \$14**  
CINNAMON VANILLA FRENCH TOAST  
FRESH FRUITS, CRÈME FRAÎCHE,  
MAPLE SYRUP - 440/485 Cal

**AVOINE & FRUITS FRAIS**  
OATMEAL, GOLDEN RAISINS  
WITH MIXED BERRIES - 220/270 Cal **\$13**  
WITH BANANAS & ALMONDS - 305/355 Cal **\$12**

**BAGUETTE TARTINE \$5**  
SLICED BAGUETTE WITH  
BUTTER & JAM - 310/415 Cal

**SALADE DE FRUITS FRAIS \$7**  
FRESH FRUIT SALAD - 70 Cal

**YAOURT PARFAIT \$10**  
ORGANIC LOW FAT YOGURT PARFAIT  
FRESH FRUIT COULIS & GRANOLA - 345 Cal

**CHIA SEED PUDDING \$5**  
ALMOND OR COCONUT MILK  
WITH FRUIT COMPOTE - 150 Cal

**NUTELLA TOAST \$11**  
TOASTED PAIN DE MIE, NUTELLA,  
BANANAS, STRAWBERRIES - 480 Cal

## LES ACCOMPAGNEMENTS

**AVOCAT \$4**  
SLICED AVOCADO - 130 Cal

**TOMATE \$3**  
SLICED TOMATO - 10 Cal

**BACON - 160 Cal \$4**

**PETITE MESCLUN - 60 Cal \$5**

**SAUMON FUMÉ \$12**  
SMOKED SALMON, RED ONIONS, CAPERS - 170 Cal

## LES ŒUFS

**DEUX ŒUFS AU CHOIX\* \$10**  
TWO ORGANIC EGGS SUNNY-SIDE UP,  
SCRAMBLED, OR SOFT BOILED,  
TOAST - 320 Cal

*\*With smoked ham - 90 Cal ADD \$5.50*

*\*With smoked salmon - 135 Cal ADD \$8*

**ŒUF COCOTTE PARISIENNE \$14**  
ORGANIC POACHED EGG,  
SMOKED HAM, BECHAMEL,  
MUSHROOMS - 495 Cal

**AVOCAT & DEUX ŒUFS \$14.50**  
AVOCADO, FETA CHEESE,  
SALSA VERDE, RED ONIONS ON  
QUINOA BREAD WITH TWO ORGANIC  
EGGS SCRAMBLED, SUNNY-SIDE UP  
OR SOFT BOILED - 450 Cal

**CROISSANT &  
ŒUFS BROUILLÉS \$13.50**  
SCRAMBLED EGGS, GRUYÈRE CHEESE,  
*Choice of smoked ham or spinach - 550/560 Cal*

## LES TARTINES

*On Sourdough*

**ASPERGES &  
ŒUFS BROUILLÉS \$16**  
SCRAMBLED EGGS WITH TRUFFLED  
GREEN ASPARAGUS &  
GRUYÈRE CHEESE - 535 Cal

**SAUCISSES &  
ŒUFS BROUILLÉS \$16**  
SWEET SAUSAGE, SCRAMBLED  
EGGS, CARAMELIZED ONIONS, RED  
PEPPERS, PESTO & GRUYÈRE CHEESE - 790 Cal

**BACON & ŒUFS BROUILLÉS \$15.50**  
SCRAMBLED EGGS, BACON,  
MORNAY SAUCE &  
GRUYÈRE CHEESE - 655 Cal

**SHAKSHOUKA TARTINE \$14**  
TOMATO, PEPPERS & ONION STEW  
SPICED WITH CUMIN, PAPRIKA & CAYENNE,  
FETA, ORGANIC SUNNY-SIDE UP EGG,  
CILANTRO - 440 Cal

**SAUMON FUMÉ \$16.50**  
SMOKED SALMON, CRÈME FRAÎCHE,  
ORGANIC SUNNY-SIDE UP EGG,  
CAPERS, RED ONIONS - 505 Cal

**CROQUE-MADAME \$15.50**  
SMOKED HAM, MORNAY SAUCE &  
GRUYÈRE CHEESE, ORGANIC  
SUNNY-SIDE UP EGG - 545 Cal

## LES VIENNOISERIES

**CROISSANT - 230 Cal \$4.05**

**CROISSANT AUX AMANDES \$5.15**  
ALMOND CROISSANT - 540 Cal

**PAIN AU CHOCOLAT \$4.50**  
CHOCOLATE CROISSANT - 290 Cal

**PAIN AU CHOCOLAT AUX AMANDES \$5.50**  
CHOCOLATE ALMOND CROISSANT - 595 Cal

**PAIN AUX RAISINS \$4.70**  
RAISIN SWIRL - 350 Cal

**PLIÉ AU CHOCOLAT \$4.80**  
CHOCOLATE & CUSTARD CROISSANT - 450 Cal

**BRIOCHE**  
PLAIN - 260 Cal **\$3.60** SUGAR - 280 Cal **\$3.80**

**VIENNOISE**  
DARK CHOCOLATE - 385 Cal **\$4.30**  
WHITE CHOCOLATE - 380/750 Cal **\$4.60/\$6.60**  
WHITE CHOCOLATE & PECAN - 420/840 Cal  
**\$4.80/\$6.80**

## *Le Panier de Viennoiseries*

**\$12**

CROISSANT, PAIN AUX RAISINS  
PAIN AU CHOCOLAT - 870 Cal  
WITH BUTTER & JAM - 105 Cal

*\*Subject to change per baking schedule*

## *Le Panier de Pains*

**\$5.50**

DAILY SELECTION OF  
FRESHLY BAKED BREAD - 320/540 Cal  
WITH BUTTER & JAM - 105 Cal

*\*Subject to change per baking schedule*

## SELECTION DE JUS

**JUS D'ORANGE \$4.50/\$5.50**  
ORANGE JUICE - 150/200 Cal

**JUS DE PAMPLEMOUSSE \$4.50/\$5.50**  
GRAPEFRUIT JUICE - 130/175 Cal

**ASK FOR OUR DAILY SELECTION \$6.75**

PINEAPPLE MINT - 180 Cal

APPLE CUCUMBER - 125 Cal

GREEN JUICE - 140 Cal

CARROT GINGER - 140 Cal

STRAWBERRY - 150 Cal

## LES COOKIES

**COOKIE DUO \$4.15**  
PECAN, MILK & DARK  
CHOCOLATE COOKIE - 420 Cal

**COOKIE PISTACHE &  
CHOCOLAT BLANC \$4.15**  
PISTACHIO & WHITE  
CHOCOLATE COOKIE - 390 Cal

**COOKIE CHOCOLAT NOIR \$4.15**  
DARK CHOCOLATE COOKIE - 385 Cal

**COOKIE MACADAMIA \$4.15**  
MACADAMIA & MILK  
CHOCOLATE COOKIE - 420 Cal

**COOKIE OATMEAL \$4.15**  
OATMEAL COOKIE - 340 Cal

**COOKIE TOUT-CHOCO \$4.15**  
FLOURLESS & DAIRY FREE  
DARK CHOCOLATE COOKIE - 280 Cal

## LES GÂTEAUX

**MADELEINES \$5.70**  
4 PIECES: PLAIN  
OR CHOCOLATE - 440/460 Cal

**FINANCIER \$5.50**  
BLUEBERRY, PLAIN, RASPBERRY, PISTACHIO,  
CHOCOLATE OR CHERRY - 300/325 Cal

**PAIN DE GÊNES \$5.50**  
CHERRY - 495 Cal

**BROWNIE \$5.50**  
DARK CHOCOLATE  
W/ PECAN NUTS - 510 Cal

**TARTE FINE AUX POMMES \$6.55**  
THIN CRUST APPLE TART - 350 Cal

**MOELLEUX MYRTILLES \$5.50**  
BLUEBERRY SOFT CAKE - 300 Cal

## CAFÉ GOURMAND

### *A Parisian Signature*

**\$9.50**  
SELECTION OF MINI  
DESSERTS SERVED WITH  
AN ESPRESSO OR  
AN AMERICAN COFFEE - 260 Cal

## LES CAFÉS

**CAFÉ - 0 Cal \$3.50**  
**ESPRESSO S/D - 0 Cal \$3.75/\$4.25**  
**AMERICANO - 0 Cal \$4.00**  
**LATTE - 50/80 Cal \$4.75**  
**CAFÉ AU LAIT - 20/35 Cal \$3.50**  
**MACCHIATO - 1 Cal \$3.75**  
**CAPPUCCINO - 40/70 Cal \$4.75**  
**MOCHACCINO - 85/115 Cal \$4.95**

## LES BOISSONS FRAÎCHES

**LIMONADE MAISON \$3.50**  
FRESH LEMONADE - 50 Cal

**ARNOLD PALMER - 10 Cal \$3.75**

**EVIAN - 0 Cal \$3.50/\$5.50**

**BADOIT \$3.50/\$5.50**  
NATURAL SPARKLING WATER - 0 Cal

**COCA-COLA, DIET - 0/100 Cal \$3**

**SPRITE - 100 Cal \$3**

## LES THÉS & CHOCOLATS

**BIG BEN \$4.25**  
ENGLISH BREAKFAST - 0 Cal

**THÉ DES LORDS \$4.25**  
EARL GREY - 0 Cal

**THÉ À LA MENTHE \$4.25**  
MINT INFUSION - 0 Cal

**THÉ DES AMANTS \$4.25**  
GREEN TEA, APPLE, CINNAMON,  
GINGER & ALMONDS - 0 Cal

**THÉ DU HAMMAM \$4.25**  
GREEN TEA, BERRIES, ROSE,  
& ORANGE BLOSSOM - 0 Cal

**VAHINÉ ROOIBOS \$4.25**  
ALMOND & VANILLA - 0 Cal

**BRAZILIAN DETOX \$4.25**  
GREEN TEA, ACAI, GUARANA,  
PASSION FRUIT - 0 Cal

**CAMOMILLE \$4.25**  
CHAMOMILE HERBAL TEA - 0 Cal

**THÉ GLACÉ \$4.25**  
ICED TEA - 0/12 Cal

**CHAI LATTE - 105/135 Cal \$4.95**

**CHAI LATTE GLACÉ \$5.25**  
ICED CHAI LATTE - 105/135 Cal

**CHOCOLAT CHAUD \$4.50**  
HOT CHOCOLATE - 160/215 Cal

**CHOCOLAT GLACÉ \$4.95**  
ICED CHOCOLATE - 160/215 Cal

*Hot beverages are served with a mini financier - 30 Cal*

## LES CAFÉS GLACÉS

**COLD BREW\* - 0 Cal \$4.60**  
**DRAFT COLD BREW\* - 0 Cal \$4.75**  
**NITRO COLD BREW\* - 0 Cal \$5.75**  
**ICED LATTE - 70/120 Cal \$4.95**  
**ICED CAPPUCCINO - 60/105 Cal \$4.95**  
**ICED MOCHACCINO - 115/145 Cal \$5.95**  
**ICED AMERICANO - 0 Cal \$4.25**

*\* Availability depends on store location*