

BEVERAGES

Coffee complementary refill	\$3.15
Cold brew	\$3.15
Cold brew latte	\$4.60
Espresso	\$3.05
Double Espresso	\$4.60
Cappuccino	\$4.60
Double Cappuccino	\$5.60
Iced Cappuccino	\$5.60
Latte	\$4.60
Double Latte	\$5.60
Iced Latte	\$4.60
Americano	\$3.95
Chai Latte	\$5.60
Flavor (vanila, hazelnut, almond, caramel)	\$1.60
Cafe Mocha	\$5.80
Hot Chocolate	\$4.20
Cafe crème	\$3.35
Selection of tea	\$4.80
Pineapple or Apple juice	\$3.90
Orange juice	\$3.90
Orangina	\$4.70
Perrier	\$3.95
Soft Drinks	\$3.50
Iced Tea	\$3.80
Special Tea	\$4.80
Mimosa	\$7.50
House Wine by the glass	\$8.50
(Merlot, Chardonnay, Bordeaux (+\$2), Cab. Sauvignon, Pinot Grigio, Sauvignon, Rosé)	
Bloody Mary	\$9.50

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complementary milk substitute for all coffee : almond, oat or soy

APPETIZERS

Served with fresh bread



1.Soup of the Day <i>Homemade and fresh soup every day !</i>	\$8.90
2.Plateau de fromages <i>Selection of french cheeses to share.</i>	\$25.00
3.Plateau Delicieux <i>Selection of french cheeses and charcuterie to share.</i>	\$25.00

LE PETIT DEJEUNER

Served with fresh bread



1.Dejeuner en terrasse <i>French baguette, butter and jam and 1 plain croissant.</i>	\$6.85
2.Crepe Breakfast <i>butter and sugar crêpe, two eggs any style, bacon and side of fruits</i>	\$15.65
3.American Breakfast <i>two eggs any style, bacon and sausage and 1 side of diced fried potatoes</i>	\$11.85
4.Croissant Breakfast <i>Hot croissant sandwich with swiss cheese, bacon, and 2 scrambled eggs with diced fried potatoes add spinach, onion, ham, tomatoes +1.30 add smoked salmon, brie, prosciutto, goat cheese, avocado +\$2.30</i>	\$14.60
5.Tartine Gourmande <i>open faced sandwich with avocado, smoked salmon and scrambled eggs and a side of your choice</i>	\$16.75
6. Croissant french toasts <i>croissant french toast made with dulce de leche served with a side of fruits Choose speciality croissant french toast (cinnamon, raisin, bread pudding..)+\$1.90. Ask your waiter for availability</i>	\$12.50

WE PROUDLY SERVE LOCAL FREE RANGE EGGS



EGGS & OMELETTES

Choose side : homemade soup or diced fried potatoes or fruits or house salad (+\$1.50 for caesar salad). Served with fresh bread.

Plain Omelette	\$8.90
Customize your omelette. <i>Choice of your ingredient. Add \$1.30 for each additional ingredient : ham, bacon, chicken, swiss cheese, mozzarella, sausage, turkey, onion, blue cheese, spinach, mushroom, potatoes, bell peppers, walnut, pesto, tomatoes, tuna, feta, cheddar cheese add \$2.50 : smoked salmon, goat cheese, prosciutto, brie, avocado, avocado. Eggs white option available.</i>	
Eggs Benedicts	\$15.95
Toasted Croissant, bacon, 2 poached egg, homemade hollandaise sauce and a side of your choice. Choose : Ham, Smoked salmon or Spinach Choose Truffle Eggs Benedict with truffle hollandaise +\$2.50	



GLUTEN FREE



VEGETARIAN



HEALTHY

QUICHES

Choose side : soup or diced fried potatoes or fruits or house salad (+\$1.50 for caesar salad)

- 1. **Quiche Lorraine**  \$14.85
Bacon and swiss cheese
- 2. **Quiche Mademoiselle** \$15.50
smoked salmon, spinach, goat cheese, dried tomatoes
- 3. **Quiche Végétarienne**  \$15.20
mushroom, bell pepper, spinach, onion

WE PROUDLY SERVE LOCALLY GROWN
LETTUCE & MICROGREENS 
(NO PESTICIDES)

SALADS

Add Chicken \$5.95 | add brie or prosciutto or Smoked Salmon = \$7.95
served with homemade vinaigrette and fresh bread

- 1. **La Caesar Salad**  \$10.45
caesar salad dressing, lettuce, parmesan cheese and homemade croutons
- 2. **La Classique**   \$14.65
ham, tomatoes, hard boiled eggs, swiss cheese, arugula and lettuce
- 3. **Mademoiselle Salad**  \$19.05
smoked salmon, onion, hard boiled eggs, avocado, cream cheese, tomatoes and mixed greens
- 4. **La Salade Lyonnaise** \$17.75
Poached eggs, parmesan cheese, potatoes, grilled onion, bacon, arugula and lettuce
- 5. **La Bonne Santé**    \$15.75
mushroom, artichoke heart, avocado, onion, tomatoes, roasted bell peppers, arugula and lettuce
- 6. **La Niçoise** \$15.75
anchovies, tuna, boiled potatoes, onions, tomatoes, hard boiled eggs, arugula and lettuce
- 7. **La fraîcheur**    \$15.75
goat cheese, strawberries, olive, walnut, arugula and lettuce
- 8. **La Jambon de Pays**   \$17.75
prosciutto, basil, tomatoes, mozzarella, olives, artichoke heart, roasted bell pepper, arugula and lettuce
- 9. **L'Evasion**  \$16.25
chicken curry, olives, tomatoes, artichoke heart, arugula and lettuce

- 10. **La Chaleureuse** \$15.75
boiled potatoes, prosciutto, brie on toasted bread, hard boiled eggs, tomatoes, arugula and lettuce
- 11. **L'Auvergnate** \$17.75
blue cheese, bacon, walnut, tomatoes, grilled onion, lettuce, arugula

HOT SANDWICHES

Choose side : soup or diced fried potatoes or fruits or house salad (+\$1.50 for caesar salad)

- 1. **Croque Monsieur** \$15.75
toasted sandwich with ham and cheese
- 2. **Croque Madame** \$17.35
croque monsieur with egg side up
- 3. **Croq'en Brie** \$18.35
French brie, ham on a toasted bread with melted brie on the top
- 4. **Croque Mademoiselle** \$18.35
toasted sandwich with smoked salmon and swiss cheese
- 5. **Croque Veggies**  \$17.35
toasted sandwich with veggies of the day - ask your waiter.
- 6. **Hot Brie & Ham Croissant** \$17.35
toasted croissant with ham and brie cheese covered with melted swiss cheese
- 7. **Hot swiss & Ham Croissant** \$16.80
toasted croissant with ham covered with melted swiss cheese

PANINIS

Choose side : soup or diced fried potatoes or fruits or house salad (+\$1.50 for caesar salad)

- 1. **Panini Saint Michel** \$13.20
swiss cheese and ham
- 2. **Panini 3 Fromages**  \$16.30
brie, blue cheese and swiss cheese
- 3. **Panini Le Provins**  \$15.75
brie, apple and spinach
- 4. **Panini Montmartre** \$17.30
chicken, tomatoes, bacon, parmesan cheese and pesto
- 5. **Panini Trocadéro** \$17.30
brie, bacon and onion
- 6. **Panini Place d'Italie** \$15.75
Chicken curry and swiss cheese
- 7. **Panini Lafayette** \$17.30
tomatoes, mozzarella, prosciutto & pesto



COLD SANDWICHES



Choose your bread :

Croissant or french baguette

Choose side : *soup or diced fried potatoes or fruits or house salad*

1. Parisien \$10.45
ham, swiss cheese, butter

2. Sarthois \$15.20
duck pate, pickles and mixed greens

3. Lyonnais \$15.20
rosette de lyon, swiss cheese, butter and pickles

4. Niçois \$12.55
tomato, mozzarella, and basil

5. Mademoiselle \$16.85
Norwegian smoked salmon, cream cheese, basil, olive oil

6. Dieppois \$14.20
tuna salad, tomato, onion & mixed greens

7. Alouette \$15.20
prosciutto, mozzarella, olive oil & tomatoes

8. Le Briard \$16.85
prosciutto, brie, tomatoes & lettuce

9. L'Etranger \$15.20
homemade chicken salad, tomatoes

10. L'Ardennais \$12.55
turkey, mayonnaise, mixed greens, tomatoes

WE PROUDLY SERVE CHICKEN ALL
NATURAL & MEATS FROM LOCAL
FARMS



TARTINES

Choose side : *soup or diced fried potatoes or fruits or house salad (+\$1.50 for caesar salad)*

All our tartines, open-faced sandwiches, are made with our freshly baked loaf

1. Tartine Amérique \$15.55
homemade chicken salad, tomatoes

2. Tartine Méditerranéenne \$15.95
prosciutto, tomatoes, mozzarella and olive oil

3. Tartine Dieppoise \$15.55
Homemade tuna salad, tomatoes

4. Tartine Avocado \$14.90

SIDES

1. Side homemade chicken salad or tuna salad \$6.85

2. Side Smoked salmon, brie, prosciutto, rosette or Duck pate \$7.95

3. Side bacon, sausage, grilled chicken, turkey or swiss cheese, avocado \$6.55

4. Side diced fried potatoes or fresh garden salad or fresh fruits \$5.95

SAVORY CREPES

Choose floor : *Bob's Red Mill Organic Buckwheat or White*

Choose side : *soup or diced fried potatoes or fruits or house salad (+\$1.50 for caesar salad)*

Plain Crêpe \$8.90

Customize your crepe.

Choice of your ingredient. Add \$1.30 for each additional ingredient :

ham, bacon, chicken, swiss cheese, mozzarella, sausage, turkey, onion, blue cheese, spinach, mushroom, potatoes, bell peppers, walnut, pesto, tomatoes, tuna, cheddar cheese, feta, egg.

add \$2.50 : smoked salmon, goat cheese, prosciutto, brie, avocado

Complementary white sauce included.

1. La Quiberon \$15.65
goat cheese, honey, potatoes

2. La Quimper \$16.50
smoked salmon, walnut, goat cheese, spinach and white creamy sauce

3. Coq Breton \$15.65
Chicken, Mushrooms & spinach in a white cream sauce

4. Ratatouille \$15.65
chicken, bell peppers, onion, tomato, swiss cheese

SWEET CREPES

1. Le Classique (butter & sugar) \$7.30
sweet crepe with butter and sugar

2. La délicieuse \$8.35
jam of your choice

3. La French Nutella \$10.45
sweet crepe with nutella

4. La Savoureuse \$11.05
nutella, banana & whipped cream

5. La Fraîsière \$13.55
Fresh strawberries & whipped cream

6. La Gourmande \$14.60
nutella, banana, strawberries & whipped cream

7. La Royale \$15.65
almonds, nutella, banana & dulce de leche