

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 fragrant tea - Black tea	
Fuji Yama: a precious gift from Japan - Green tea	

Sandwiches:

Proscuitto	\$11.99
<i>red pepper and fire roasted eggplant caviar, mozza, pesto, tomatoes, arugula, fresh basil, glazed balsamic</i>	
Roast beef	\$11.99
<i>bearnaise sauce, comte cheese, grilled mushrooms, romaine, tomatoes</i>	
Rosemary ham	\$11.99
<i>salted butter, brie cheese, bacon, romaine, tomatoes, granny smith apple</i>	
Chicken	\$11.99
<i>glazed maple syrup grilled chicken, chipotle aioli, avocado, roasted corn, red cabbage, arugula</i>	
Smoked salmon	\$11.99
<i>tzatziki, avocado, mango, coriander, cucumber, red onion, baby spinach</i>	
Vegetarian	\$10.99
<i>brie cheese, olive spread tapenade, grilled portobello, romaine, tomatoes</i>	
Vegan wrap	\$10.99
<i>curry red beet hummus, brown rice, avocado, cucumber, shredded carrots, tomatoes, baby spinach, pickled onions, red cabbage</i>	
Croque Monsieur	\$11.99
<i>rosemary ham, bechamel sauce, gruyere cheese - served with a side salad</i>	
Quiche Lorraine	\$11.99
<i>bacon and cheese - served with a side salad</i>	
Add a side salad (spring mix, shredded carrots, com, red cabbage)	\$3.00

Salads:

Italian	\$11.99
<i>arugula, proscuitto, fresh burrata, heirloom tomatoes, artichoke hearts, sunflower seeds, sundried tomatoes, fresh basil</i>	
Nicoise	\$11.99
<i>spring mix, seared tuna, hard boiled eggs, French green beans, mini potatoes, tomatoes, black olives, red onion</i>	
Monsieur seguin	\$11.99
<i>romaine, smoked duck breast, crumbled goat cheese, tomatoes, dried figues, croutons, walnuts</i>	
Crispy chicken	\$11.99
<i>romaine, bacon, feta cheese, tomatoes, blueberries</i>	
Vegetarian	\$10.99
<i>spring mix, feta, blueberries, beets, sliced almonds, blackberries, pickled red onions</i>	
Vegan	\$10.99
<i>baby spinach, quinoa, orange, pomegranate seeds, microgreen, cherry tomatoes, pecan</i>	

Soup:

Homemade organic seasonal soup (8-16-32 oz)	4.99-6.99-10.99
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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
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