**Pastries:**

- Fresh baked croissant $3.45
- Fresh baked chocolate croissant $3.65
- Mini croissant + Mini chocolate croissant + Small coffee $5.00
- Donuts $2.50
- Chocolate torsade $4.00
- Today's homemade pastry $3.75
- Croissant sandwich (onion jam, rosemary ham, eggs, mozza, baby spinach) $6.00
- Homemade fresh crepe (lemon & sugar, chocolate sauce, fruit jam) $6.00

**Hot drinks:**

- Organic drip coffee (8-12-16 oz) $2.95-3.25-3.75
- Espresso (4 oz) $3.65
- Cappuccino (8-12-16 oz) $3.85-3.95-4.45
- Caramel macchiatto (8-12-16 oz) $4.65-4.75-4.95
- Hot cocoa (8-12-16 oz) $3.15-3.25-3.75
- Tea - Mariage Freres $3.50
  - French breakfast: a rich, elegant and refined flavour - Black tea
  - Earl grey French blue: velvety bergamot & royal blue flowers - Black tea
  - Marco Polo: wonderfully fruity & flowery fragant tea - Black tea
  - Fuji Yama: a precious gift from Japan - Green tea

**Sandwiches:**

- Proscuitto $11.99
  - red pepper and fire roasted eggplant caviar, mozza, pesto, tomatoes, arugula, fresh basil, glazed balsamic
- Roast beef $11.99
- Rosemary ham $11.99
  - salted butter, brie cheese, bacon, romaine, tomatoes, Granny smith apple
- Chicken $11.99
  - glazed maple syrup grilled chicken, chipotle aioli, avocado, roasted corn, red cabbage, arugula
- Smoked salmon $11.99
  - tzatziki, avocado, mango, coriander, cucumber, red onion, baby spinach
- Vegetarian $10.99
  - brie cheese, olive spread tapenade, grilled portobello, romaine, tomatoes
- Vegan wrap $10.99
  - curry red beet hummus, brown rice, avocado, cucumber, shredded carrots, tomatoes, baby spinach, pickled onions, red cabbage
- Croque Monsieur $11.99
  - rosemary ham, bechamel sauce, gruyere cheese - served with a side salad
- Quiche Lorraine $11.99
  - bacon and cheese - served with a side salad

Add a side salad (spring mix, shredded carrots, corn, red cabbage) $3.00
Salads:

Italian $11.99
arugula, proscuitto, fresh burrata, heirloom tomatoes, artichoke hearts, sunflower seeds, sundried tomatoes, fresh basil

Nicoise $11.99
spring mix, seared tuna, hard boiled eggs, French green beans, mini potaotes, tomatoes, black olives, red onion

Monsieur seguin $11.99
romaine, smoked duck breast, crumbled goat cheese, tomatoes, dried figues, croutons, walnuts

Crispy chicken $11.99
romaine, bacon, feta cheese, tomatoes, blueberries

Vegetarian $10.99
spring mix, feta, blueberries, beets, sliced almonds, blackberries, pickled red onions

Vegan $10.99
baby spinach, quinoa, orange, pomegranate seeds, microgreen, cherry tomatoes, pecan

Soup:


Today's meal:

Homemade Chef prepared daily - Fish or meat with 2 sides $18.50
Available from Monday to Friday, seasonal and rotates every week. Can be ordered online

Desserts:

Today's homemade dessert $5.00