

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

LES CLASSICS

FRENCH TOAST \$14
CINNAMON VANILLA FRENCH TOAST
FRESH FRUITS, SOUR CREAM,
MAPLE SYRUP - 440/485 Cal

STEEL CUT OAT
OATMEAL, GOLDEN RAISINS
WITH MIXED BERRIES - 220/270 Cal **\$13**
WITH BANANA & ALMONDS - 305/355 Cal **\$12**

FRESH FRUIT SALAD \$7
70 Cal

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

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

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



LES SIDES

AVOCADO - 130 Cal \$4

TOMATO - 10 Cal \$3

BACON - 160 Cal \$4

SMALL MESCLUN - 60 Cal \$5

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



BREAKFAST

SUMMER 2019
7AM-11:30AM*

LES ŒUFS

EGG ANY STYLE* \$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*

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

AVOCADO & EGG \$14.50
AVOCADO, FETA CHEESE, SALSA VERDE,
RED ONIONS ON QUINOA BREAD
WITH TWO ORGANIC EGGS
ANY STYLE - 450 Cal

CROISSANT & EGG \$13.50
SCRAMBLED EGGS, GRUYÈRE, MORNAY
Choice of smoked ham or spinach - 550/560 Cal

LES TARTINES

Open faced sandwich on our freshly baked Sourdough Bread

ASPARAGUS & EGG \$16
SCRAMBLED EGGS WITH TRUFFLED
GREEN ASPARAGUS & GRUYÈRE - 535 Cal

SAUSAGE & EGG \$16
SWEET SAUSAGE, SCRAMBLED
EGGS, CARAMELIZED ONIONS, RED
PEPPERS, PESTO & GRUYÈRE - 790 Cal

BACON & EGG \$15.50
SCRAMBLED EGGS, BACON, MORNAY
SAUCE & GRUYÈRE - 655 Cal

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

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

FIG & RICOTTA \$16
FRESH FIGS, WHIPPED RICOTTA,
CARAMELIZED ONIONS, HONEY,
BALSAMIC REDUCTION - 560 Cal

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

FROM THE BAKERY

CROISSANT - 230 Cal \$4.05

PAIN AU CHOCOLAT \$4.50
CHOCOLATE CROISSANT - 290 Cal

ALMOND CROISSANT - 540 Cal \$5.15

CHOCOLATE ALMOND CROISSANT \$5.50
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

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



LES BASKETS*

CROISSANT \$12
CROISSANT, PAIN AUX RAISINS
PAIN AU CHOCOLAT - 870 Cal
WITH BUTTER & JAM - 105 Cal

BREAD \$5.50
DAILY SELECTION OF
FRESHLY BAKED BREAD - 320/540 Cal
WITH BUTTER & JAM - 105 Cal

**Subject to change per baking schedule*



OUR JUICE SELECTION

ORANGE JUICE \$4.50/\$5.50
150/200 Cal

GRAPEFRUIT JUICE \$4.50/\$5.50
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

WATERMELON - 100 Cal

COLD BEVERAGES

HOMEMADE LEMONADE - 50 Cal \$3.50

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

BAKED GOODS

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

**PISTACHIO & WHITE
CHOCOLATE COOKIE \$4.15**
390 Cal

DARK CHOCOLATE COOKIE \$4.15
385 Cal

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

OATMEAL COOKIE \$4.15
340 Cal

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

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 GÈNES \$5.50
CHERRY - 495 Cal

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

THIN CRUST APPLE TART \$6.55
350 Cal

BLUEBERRY SOFT CAKE \$5.50
300 Cal

TEAS & CHOCOLATE

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

CHAMOMILLE \$4.25
HERBAL TEA - 0 Cal

ICED TEA \$4.25
0/12 Cal

CHAI LATTE - 105/135 Cal \$4.95

ICED CHAI LATTE \$5.25
105/135 Cal

HOT CHOCOLATE \$4.50
160/215 Cal

ICED CHOCOLATE \$4.95
160/215 Cal

Hot beverages are served with a mini financier - 30 Cal

CAFÉ GOURMAND

A Parisian Signature

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

COFFEES

COFFEE - 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

ICED COFFEES

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

** Only available at select locations*