

# BREAKFAST

Served Daily 8am-11am & Sunday 8am-noon

**LITTLE TEMPTATIONS TO START** HOME MADE, BEST IN THE VALLEY  
**ANY CROISSANT** from \$4.95 - \$9.95  
 regular | chocolate | almond | cinamon or raisin snails & more

**FRESH 1/2 BAGUETTE** \$13.95  
 with genuine cafe au lait, original french butter & homemade jam

**FITNESS BREAKFAST** w/SIDE OF TOMATO SLICES & FRESH FRUIT \$24.95

**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** \$15.95

GRANOLA	YOGURT	FRESH FRUIT PLATE	OATMEAL
with yogurt & berries	with a bowl of berries	with berries & mixed fruit	with fresh fruit or toasted bread

**PANCAKES OR FRENCH TOAST OR CRÊPES** \$13.95 w/FRESH FRUIT \$20.95

STRAWBERRY OR BANANA CRÊPE	\$14.95
STRAWBERRY OR BANANA CRÊPE + NUTELLA OR CARAMEL	\$17.95
STRAWBERRY + BANANA CRÊPE + NUTELLA OR CARAMEL	\$19.95
MIXED FRUIT CRÊPE	\$19.95
MIXED FRUIT CRÊPE + NUTELLA OR CARAMEL	\$20.95

**FULL BREAKFAST** w/SIDE POTATOES PROVENÇALES OR FRESH FRUIT

**CROISSANT SANDWICH (NO SIDE)** \$14.95 (WITH SIDE) \$20.95  
 scrambled eggs, american or swiss cheese, with ham or bacon or sausage or turkey

**VEGGIE CROISSANT** w/creamy spinach & cheese OR mushroom & cheese \$20.95

**AVOCADO SANDWICH** toasted sour wheat or baguette or croissant w/aioli + egg ur way \$20.95

**BISCUIT & GRAVY (NO SIDE)** with sausage or bacon \$15.95

**CREPE FLORENTINE** with creamed spinach \$19.95

**CORN BEEF HASH (HOMEMADE)** with eggs your way \$19.95

**CREPE MAISON** ham, swiss cheese and a fried egg \$19.95

**OMELETTE BASQUAISE** bell pepper, ham, onion, garlic, tomato, swiss cheese \$23.95

**QUICHE (HOMEMADE)** spinach or ham - with salad or potato \$19.95

**RATATOUILLE OMELETTE** mixed vegetables with goat cheese \$23.95

**SEAFOOD OMELETTE** scallop & shrimp in light creamy sauce \$24.95

**STEAK & EGGS** 2 eggs your way with Black Angus Striploin \$27.95

**MONTE CRISTO SIGNATURE SANDWICH** French toast, ham, turkey, touch of mornay sauce & melted swiss cheese \$23.95

**EGGS BENEDICT YOUR WAY** \$20.95

w/SIDE POTATOES PROVENÇALES OR FRESH FRUIT  
 ON A CREPE OR ENGLISH MUFFIN 2 eggs poached (or your way),  
 w/hollandaise sauce + Canadian Bacon or Spinach ADD \$4 WITH SALMON

**OMELETTES YOUR WAY** w/SIDE POTATOES PROVENÇALES OR FRESH FRUIT \$20.95

with any 3 items - add \$4 for chicken breast, smoked salmon, or shrimp  
**OR EGGS YOUR WAY** w/SIDE POTATOES PROVENÇALES OR FRESH FRUIT \$19.95



## KIDS MENU \$13.95

select 1 item from each column below

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

SERVING FRESHLY SQUEEZED ORANGE JUICE \$4.50-\$6.95

# LUNCH MENU

Served Daily 11am - 4:30pm & Sunday 11:30am - 4:30pm

**APPETIZERS** \$12.95

**FRENCH MINI BAGUETTE WITH BRIE & HAM OR PATÉ**  
**GRILLED TOMATO & GOAT CHEESE | RATATOUILLE**

**SEARED SALMON | CROQUE MADEMOISELLE | HOUSE SALAD**  
**ESCARGOTS** with Herbes Provençales and Blue Cheese \$17.95

**SOUPES** \$8.95 CUP | \$12.95 BOWL

**SOUPE GRATINÉE A L' ONION | SOUPE DU JOUR** ASK YOUR SERVER

**OMELETTES YOUR WAY** \$21.95

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 \$20.95

**SPINACH & MUSHROOM** Spinach & Mushroom, Mornay Sauce \$22.95

**CHICKEN & MUSHROOM** Chicken & Mushroom in Creamed & Mornay Sauce \$22.95

**RATATOUILLE** Tomato & Medley of Vegetables topped with Tomato Sauce \$22.95

**SEAFOOD CREPE** Scallop & Shrimp in Creamed Sauce, w/Mornay Sauce \$24.95

**STRAWBERRY OR BANANA** Whip Cream or Yogurt - No Side \$14.95

**STRAWBERRY OR BANANA + NUTELLA** Whip Cream or Yogurt - No Side \$17.95

**STRAWBERRY + BANANA + NUTELLA** Whip Cream or Yogurt - No Side \$19.95

**QUICHES** WITH FRENCH FRIES OR GREEN SALAD OR FOR \$1 EXTRA SWEET POTATO FRIES \$20.95

**LORRAINE** Ham | **AUX EPINARDS** Spinach | **QUICHE OF THE DAY** ASK YOUR SERVER

## LUNCH SPECIAL \$24.95

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 \$20.95

**SEARED AHI TUNA** Eggplant, Lettuce, Tomato, Sesame Seeds, Aioli Garlic Sauce \$21.95

**BRIE BACON** Beef Patty, Brie Cheese, Bacon, Onion, Tomato, Lettuce, Mayo \$24.95

**TURKEY** \$20.95

**TURKEY & BRIE** Sun-dried Tomato, Lettuce, Onion, Cranberry-Raspberry Relish \$21.95

**REGULAR VEGGIE** Premium Veggie Burger \$20.95

Sun-dried Tomato, Onion, Lettuce, Avocado, & Cranberry-Raspberry Relish Sauce

**VEGGIE NATIVE SPECIAL** Premium Veggie Burger \$24.95

Sun-dried Tomato, Onion, Goat Cheese, Mushroom, Spinach, Cranberry-Raspberry Relish

## KIDS MENU \$13.95

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 \$6.00  
 OR SWEET POTATO FRIES - ADD \$7.00

## LES SALADES

**CALF'S LIVER** Goat Cheese, Tomato, Baby Greens, Mushroom, Fried Egg \$25.95

**CHICKEN CAESAR** Romaine Lettuce, Parmesan, Croutons w/Grilled Chicken Breast \$22.95

**CHICKEN CITRUS** Mixed Lettuce, Orange, Grapefruit, Grapes, Ginger-Lime Dressing \$22.95

**CHICKEN GORGONZOLA & WALNUT** Mixed Baby Greens, Walnut, Gorgonzola, Tomato \$22.95

**CHICKEN SALADE MONTRACHET**

Mixed Baby Greens, Endives, Diced Apple, Walnut, Goat Cheese \$22.95

**MEDITERRANEAN** Feta, Bell Pepper, Cucumber, Tomato, Red Onion, Olives, Lettuce, Herbs \$20.95

**MEDITERRANEAN WITH CHICKEN** \$24.95

**NIÇOISE SALADE** WITH ALBACORE TUNA

Tuna, Lettuce, Egg, Olive, Green Bean, Anchovies, Potato, Cherry Tomato \$23.95

**OR WITH FRESH AHI TUNA** \$25.95

**SALMON POACHED OR GRILLED** Cucumber, Tomato, Baby Greens, Chive, Cilantro, Yogurt Dressing \$25.95

**ROASTED DUCK MAGRET** Duck Slices with Goat Cheese, Walnut, Endives, Lettuce \$25.95

**SPINACH CHICKEN SALAD** Mushroom, Parmesan, Tomato, Olive w/Soy Dressing \$22.95

**STEAK SALADE**

Strip Loin Steak, Lettuce, Tomato, Feta, Potato, Homemade Steak Sauce Mustard Garlic Dressing \$25.95

**TAHITI SALAD** Sauteed Shrimp with Mango, Coconut, Pineapple & Mixed Baby Greens \$25.95

## LUNCH SPECIALITES \$33.95

FILET OF SOLE

Lemon & Wine Sauce, French Fries OR Salad

**CHICKEN OR SOLE PICCATO**

with Garlic, Lemon, White Wine, Capers 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 SANDWICHS** w/FRENCH FRIES OR GREEN SALAD OR FOR \$1 EXTRA SWEET POTATO FRIES

**SANDWICH LE PARISIEN** Baguette beurrée avec jambon OU saucisson, gruyère & cornichon

French baguette with French ham OR French salami, French butter, swiss cheese, & pickle \$20.95

**BLT** Bacon, Lettuce, Tomato w/Toasted Buttermilk or Wheat Bread \$18.95 w/Avocado \$20.95

**CORDON BLEU** Chicken Breast, Ham, Tomato, Mornay Sauce, melted Cheese \$23.95

**CROQUE MONSIEUR** Grilled Ham & Melted Swiss Cheese, Mornay Sauce \$19.95

**CROQUE MADAME** - 1 FRIED EGG ON TOP Grilled Ham & Melted Swiss Cheese, Mornay Sauce \$21.95

**CROQUE CROISSANT** Grilled Ham, Swiss Cheese, Mornay Sauce Melted on a Croissant \$21.95

**CROISSANT SANDWICH** Ham, Turkey, Tuna, Roast Beef or Bacon w/Lettuce, Tomato & Swiss \$21.95

**ROASTED DUCK MAGRET** Cranberry - Raspberry Relish Sauce, Goat Cheese, Tomato \$23.95

**FRENCH CLUB** Turkey, Ham, Bacon, Swiss Cheese, Lettuce, Tomato, Mayo \$20.95

**FRENCH DIP SANDWICH** Homemade Beef Slices Roasted, Melted Swiss Cheese, Baguette \$23.95

**HAM, TUNA, TURKEY OR ROAST BEEF** Lettuce, Tomato, Swiss Cheese & Mayo \$19.95

**HONEY DIJON CHICKEN** Dijon Sauce, Lettuce, Tomato, & Swiss Cheese \$23.95

**NIÇOISE ON A BAGUETTE OR BUN WITH SESAME**

Olive, Cherry Tomato, Tuna Albacore, Anchovy, Hard Boiled Egg, Lettuce, w/Olive Oil Dressing NO SIDE \$18.95

**PHILLY SANDWICH** Homemade Roasted Beef, Swiss Cheese, Pepper, Onion \$23.95

**SMOKED SALMON CROISSANT**

Cucumber, Tomato, Lettuce, Capers, Cilantro, Shallots, & Garlic Yogurt Sauce \$23.95

**STEAK SANDWICH (HORMONE-FREE)** Grilled Tomato, Onion, Lettuce & Balsamic Reduction \$23.95

**TUNA MELT** Mayo, Celery, Onion, Mustard & melted Swiss Cheese \$20.95

## BEVERAGES \$4.50-\$12.95

COFFEE | FRENCH 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