

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 BANANA & ALMONDS - 305/355 Cal \$12

SALADE DE FRUITS FRAIS \$7

FRESH FRUIT SALAD - 70 Cal

YAOURT PARFAIT \$10

ORGANIC LOW FAT YOGURT PARFAIT WITH
FRESH FRUIT COULIS & GRANOLA - 345 Cal

NUTELLA TOAST \$11

TOASTED PAIN DE MIE, NUTELLA,
BANANAS, STRAWBERRIES - 480 Cal

CHIA SEED PUDDING \$5

ALMOND OR COCONUT MILK
WITH FRUIT COMPOTE - 145/150 Cal



LES SOUPES & SANDWICHES

SOUPE DU JOUR \$12

SEASONAL VEGETABLE SOUP - 200/480 Cal

GRATINÉE À L'OIGNON \$13.50

FRENCH ONION SOUP, GRUYÈRE - 485 Cal

PARISIEN PRESSÉ \$14.50

WARM BAGUETTE BREAD, SMOKED HAM,
GRUYÈRE CHEESE - 580 Cal

CLUB CROISSANT \$14

SMOKED TURKEY, BACON, AVOCADO,
TOMATOES, CHIPOTLE MAYO,
SALAD - 580 Cal



MENU ENFANT

KID BRUNCH \$13

1/2 CROQUE MONSIEUR, FRUIT SALAD,
ONE EGG ANY STYLE - 360 Cal



BRUNCH

PRINTEMPS 2019
SATURDAY & SUNDAY 11:30AM-4PM*

LES ŒUFS

DEUX ŒUFS AU CHOIX \$10

TWO ORGANIC EGGS ANY STYLE,
TOAST - 320 Cal

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

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

ŒUFS BÉNÉDICTE

ORGANIC POACHED EGGS, TOASTED
VIENNOIS BREAD, HOLLANDAISE SAUCE,
MESCLUN SALAD

With smoked ham - 540 Cal \$15

With smoked salmon - 560 Cal \$16

With avocado - 560 Cal \$15

AVOCAT & DEUX ŒUFS \$14.50

AVOCADO, FETA CHEESE, SALSA VERDE,
RED ONIONS ON QUINOA BREAD WITH TWO
ORGANIC EGGS ANY STYLE - 450 Cal

ŒUF COCOTTE PARISIENNE \$14

POACHED EGG, MUSHROOMS, HAM,
BECHAMEL, GRUYÈRE, TOAST - 495 Cal

CROISSANT & ŒUF BROUILLÉS \$13.50

SCRAMBLED EGGS, GRUYÈRE CHEESE,

Choice of smoked ham

or spinach - 550/560 Cal

LES TARTINES

On Sourdough

CROQUE-MADAME \$15.50

SMOKED HAM, MORNAY SAUCE, GRUYÈRE
CHEESE, ORGANIC SUNNY-SIDE UP EGG - 545 Cal

SAUMON FUMÉ \$16.50

SMOKED SALMON, CRÈME FRAÎCHE,
ORGANIC EGG SUNNY-SIDE UP,
ONIONS - 505 Cal

SHAKSHOUKA TARTINE \$14

TOMATO, PEPPERS & ONION STEW
SPICED WITH CUMIN, PAPRIKA & CAYENNE,
FETA, ORGANIC SUNNY-SIDE UP EGG,
CILANTRO - 440 Cal

BACON & ŒUFS BROUILLÉS \$15.50

SCRAMBLED EGGS, BACON, MORNAY SAUCE
& GRUYÈRE CHEESE - 655 Cal

ASPERGES & ŒUFS BROUILLÉS \$16

SCRAMBLED EGGS WITH
TRUFFLED GREEN ASPARAGUS
& GRUYÈRE CHEESE - 535 Cal

SAUCISSES & ŒUFS BROUILLÉS \$16

SWEET SAUSAGE, SCRAMBLED EGGS,
CAMELIZED ONIONS, RED PEPPERS,
PESTO & GRUYÈRE CHEESE - 790 Cal

LES PLATS & SALADES

QUICHE & SALAD \$14.50

TRADITIONAL LORRAINE OR
VEGETARIAN QUICHE, MESCLUN - 460/510 Cal

SAUMON RÔTI \$24

ROASTED SALMON, DILL MUSTARD SAUCE,
HARICOTS VERTS, ROMANO BEANS, RED
ONIONS, POTATOES, MESCLUN - 580 Cal

BOEUF AUX CAROTTES \$27

SHORT RIBS SLOWLY COOKED IN
WHITE WINE WITH CARROTS,
PASTA, PARSLEY - 670 Cal

SALADE NIÇOISE \$17

TUNA IN OLIVE OIL, HARICOTS VERTS, EGG,
POTATOES, TOMATOES, ROASTED RED
PEPPERS, CUCUMBERS, OLIVES, ANCHOVIES,
DIJON DRESSING - 495 Cal

SALADE DE PRINTEMPS* \$16

MESCLUN, ASPARAGUS, ROMANO BEANS, PEAS,
CUCUMBERS, TOMATOES, RADISHES, FETA,
PINE NUTS, MINT, LEMON DRESSING - 460 Cal

With chicken* - 80 Cal **ADD \$4

With shrimp/roasted salmon* - 120/145 Cal **ADD \$5

With avocado* - 130 Cal **ADD \$4

LES VIENNOISERIES

CROISSANT - 230 Cal \$4.05

CROISSANT AUX AMANDES - 595 Cal \$5.15

PAIN AU CHOCOLAT - 290 Cal \$4.50

PAIN AUX RAISINS - 350 Cal \$4.70

PAIN AU CHOCOLAT
AUX AMANDES - 545 Cal \$5.50

PLIÉ AU CHOCOLAT - 450 Cal \$4.80

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

PANIER DE VIENNOISERIE* \$12

CROISSANT, PAIN AUX RAISINS

PAIN AU CHOCOLAT - 870 Cal

WITH BUTTER & JAM - 105 Cal



LES PAINS

BAGUETTE TARTINE \$5

SLICED BAGUETTE WITH
BUTTER & JAM - 310/415 Cal

PANIER DE PAIN* \$5.50

DAILY SELECTION OF FRESHLY

BAKED BREAD - 320/540 Cal

WITH BUTTER & JAM - 105 Cal

**Subject to change per baking schedule*



LES ACCOMPAGNEMENTS

AVOCADO - 130 Cal \$4

TOMATO - 10 Cal \$3

BACON - 160 Cal \$4

PETITE MESCLUN - 60 Cal \$5

SAUMON FUMÉ \$12

SMOKED SALMON, RED ONIONS, CAPERS - 170 Cal



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 DESSERTS

Please ask your server for our full selection & availability

CARDINAL \$7.55
RASPBERRY MOUSSE CAKE
& CRÈME BRÛLÉE CENTER - 335 Cal

MANGODOR \$7.55
MANGO MOUSSE CAKE
& CASSIS CRÈMEUX CENTER - 295 Cal

ADAGIO \$7.55
CHOCOLATE 70% MOUSSE CAKE
& PASSION FRUIT CENTER - 395 Cal

MI-CUIT \$6.30
DECADENT MELTED DARK
CHOCOLATE 65% CAKE - 340 Cal

CHOCOLATE CAKE \$7.55
FLOURLESS & DAIRY FREE - 330 Cal

ÉCLAIR \$6.35
CHOCOLATE OR
SALTED CARAMEL - 305/315 Cal

MINI PASTRIES \$7.40
3 PIECES OF MINI PASTRIES - 260 Cal

TARTE FRAMBOISES \$7.40
RASPBERRY TART - 270 Cal

TARTE CHOCOLAT \$6.55
DARK CHOCOLATE TART,
CHOCOLATE TRUFFLE - 415 Cal

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

TARTE CITRON \$6.55
LEMON TART - 285 Cal

TARTE ABRICOT \$6.55
APRICOT & PISTACHIO TART - 230 Cal

**TARTE POIRE
& AMANDES \$6.55**
PEAR & ALMOND TART - 240 Cal

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