

LES CLASSIQUES

GRATINÉE À L'OIGNON \$13.50
FRENCH ONION SOUP, GRUYÈRE - 485 Cal

RILLETTES DE CANARD \$15
DUCK RILLETTES, BLACK PEPPER,
CORNICHONS, TOAST - 650 Cal

QUICHE & SALAD \$14.50
TRADITIONAL LORRAINE OR
VEGETARIAN QUICHE, MESCLUN - 460/510 Cal

CROQUE-MONSIEUR \$14
SMOKED HAM, MORNAY SAUCE,
GRUYÈRE CHEESE - 545 Cal
With organic sunny side-up egg - 80 Cal ADD \$1.50

MACARONI GRATINÉ AU FROMAGE \$13
BAKED ELBOW PASTA, GRUYÈRE CHEESE,
MORNAY SAUCE - 660 Cal
With ham - 45 Cal ADD \$3

LES SANDWICHES

Served with green salad

CLUB SAUMON \$18.50
SMOKED SALMON, CUCUMBERS, CAPERS,
CRÈME FRAÎCHE, LETTUCE, TOMATOES,
RED ONIONS, PUMPERNICKEL BREAD - 575 Cal

PARISIEN PRESSÉ \$14.50
WARM BAGUETTE BREAD, SMOKED HAM,
GRUYÈRE CHEESE - 580 Cal

CLUB POULET \$16.50
GRILLED CHICKEN BREAST, BACON,
EGG, LETTUCE, TOMATOES, AIOLI,
SEEDED PAIN DE MIE - 660 Cal

POULET AVOCAT & MOZZARELLA \$15.50
TOASTED VIENNOIS BREAD, GRILLED
CHICKEN, MOZZARELLA, AVOCADO,
TOMATOES, SALSA VERDE, LETTUCE - 650 Cal

LUNCH & DINNER

PRINTEMPS 2019

LES SALADES

SALADE CREVETTE & AVOCAT \$17
SHRIMP, AVOCADO, MANGO, MESCLUN,
RED ONIONS, LIME CILANTRO - 320 Cal

SALADE NIÇOISE \$17
TUNA IN OLIVE OIL, HARICOTS VERTS,
EGG, POTATOES, TOMATOES, ROASTED
RED PEPPERS, CUCUMBERS, OLIVES,
ANCHOVIES WITH DIJON DRESSING - 495 Cal

POULET & QUINOA \$17.50
GRILLED CHICKEN, ORGANIC QUINOA,
AVOCADO, GREEN PEPPERS, TOMATOES,
CUCUMBERS, CHICKPEAS, CILANTRO,
SALSA VERDE, CRÈME FRAÎCHE - 395 Cal

SALADE DE CHÈVRE CHAUD \$15.50
WARM GOAT CHEESE TARTINE WITH HONEY
& ROSEMARY, MESCLUN, TOMATOES,
CUCUMBERS, RADISHES - 415 Cal

SALADE POULET & CRUDITÉS \$17
KALE, MESCLUN, GRILLED CHICKEN, EGG,
CARROTS, TOMATOES, CUCUMBERS,
RADISHES, PECORINO CHEESE, ONIONS,
BASIL - 450 Cal

SALADE DE PRINTEMPS* \$16
MESCLUN, ASPARAGUS, ROMANO BEANS,
PEAS, CUCUMBERS, TOMATOES,
RADISHES, FETA, PINE NUTS,
MINT, LEMON DRESSING - 460 Cal

SALADE MESCLUN* \$12
TOSSED FIELD GREENS, RADISHES,
CUCUMBERS, TOMATOES - 190 Cal

**With chicken - 80 Cal ADD \$4*
**With shrimp/roasted salmon - 120/145 Cal ADD \$5*
**With avocado - 130 Cal ADD \$4*

LES TARTINES

On Sourdough

Served with green salad

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

CRABE & AVOCAT \$18
GUACAMOLE, CRAB, AVOCADO, CHERRY
TOMATOES, RED ONIONS, CILANTRO,
DIJON DRESSING - 455 Cal

POULET & ARTICHAUT \$16
ARTICHOKE & GREEN OLIVE TAPENADE,
GRILLED CHICKEN, ARTICHOKE
HEART, ARUGULA, OREGANO AIOLI - 460 Cal

AVOCAT & OEUF POCHÉ \$15.50
AVOCADO, ORGANIC POACHED EGG,
HUMMUS, SALSA VERDE, RED PEPPERS,
CHILI FLAKES, ARUGULA - 580 Cal

LES SUGGESTIONS

SOUPE DU JOUR \$12
SEASONAL VEGETABLE SOUP - 200/480 Cal

SALADE TOMATE & MOZZARELLA \$14
TOMATOES, MOZZARELLA,
ARUGULA, PESTO - 360 Cal

BURRATA & POIVRONS MARINÉS \$15.50
BURRATA, MARINATED PEPPERS,
CARAMELIZED ONIONS, ARUGULA,
BALSAMIC REDUCTION - 320 Cal

LES PÂTES PRIMAVERA \$19
LINGUINI, SPRING VEGETABLES,
CHERRY TOMATOES,
PECORINO, BASIL - 690 Cal

LE BREAKFAST ALL DAY

DEUX OEUFS 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

LES PLATS

SAUMON RÔTI \$24
ROASTED ATLANTIC SALMON,
DILL MUSTARD SAUCE,
HARICOTS VERTS, ROMANO BEANS,
POTATOES, RED ONIONS, MESCLUN - 580 Cal

**POITRINE DE VOLAILLE
AUX CHAMPIGNONS \$25**
ROASTED CHICKEN BREAST,
MUSHROOM SAUCE, ASPARAGUS,
MASHED POTATOES - 650 Cal

BOEUF AUX CAROTTES \$27
SHORT RIBS SLOWLY COOKED IN
WHITE WINE WITH CARROTS,
PASTA, PARSLEY - 670 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*