

BREAKFAST

LITTLE TEMPTATIONS TO START

HOME MADE, BEST IN THE VALLEY

ANY CROISSANT from \$3.00 TO \$5.00
regular | chocolate | almond | cinnamon or raisin snails & more

CROISSANT SANDWICH \$9.50
WITH COFFEE OR TEA \$12.00

FRESH 1/2 BAGUETTE \$8.95

WITH GENUINE CAFÉ AU LAIT, ORIGINAL FRENCH BUTTER & HOMEMADE JAM

FITNESS BREAKFAST \$13.95

SERVED WITH A SIDE OF TOMATO SLICES & FRESH FRUIT

EGG WHITE OMELETTE #1
with spinach, mushroom

EGG WHITE OMELETTE #2
with smoked salmon & shallots

EGG WHITE OMELETTE #3
smoked salmon, goat cheese & spinach

DIETERS BREAKFAST \$8.95

FRESH FRUIT PLATE WITH BERRIES & MIXED FRUIT

GRANOLA WITH YOGURT & BERRIES

OATMEAL WITH FRESH FRUIT OR TOASTED BREAD

YOGURT WITH A BOWL OF FIGS OR BERRIES

CRÊPES, PANCAKES, OR FRENCH TOAST \$8.95

WITH A SIDE OF FRESH FRUIT \$12.95

STRAWBERRY OR BANANA CHOCOLATE CREPE \$12.95

BANANA CHOCOLATE PANCAKE \$12.95

FULL BREAKFAST

WITH A SIDE OF POTATOES PROVENÇALES OR FRESH FRUIT

BISCUIT & GRAVY (NO SIDE) \$9.00

CORN BEEF HASH (HOME MADE) \$12.95

CREPE FLORENTINE \$12.95

CREPE MAISON \$12.95

CROISSANT SANDWICH \$12.95

MONTE CRISTO SIGNATURE SANDWICH \$13.95

OMELETTE BASQUAISE \$13.95

QUICHE (HOME MADE) \$11.95

SEAFOOD OMELETTE \$13.95

SEAFOOD ON ENGLISH MUFFINS \$14.95

STEAK & EGGS \$17.95

BENEDICT YOUR WAY \$12.95

WITH A SIDE OF POTATOES PROVENÇALES OR FRESH FRUIT

ON A CREPE OR ON ENGLISH MUFFIN

2 eggs poached (or your way), with hollandaise sauce,
& Canadian Bacon, Or Spinach Or Salmon

EGGS YOUR WAY \$12.50

WITH A SIDE OF POTATOES PROVENÇALES OR FRESH FRUIT

EGGS YOUR WAY | OMELETTE YOUR WAY

KIDS MENU \$7.95

SELECT 1 ITEM FROM EACH COLUMN BELOW

2 CREPES	+	MILK OR JUICE
OR 2 PANCAKES	:	OR FRESH FRUIT
OR 2 FRENCH	:	OR BACON
TOASTS	:	OR 2 EGGS

NOW
SERVING
FRESHLY
SQUEEZED
ORANGE
JUICE

LUNCH

APPETIZERS \$7.95

FRENCH MINI BAGUETTE WITH BRIE & HAM OR PATÉ

GRILLED TOMATO & GOAT CHEESE

CROQUE MADEMOISELLE

HOUSE SALAD • SALADE MAISON

RATATOUILLE • SEARED SALMON

SOUPES

CUP \$5.95

BOWL \$7.95

SOUPE GRATINÉE A L' ONION | SOUPE DU JOUR

OMELETTES \$12.95

WITH FRENCH FRIES OR GREEN SALAD OR FOR 75¢ EXTRA SWEET POTATO FRIES

YOUR WAY WITH ANY 3 ITEMS

LES CRÊPES

WITH FRENCH FRIES OR GREEN SALAD OR FOR 75¢ EXTRA SWEET POTATO FRIES

CREPE MAISON \$13.95

SPINACH & MUSHROOM \$14.95

CHICKEN & MUSHROOM \$14.95

RATATOUILLE \$13.95

SEAFOOD CREPE \$15.95

STRAWBERRY CREPE \$12.95

BANANA & CHOCOLATE CREPE \$13.95

QUICHES \$12.95

WITH FRENCH FRIES OR GREEN SALAD OR FOR 75¢ EXTRA SWEET POTATO FRIES

LORRAINE - HAM | SPINACH - AUX EPINARDS

QUICHE OF THE DAY • ASK YOUR SERVER

LUNCH SPECIAL \$14.95

CUP OF SOUP + SALAD OR FRIES + 1/2 SANDWICH

TUNA | ROAST BEEF | HAM | TURKEY

LES HAMBURGERS

WITH FRENCH FRIES OR GREEN SALAD OR FOR 75¢ EXTRA SWEET POTATO FRIES

ANY ADD'L ITEM \$2.00 • SPLIT ORDER \$3.00 • SIDE OF FRENCH FRIES OR SWEET POTATO FRIES \$4.00

BRIE BACON \$15.95

FRENCH CORNER \$13.95

SEARED AHI TUNA \$14.95

SCALLOP OR SOLE \$13.95

TURKEY OR TURKEY & BRIE \$13.95

SUPER PROTEIN BURGER \$16.95

REGULAR VEGGIE \$12.95

VEGGIE NATIVE SPECIAL \$14.95

KIDS MENU \$7.95

GRILLED CHEESE SANDWICH with French Fries OR Fresh Fruit

NOODLES tossed in Butter & Cheese with Ham

BABY BURGER with Cheese, Lettuce, Tomato, French Fries

PLEASE NOTE: WE SERVE ONLY HORMONE FREE BEEF & CHICKEN

ANY ADDITIONAL ITEM ADD \$2.00 • SPLIT ORDER ADD \$3.00

SIDE OF FRENCH FRIES OR SWEET POTATO FRIES \$4.00

NOW
SERVING
FRESHLY
SQUEEZED
ORANGE
JUICE

LUNCH SPECIALITES

FILET OF SOLE \$20.95

FRENCH PATE & CHEESE PLATTER . . \$20.95

MOULES MARINIÈRE • MUSSELS . . . \$20.95

STEAK POMMES FRITES \$20.95

LES SALADES

CALF'S LIVER \$14.95

CHICKEN CAESAR \$14.95

CHICKEN CITRUS \$14.95

CHICKEN SPINACH \$14.95

POACHED OR GRILLED SALMON \$16.95

ROASTED DUCK MAGRET \$16.95

MEDITERRANEAN \$13.95

MEDITERRANEAN WITH CHICKEN \$14.95

CHICKEN GORGONZOLA & WALNUT \$14.95

CHICKEN SALADE MONTRACHET \$14.95

STEAK SALADE \$16.95

SALADE NIÇOISE WITH REGULAR TUNA \$14.95

SALADE NIÇOISE WITH AHI TUNA \$16.95

TABOULE (PLAIN) \$13.95

TABOULE WITH CHICKEN \$14.95

TABOULE WITH SHRIMP \$15.95

THE PEARL OF TAHITI \$15.95

LES SANDWICHS

WITH FRENCH FRIES OR GREEN SALAD OR FOR 75¢ EXTRA SWEET POTATO FRIES

BLT \$12.95 WITH AVOCADO \$13.95

CORDON BLEU \$14.95

CROQUE MONSIEUR \$12.95

CROQUE MADAME - 1 FRIED EGG ON TOP \$13.95

CROQUE CROISSANT \$14.95

CROISSANT SANDWICH \$14.95

ROASTED DUCK MAGRET \$15.95

FRENCH CLUB \$13.95

FRENCH DIP SANDWICH \$14.95

HAM, TUNA, TURKEY OR ROAST BEEF \$12.95

HONEY DIJON CHICKEN \$14.95

PHILLY SANDWICH \$14.95

STEAK SANDWICH (HORMONE-FREE) \$15.95

TUNA MELT \$13.95

SMOKED SALMON CROISSANT \$16.95

BEVERAGES

COFFEE | TEA | ESPRESSO | CAPPUCCINO | LATTE | MOCHA

HOMEMADE HOT COCOA THE FRENCH WAY

ANY SODA | PERRIER | FRUIT JUICE

APPLE CIDER | CHAMPAGNE | KIR | MIMOSA | BEERS

WE ALSO SERVE FINE FRENCH WINES

PLEASE ASK FOR OUR WINE LIST