



Your well-being is important to us.
 For your meal, which is cooked to order,
 we select only the freshest & best ingredients
 Enjoy an authentic and tasty French breakfast.
 Merci !

Fresh 1/2 Baguette \$8.95
 with genuine Café au Lait,
 original French butter
 & homemade jam

Little Temptations to Start ... \$3.00-\$5.50

BEST FRESH FLAKY CROISSANTS
 regular | chocolate
 almond | cinammon or
 raisin snails & more



Croissant Sandwich no side \$9.95
 scrambled eggs, american or swiss cheese
 with ham, or bacon, or sausage, or turkey
 with coffee or tea ... \$12.00

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 ... \$9.50

FRESH FRUIT PLATE with berries & mixed fruit

GRANOLA with yogurt & berries

OATMEAL with fresh fruit OR toasted bread

YOGURT in a bowl with figs or berries

Crêpes or Pancakes or French Toast

CREPES OR PANCAKES OR FRENCH TOAST PLAIN ... \$9.50
 WITH A SIDE OF FRESH FRUIT \$12.95

STRAWBERRY OR BANANA CHOCOLATE CREPE..... \$12.95
 ONE LARGE CREPE WITH WHIPPED CREAM OR YOGURT INSIDE,
 STRAWBERRY OR BANANA CHOCOLATE

BANANA CHOCOLATE PANCAKES..... \$12.95
 3 LARGE OR 5 SMALL PANCAKES
 WITH DELICIOUS FRENCH CHOCOLATE

Full Breakfast
 with a side of potatoes provençales or fresh fruit

SEAFOOD OMELETTE \$14.95
 scallop & shrimp in a light creamy sauce

CREPE MAISON \$12.95
 with ham, swiss cheese and a fried egg

CREPE FLORENTINE \$12.95
 with creamed spinach

CORN BEEF HASH (HOME MADE) \$12.95
 with eggs your way

BISCUIT & GRAVY (NO SIDE) \$9.50
 with sausage or bacon

QUICHE (HOME MADE) \$12.95
 spinach or ham - with salad or potato

OMELETTE BASQUAISE \$13.95
 with bell pepper, ham, onion, garlic, tomato, swiss cheese

SEAFOOD ON ENGLISH MUFFINS \$14.95
 smoked salmon & shrimp, scrambled eggs on 2 english muffins

STEAK & EGGS \$17.95
 2 eggs your way with Black Angus Striploin

CROISSANT SANDWICH \$13.95
 scrambled eggs, american or swiss cheese,
 with ham or bacon or sausage or turkey

MONTE CRISTO SIGNATURE SANDWICH.. \$14.95
 Sweet and sour French toast with ham & turkey,
 touch of mornay sauce and melted swiss cheese

Eggs Benedict Your Way
 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,
 with Canadian Bacon OR with Spinach \$12.95
 OR with Salmon \$14.95

Eggs & Omelettes Your Way
 with a side of potatoes provençales or fresh fruit

EGGS YOUR WAY \$12.95
 with bacon or ham or sausage - ask for toast

OMELETTE YOUR WAY \$12.95
 with 3 items of your choice - ask for toast
 ADD \$3 for chicken breast, shrimp or smoked salmon

Kids Menu ... \$8.50
 (for children up to 12 years old)

SELECT 1 ITEM FROM EACH COLUMN BELOW

2 CREPES
 OR 2 PANCAKES
 OR 2 FRENCH TOASTS

+

MILK OR JUICE
 OR FRESH FRUIT
 OR BACON
 OR 2 EGGS

Hot Drinks

COFFEE / TEA \$3.00
 (REGULAR OR DECAF) FREE REFILL

ESPRESSO OR \$3.50

DOUBLE ESPRESSO ... \$4.00

LATTE OR CAPPUCCINO . \$4.95

MOCHA \$4.95

GENUINE HOT COCOA . . \$4.95
 HOMEMADE THE FRENCH WAY
 (ASK FOR WHIPPED CREAM)

KIDS COCOA HOT OR COLD . . \$2.75



Cold Drinks

ICED TEA OR ICED COFFEE . . \$3.00
 FREE REFILL

SODA \$3.00
 FREE REFILL

FRUIT JUICE (NOT FROM CONCENTRATE)
 SM | LG \$3.00-\$3.50
 Grapefruit, Tomato, Cranberry, or Apple



FRESH SQUEEZED ORANGE JUICE
 SM | LG \$3.50-\$4.50

CHAMPAGNE | KIR ROYAL

MIMOSA | APPLE CIDER . . . \$6.95

MILK SM | LG \$3.00-\$3.50

Side Orders

MINI FRENCH BAGUETTE . \$2.75

1/2 FRENCH BAGUETTE .. \$5.00
 WITH FRENCH BUTTER & JAM

TOASTED BREAD \$2.50
 C OR MULTIGRAIN

BACON OR HAM OR SAUSAGE . \$4.00

SMOKED SALMON \$4.00

1 EGG YOUR WAY \$1.50

2 EGGS YOUR WAY \$3.00

AVOCADO SLICES \$4.00

TOMATO OR SPINACH \$4.00

ONION OR SWISS CHEESE .. \$2.00

BRIE OR GOAT CHEESE ... \$4.00

POTATOES PROVENÇALE .. \$4.00

FRUIT CUP \$4.00

FRENCH JELLY OR BUTTER . \$1.50

NUTELLA \$1.50

WHIPPED CREAM OR HONEY . \$1.50

SPLIT ORDER ADD \$4.00