



*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 !*

## Little Temptations to Start ... \$3.00-\$5.00

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



**Croissant Sandwich no side \$9.50**  
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 ... \$8.95

**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 ... \$8.95**  
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**  
TWO LARGE PANCAKES

## Full Breakfast

with a side of potatoes provençales or fresh fruit

**SEAFOOD OMELETTE** ..... \$13.95  
scallop & shrimp in creamed sauce topped with mornay 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)** ..... \$9.00  
with sausage or bacon

**QUICHE (HOME MADE)** ..... \$11.95  
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** ..... \$12.95  
scrambled eggs, american or swiss cheese,  
with ham or bacon or sausage or turkey

**MONTE CRISTO SIGNATURE SANDWICH** . \$13.95  
Sweet and sour French toast with ham & turkey,  
touch of mornay sauce and melted swiss cheese

## 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,  
and Canadian Bacon ..... \$12.95

OR Spinach ..... \$12.95

OR Salmon ..... \$13.95

## Eggs Your Way

with a side of potatoes provençales or fresh fruit

**EGGS YOUR WAY** ..... \$12.50  
with bacon or ham or sausage - ask for toast

**OMELETTE YOUR WAY** ..... \$12.50  
with 3 items of your choice - ask for toast

ADD \$3 for chicken breast, shrimp or smoked salmon

## Kids Menu ... \$7.95

(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

## Fresh 1/2 Baguette \$8.95

with genuine Café au Lait,  
original French butter  
& homemade jam

## Hot Drinks

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

**ESPRESSO** OR  
**DOUBLE ESPRESSO** . . . \$3.50

**LATTE** OR **CAPPUCCINO** . \$4.75

**MOCHA** ..... \$4.75

**GENUINE HOT COCOA** . . \$4.75

**HOMEMADE THE FRENCH WAY**  
(ASK FOR WHIPPED CREAM)

**KIDS COCOA HOT OR COLD** . \$2.75

TRY OUR

HOMEMADE

HOT CHOCOLATE

"THE FRENCH WAY"

Premium chocolate brand



## 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

FRESHLY SQUEEZED  
ORANGE JUICE



**FRESH SQUEEZED ORANGE JUICE**

SM | LG ..... \$3.50-\$4.25

**CHAMPAGNE | KIR ROYAL**

**MIMOSA | APPLE CIDER** . . . \$6.95

**MILK** SM | LG ..... \$3.00-\$3.50

## Side Orders

**MINI FRENCH BAGUETTE** . \$2.75

**TOASTED BREAD** ..... \$2.50

WHITE 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** ..... \$3.50

**ONION OR SWISS CHEESE** . \$1.50

**BRIE OR GOAT CHEESE** . . \$4.00

**POTATOES PROVENÇALE** . . \$4.00

**FRUIT CUP** ..... \$4.00

**FRENCH JELLY** OR **BUTTER** . \$1.00

**NUTELLA** ..... \$1.50

**WHIPPED CREAM** OR **HONEY** . \$1.00