

BREAKFAST

SERVING
FRESHLY
SQUEEZED
JUICE
\$3.95-\$4.95

LITTLE TEMPTATIONS TO START HOME MADE, BEST IN THE VALLEY

ANY CROISSANT from \$3.50 - \$7.95
regular | chocolate | almond | cinnamon or raisin snails & more
CROISSANT SANDWICH (no side) \$10.95
WITH COFFEE OR TEA \$12.00

FRESH 1/2 BAGUETTE \$9.95
with genuine cafe au lait, original french butter & homemade jam

FITNESS BREAKFAST \$16.95

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 \$10.95

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 \$10.95

WITH A SIDE OF FRESH FRUIT \$14.95
STRAWBERRY CREPE (NO SIDE) \$12.95
STRAWBERRY-CHOC OR BANANA-CHOC CREPE (NO SIDE) \$14.95

FULL BREAKFAST SIDE OF POTATOES PROVENÇALES OR FRESH FRUIT

CROISSANT SANDWICH scrambled eggs, american or swiss cheese \$10.95
with ham or bacon or sausage or turkey \$14.95
BISCUIT & GRAVY (NO SIDE) with sausage or bacon \$10.95
CORN BEEF HASH (HOMEMADE) with eggs your way \$13.95
CREPE FLORENTINE with creamed spinach \$13.95
CREPE MAISON ham, swiss cheese and a fried egg \$13.95
OMELETTE BASQUAISE bell pepper, ham, onion, garlic, tomato, swiss cheese \$16.95
QUICHE (HOMEMADE) spinach or ham - with salad or potato \$14.95
SEAFOOD OMELETTE scallop & shrimp in light creamy sauce \$16.95
SEAFOOD ON ENGLISH MUFFINS salmon, shrimp, eggs \$16.95
STEAK & EGGS 2 eggs your way with Black Angus Striploin \$19.95
MONTE CRISTO SIGNATURE SANDWICH French toast, ham, turkey, touch of mornay sauce & melted swiss cheese \$16.95

EGGS BENEDICT YOUR WAY \$14.95

WITH A SIDE OF POTATOES PROVENÇALES OR FRESH FRUIT
2 eggs poached (or your way), w/hollandaise sauce, + Canadian Bacon
or Spinach on a CREPE or on an ENGLISH MUFFIN ADD \$3 WITH SALMON

EGGS YOUR WAY \$13.95

WITH A SIDE OF POTATOES PROVENÇALES OR FRESH FRUIT

OMELETTES YOUR WAY \$14.95

WITH A SIDE OF POTATOES PROVENÇALES OR FRESH FRUIT
WITH ANY 3 ITEMS - ADD \$3 FOR CHICKEN BREAST, SMOKED SALMON, OR SHRIMP

KIDS MENU \$9.95

SELECT 1 ITEM FROM EACH COLUMN BELOW
2 CREPES + MILK OR JUICE
OR 2 PANCAKES OR FRESH FRUIT
OR 2 FRENCH TOASTS OR BACON
OR 2 EGGS



LUNCH

APPETIZERS \$9.95

RATATOUILLE | SEARED SALMON
GRILLED TOMATO & GOAT CHEESE
FRENCH MINI BAGUETTE WITH BRIE & HAM OR PATÉ
CROQUE MADEMOISELLE | HOUSE SALAD | SALADE MAISON

SOUPES \$6.95 CUP | \$8.95 BOWL
SOUPE GRATINÉE A L' ONION | SOUPE DU JOUR ASK YOUR SERVER

OMELETTES YOUR WAY \$14.95
WITH FRENCH FRIES OR GREEN SALAD OR FOR \$1 EXTRA SWEET POTATO FRIES
YOUR WAY WITH ANY 3 ITEMS add \$3 for chicken breast, smoked salmon, or shrimp

LES CRÊPES WITH FRENCH FRIES OR GREEN SALAD OR FOR \$1 EXTRA SWEET POTATO FRIES

CREPE MAISON Ham & Swiss Cheese topped with Fried Egg \$14.95
SPINACH & MUSHROOM Spinach & Mushroom, Mornay Sauce \$15.95
CHICKEN & MUSHROOM Chicken & Mushroom in Creamed & Mornay Sauce \$16.95
RATATOUILLE Tomato & Medley of Vegetables topped with Tomato Sauce \$15.95
SEAFOOD CREPE Scallop & Shrimp in Creamed Sauce, w/Mornay Sauce \$16.95
STRAWBERRY Whipped Cream or Yogurt - No Side \$12.95
STRAWBERRY & CHOCOLATE CREPE Whipped Cream or Yogurt - No Side \$14.95
BANANA & CHOCOLATE CREPE Whipped Cream or Yogurt - No Side \$14.95

QUICHES WITH FRENCH FRIES OR GREEN SALAD OR FOR \$1 EXTRA SWEET POTATO FRIES \$14.95
LORRAINE Ham | AUX EPINARDS Spinach | QUICHE OF THE DAY ASK YOUR SERVER

LUNCH SPECIAL \$16.95
CUP OF SOUP + SALAD OR FRIES + 1/2 SANDWICH
TUNA | ROAST BEEF | HAM | TURKEY

LES HAMBURGERS WITH FRENCH FRIES OR GREEN SALAD OR FOR \$1 EXTRA SWEET POTATO FRIES

FRENCH CORNER Beef Patty, Swiss Cheese, Onion, Tomato, Lettuce, Mayo \$15.95
SEARED AHI TUNA Eggplant, Lettuce, Tomato, Sesame Seeds, Aioli Garlic Sauce \$16.95
SCALLOP OR SOLE Lettuce, Aioli Garlic Sauce & Tomato Slices \$16.95
BRIE BACON Beef Patty, Brie Cheese, Bacon, Onion, Tomato, Lettuce, Mayo \$18.95
TURKEY \$14.95
TURKEY & BRIE Sun-dried Tomato, Lettuce, Onion, Cranberry-Raspberry Relish \$16.95
REGULAR VEGGIE Premium Veggie Burger \$14.95
Sun-dried Tomato, Onion, Lettuce, Avocado, & Cranberry-Raspberry Relish Sauce
VEGGIE NATIVE SPECIAL Premium Veggie Burger \$16.95
Sun-dried Tomato, Onion, Goat Cheese, Mushroom, Spinach, Cranberry-Raspberry Relish



KIDS MENU \$9.95

NOODLES tossed in Butter & Cheese w/Ham
GRILLED CHEESE SANDWICH w/French Fries OR Fresh Fruit
BABY BURGER w/Cheese, Lettuce, Tomato, French Fries

PLEASE NOTE:

We serve only Hormone & Antibiotic Free
Beef & Chicken

SPLIT ORDER - ADD \$5.00
SIDE OF FRENCH FRIES - ADD \$4.50
OR SWEET POTATO FRIES - ADD \$5.50

LES SALADES

CALF'S LIVER Goat Cheese, Tomato, Baby Greens, Mushroom, Fried Egg \$16.95
CHICKEN CAESAR Romaine Lettuce, Parmesan, Croutons w/Grilled Chicken Breast \$15.95
CHICKEN CITRUS Mixed Lettuce, Orange, Grapefruit, Grapes, Ginger-Lime Dressing \$15.95
CHICKEN SPINACH Mushroom, Spinach, Tomato, Olives & Parmesan \$15.95
CHICKEN GORGONZOLA & WALNUT Mixed Baby Greens, Walnut, Gorgonzola, Tomato \$15.95
ROASTED DUCK MAGRET Duck Slices with Goat Cheese, Walnut, Endives, Lettuce \$18.95
MEDITERRANEAN Feta, Bell Pepper, Cucumber, Tomato, Red Onion, Olives, Lettuce, Herbs \$14.95
MEDITERRANEAN WITH CHICKEN \$16.95
CHICKEN SALADE MONTRACHET
Mixed Baby Greens, Endives, Diced Apple, Walnut, Goat Cheese \$15.95
STEAK SALADE
Strip Loin Steak, Lettuce, Tomato, Feta, Potato, Homemade Steak Sauce Mustard Garlic Dressing \$18.95
POACHED OR GRILLED SALMON Cucumber, Tomato, Baby Greens, Chive, Cilantro, Yogurt Dressing \$18.95
SOLE SALAD Mixed Baby Green & Orange in Vinaigrette Lemon Dressing, Cucumber, Grapefruit, Bell Pepper w/Basil & Cilantro \$18.95
SALADE NIÇOISE WITH REGULAR TUNA
Tuna, Lettuce, Egg, Olive, Green Bean, Anchovies, Potato, Cherry Tomato \$15.95
SALADE NIÇOISE WITH FRESH AHI TUNA same as above, plus Sesame Seeds \$18.95
THE PEARL OF TAHITI Sautéed Shrimp with Mango, Coconut, Pineapple & Mixed Baby Greens \$18.95

LUNCH SPECIALITES \$23.95

FILET OF SOLE
Lemon & Wine Sauce, French Fries OR Salad
FRENCH PATE & CHEESE PLATTER
with Toasted French Baguette Slices
MOULES MARINIÈRE • MUSSELS
Cream, Shallot & White Wine Sauce, French Fries
STEAK POMMES FRITES
Grilled Black Angus Striploin, French Fries OR Salad

LES SANDWICHES WITH FRENCH FRIES OR GREEN SALAD OR FOR \$1 EXTRA SWEET POTATO FRIES

BLT Bacon, Lettuce, Tomato w/Toasted Buttermilk or Wheat Bread \$14.95 w/Avocado \$16.95
CORDON BLEU Chicken Breast, Ham, Tomato, Mornay Sauce, melted Cheese \$15.95
CROQUE MONSIEUR Grilled Ham & Melted Swiss Cheese, Mornay Sauce \$14.95
CROQUE MADAME - 1 FRIED EGG ON TOP Grilled Ham & Melted Swiss Cheese, Mornay Sauce \$15.95
CROQUE CROISSANT Grilled Ham, Swiss Cheese, Mornay Sauce Melted on a Croissant \$15.95
CROISSANT SANDWICH Ham, Turkey, Tuna, Roast Beef or Bacon w/Lettuce, Tomato & Swiss \$15.95
ROASTED DUCK MAGRET Cranberry - Raspberry Relish Sauce, Goat Cheese, Tomato \$16.95
FRENCH CLUB Turkey, Ham, Bacon, Swiss Cheese, Lettuce, Tomato, Mayo \$15.95
FRENCH DIP SANDWICH Homemade Beef Slices Roasted, Melted Swiss Cheese, Baguette \$16.95
HAM, TUNA, TURKEY OR ROAST BEEF Lettuce, Tomato, Swiss Cheese & Mayo \$14.95
HONEY DIJON CHICKEN Dijon Sauce, Lettuce, Tomato, & Swiss Cheese \$15.95
PHILLY SANDWICH Homemade Roasted Beef, Swiss Cheese, Pepper, Onion \$16.95
STEAK SANDWICH (HORMONE-FREE) Grilled Tomato, Onion, Lettuce & Balsamic Reduction \$18.95
TUNA MELT Mayo, Celery, Onion, Mustard & melted Swiss Cheese \$14.95
NIÇOISE ON A BAGUETTE OR BUN WITH SESAME=PAIN BAGNAT
Olive, Cherry Tomato, Tuna Albacore, Anchovy, Hard Boiled Egg, Lettuce, w/Olive Oil Dressing \$15.95
SMOKED SALMON CROISSANT
Cucumber, Tomato, Lettuce, Capers, Cilantro, Shallots, & Garlic Yogurt Sauce \$18.95

BEVERAGES \$3.50-\$8.95

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 YOUR SERVER