

WAFFLES

Served with coffee or tea or herbal tea

Banana Mia 17.70

Bananas, hazelnut chocolate, english cream.

Aux baies 20.70

Field fruits, raspberry coulis and hazelnut chocolate.

Nature Icing sugar. 13.70

Le Fraisier 19.70

Strawberries and hazelnut chocolate.

La belle Catherine 19.70

Strawberries, bananas, hazelnut chocolate & english cream.

La Folle 18.70

Fresh fruit & english cream.

Create your Waffle (4 choices maximum) 21.95

Greek yogurt, vanilla yogurt, english cream, custard, whipped cream, hazelnut chocolate, raspberry coulis, morello cherry coulis, blueberry coulis, maple syrup, bananas, cantaloupe, honeydew, pineapple, strawberries, blackberries, blueberries, raspberries, salted caramel coulis.

ALESTA

Served with coffee or tea or herbal tea

Wrap déjeuner 17.70

Ham, cheddar cheese, lettuce, tomato, 2 cracked eggs and mayonnaise. Served with wild parfait and savage breakfast potatoes.

Parfait sauvage: vanilla yogurt, morello cherry coulis, muesli, blueberry coulis. Add \$2 to replace the ham with bacon or breakfast sausage.

Club Sandwich Déjeuner 16.70

Eggs, bacon, tomatoes, lettuce and mayonnaise. add Served with breakfast potatoes and fruit. Ajoutez 2\$ to replace bacon with Ham.

Gruau à l'ancienne 12.95

Small bowl of fruit, brown sugar.

Bagel Plus 13.70

Choice of cream or Swiss cheese or yellow or cottage cheese and large bowl of fruit.

Le Rapido 13.70

Homemade breads, choice of cream or Swiss cheese or yellow or cottage cheese and large bowl of fruit.

Paysane 13.70

Homemade bread, cretons and a large bowl of fruit.

OUR SPECIALTIES

Served with coffee or tea or herbal tea

Quesadillas 21.95

Ham, brie cheese, 2 cracked eggs. Served with bacon, breakfast potatoes and a large bowl of fruit.

Add \$2 to replace Brie cheese with Cheddar or Swiss.

Californien 21.95

Mountain of pancakes, 2 eggs, chorizo or Italian sausage or bacon or breakfast sausage, strawberry, maple syrup, breakfast potatoes and sauted onions.

Croque déjeuner gratiné sur gaufre 20.95

Ham, mushroom, onion omelet and swiss cheese.

Served with a savage parfait and breakfast potatoes.

Savage parfait: vanilla yogurt, morello cherry coulis, Muesli, blueberry coulis.

Add \$2 to replace the Swiss cheese with cheddar.

Muesli et pain doré 20.95

3 golden breads, maple syrup, wild berries, vanilla yogurt and muesli.

Sucré-Salé 21.95

Mountain of crepe covered with nutella, & small bowl of fresh fruit.

Casserole with egg gratin, breakfast potatoes, cheddar chesse (choice of vegetables or ham or bacon or chorizo sausage or Italian sausage).

Gaufre et poutine original 21.95

Poutine: breakfast potatoes, hollandaise sauce, cheddar cheese curds, egg.

Waffle: wild berries and maple syrup.

Add \$2 to replace the hollandaise sauce with the poutine sauce.

Mon assiette préférée 19.95

Sandwich on English muffins: 2 eggs, ham, mayonnaise and tomatoes.

Served with Passione alla Greca and breakfast potatoes.

Passione alla Greca: Greek yogurt, granola and blueberry coulis. Add \$2 to replace the ham with bacon.

Envie de manger santé 17.95

Avocado and baby arugula on two slices of multigrain bread, lemon. Served with two poached eggs and a mini bowl of fruit.

Burger déjeuner original 20.95

Philly steak, avocados, mushrooms, onions, topped with Hollandaise sauce and sunny side up egg.

Served on brioche bread, breakfast potatoes and a mini bowl of fruit.

Pain doré fantastique 20.95

Waffle bowl garnished with pastry cream, berries, icing sugar, 3 golden bread, glazed banana with salted caramel coulis.

Add sauce
homemade Hollandaise
and cheddar cheese on
potatoes
4.95

Add cheddar
and onions sautéed on
potatoes for
3.95

Extra sauce
hollandaise with your
egg casserole
3.95

A fee of 2.95
will apply on shared
plates

Fees will be
charged for take-out
boxes, small \$0.25 and
big \$0.50

BENEDICTINES

Our poached eggs on English muffins are accompanied by a plate of fruit, breakfast potatoes, and topped with hollandaise sauce and Served with coffee or tea or herbal tea

Mont-Vesuvio 18.99
Italian sausage, or chorizo sausage, swiss cheese or cheddar.

Royal 18.99
Spinach, bacon and Swiss cheese or cheddar.

Le Québec 18.99
Bacon or ham, Swiss cheese or cheddar & tomatoes.

Mexican 19.95
Three colored peppers, celery, onions, tomato sauce.

Meatlover 20.70
Italian sausage, chorizo sausage, bacon, ham.

Parisiennne 18.70
Sauteed mushrooms & brie cheese.

Le bucheron 20.70
Smoked meat & brie cheese.

Goat cheese & spinaches 19.70

Le vieux Bénédictin 19.70
Avocado, ham or bacon, cheddar cheese or Swiss cheese.

Create your Benedictine 21.95
(3 choices maximum)

Tomatoes, mushrooms, spinach, broccoli, avocado, onions, cream cheese, swiss, white cheddar, yellow cheddar, brie, goat cheese, bacon, chicken, chorizo sausage, breakfast sausage, Italian sausage, smoked meat ham, Philly steak, smoked salmon.

POUTINE

Served with coffee or tea or herbal tea

Nature 15.95
Breakfast potatoes, eggs, cheese curds, poutine sauce or hollandaise sauce.

Choice of Poutine 18.70
Ham or bacon or chorizo sausages or Italian sausages or smoked or or Philly steaks.
Breakfast potatoes, eggs, cheese curds, poutine sauce or hollandaise sauce.

Create your Poutine (3 choices maximum) 21.95
Chicken, chorizo sausages, Italian sausages, smoked meat, bacon, ham, breakfast sausages, Philly steak.
Breakfast potatoes, eggs, cheese curds, poutine sauce or hollandaise sauce.

EGGS

Our dishes are accompanied by fruit, breakfast potatoes, toast and served with coffee or tea or herbal tea

Brunch 17.70
2 eggs, ham, bacon, sausage, cretons, baked beans, French toast or pancakes or waffles or crepes.

Meatlover 15.25
2 eggs with bacon, sausage and ham.

Montrealer 16.25
2 eggs with smoked meat.

Le brunch des patriotes 21.95
2 eggs, ham, bacon, breakfast sausage, cretons, baked beans, half-waffle, yellow cheese and bowl of fruit.

2 Eggs & crepes & blueberry coulis 16.25
Choice of meat: ham, bacon, breakfast sausages.

2 Eggs with choice of waffle, pancakes, French toast, crepe 13.75

2 Eggs with choice of bacon, sausages, ham, cretons 13.75

1 Egg with choice of bacon, sausage ham, cretons 13.50

2 Eggs 11.25

1 Egg 11.00



CASSEROLE WITH BROWNED EGGS

Served with small bowl of fruit, toast, coffee or tea or herbal tea

Choice of meat 18.70
Ham or bacon or chorizo sausages or Italian sausages or smoked meat.
Eggs, breakfast potatoes, onions, cheddar cheese.

Vegetarian 18.70
Spinach, mushrooms, onions, tomatoes, broccoli.
Eggs, breakfast potatoes, cheddar cheese.

Create Your Casserole 21.95
(3 choices maximum)
Tomatoes, spinach, broccoli, avocado, mushrooms, onions, capers, chicken, chorizo sausages, Italian sausages, smoked meat, bacon, smoked salmon, ham, breakfast sausage, Philly steak.
Eggs, breakfast potatoes, cheddar cheese.

OMELETTES

Our dishes are accompanied by breakfast potatoes, fruit, toast
Served with coffee or tea or herbal tea
Add \$2 to replace Swiss or cheddar cheese with yellow cheese

Déjeuner de la ferme 16.25
Ham or bacon, swiss or cheddar cheese.

European 17.70
Italian sausages, chorizo sausages, onions, mushrooms, swiss cheese or cheddar.

La Santé 16.50
Spinach, mushrooms, tomatoes, onions, broccoli & swiss or cheddar cheese.

Meatlover 18.70
Bacon, Italian sausage, chorizo sausage, ham and Swiss cheese or cheddar.

Goat cheese and spinach 17.70

Royale 18.70
Avocado, broccoli, ham, onions and brie cheese.

Leduc 18.70
Broccoli, bacon, onions and goat cheese.

Espagnole 19.25
Three colored peppers, celery, onions, tomato sauce.

Create Your Omelet 19.95
(3 choices maximum)

Tomatoes, mushrooms, spinach, avocado, broccoli, onions, cream cheese, swiss, white cheddar, yellow cheddar, brie, goat cheese, bacon, chicken, chorizo sausage, breakfast sausage, Italian sausage, Philly steak, smoked meat, ham, smoked salmon.



FRUITOPIA

Served with coffee or tea or herbal tea

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| Granola aux fruits des champs | 17.70 |
| Vanilla yogurt, morello cherry coulis, blueberry coulis. Served with 2 poached eggs, homemade bread or sesame bagel or raisins bread. | |
| Déjeuner Santé | 17.70 |
| 2 poached eggs, cottage cheese, fresh fruit and toast. | |
| Yogourt, fraises et Croque-Nature | 16.70 |
| Greek yogurt, strawberries, honey and harvest crunch. | |
| Yogourt, fruits frais et Croque-Nature | 15.70 |
| Greek yogurt, fresh fruit, honey and harvest crunch. | |
| Yogourt bananes et Croque-Nature | 15.70 |
| Greek yogurt, bananas, honey and harvest crunch. | |
| Yogourt fruits des champs et Croque-Nature | 17.70 |
| Greek yogurt, field fruits, honey and harvest crunch . | |
| Bowl of berries. | 14.45 |
| Bowl of fruits. | 10.95 |
| Bowl of strawberries. | 12.95 |



VARIETIES

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| Grilled cheese and Coffee | 9.25 |
| Breakfast potatoes. | |
| Toast and coffee | 6.25 |
| Jams and butter. | |
| Toasted household bread and coffee | 7.25 |
| Jams and butter. | |
| Bagel and Coffee | 7.25 |
| Jams and butter. | |

SANDWICHES

Served with coffee or tea or herbal tea
Served with chef's salad or fruit or fries /
Change the chef's salad for cezar salad 3.50

| | |
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| Chicken, brie cheese | 18.70 |
| Mayonnaise | |
| Philly steak | 18.50 |
| Mushrooms, onions and red wine sauce. | |
| Mexicano | 18.70 |
| Chicken mushrooms onions and red wine sauce. | |
| Chicken and Avocado | 19.25 |
| Tomatoes, lettuce and mayonnaise. | |
| Smoked salmon bagel | 19.95 |
| Cream cheese, onions and capers. | |
| Bagel B.L.T. | 16.95 |
| Bacon, tomatoes, lettuce and mayonnaise. | |
| Cheeseburger Deluxe | 19.95 |
| Bacon, yellow cheese, tomatoes, lettuce and onions. | |
| Burger St-Louis | 19.95 |
| Bacon, tomatoes, lettuce, mushrooms and onions jumped. | |
| Burger with mushrooms and brie cheese | 19.95 |
| Chicken and Bacon Club Sandwich | 18.50 |
| Tomatoes, lettuce, mayonnaise. | |
| Smoked meat club sandwich | 18.95 |
| Cheese, Swiss, tomato, lettuce and mayonnaise. | |
| Croque Monsieur | 18.25 |
| Ham, Swiss cheese, sautéed mushrooms, tomatoes and homemade sauce. | |
| Avocado and bacon croque | 18.25 |
| Swiss cheese and homemade sauce. | |

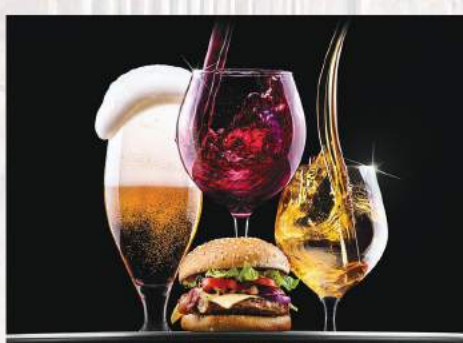
SALADS

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| Chicken Salad | 17.25 |
| Royal Salad | 19.50 |
| Cesar salad and chicken breast. | |
| Salad Smoked salmon and avocado | 21.50 |
| Capers and onions. | |
| Chicken and avocado salad | 19.50 |
| Cesar salad | 15.25 |

LES EXTRAS

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| 2 slices multigrain bread | 2.95 |
| 2 slices toast. | 2.25 |
| 1 slice french toast. | 3.95 |
| 2 slices homemade bread. | 2.75 |
| 2 slices rye bread. | 2.75 |
| Raisin bread . | 2.95 |
| English muffin. | 2.25 |
| Bagel | 2.75 |
| Plain crepe. | 3.95 |
| ½ Waffle. | 5.50 |
| Pancake | 5.50 |
| Full banana. | 2.00 |
| Strawberries. | 4.75 |
| Berries. | 5.95 |
| Blackberry or raspberries or blueberries | 5.95 |
| Fruits | 4.25 |
| English cream | 3.95 |
| Homemade custard | 3.95 |
| Pure maple syrup | 4.25 |
| Salted caramel coulis | 5.00 |
| Hazelnut chocolate spread | 4.25 |
| Yogurt | 3.95 |
| Choice of cheeses | 3.95 |
| Cheddar, swiss, cottage, cream cheese or yellow cheese sliced, cheese curds. | |
| Goat cheese | 5.95 |
| Brie Cheese | 4.95 |
| Smoked salmon | 9.50 |
| Chicken | 6.95 |
| Italian sausage | 4.95 |
| Chorizo sausage | 4.95 |
| Smoked Meat | 6.75 |
| Philly steak | 4.95 |
| Poutine sauce | 3.75 |
| Ham or sausages or bacon | 4.25 |
| Hollandaise sauce | 3.95 |
| Cretons | 2.50 |
| Baked beans | 3.75 |
| Breakfast potatoes | 3.95 |
| Fries | 6.50 |
| Egg | 2.00 |
| Tomatoes | 2.50 |
| Whipped Cream | 2.50 |
| Mushrooms | 3.25 |
| Onion | 2.50 |
| Spinach | 3.00 |
| 1/2 Avocado | 3.50 |





SMOOTHIES

For \$1 add Chia in your smoothie

Fruits and vegetables 7.25

Mangoes, bananas, spinach, yogurt, pineapple juice and honey.

Banana Mama 7.25

Bananas, strawberries, orange juice, yogurt & honey.

Exotic 7.25

Pineapple, mango, banana, orange juice, yogurt and honey.

Energizing 7.95

Blueberries, misses, banana, almond milk.

Beauty Smoothie 8.95

Strawberries, banana, almond milk, chia.

DRINKS

Pressed Orange juice 6.95

Apple or grape or cranberry or pineapple 4.25

Orange juice 5.25

Chocolate milk or milk 4.25

Almond milk 5.25

Soft drink 3.50

Bottle of water 500ml 3.00

Perrier 4.00

COFFEES

Espresso 3.25

Double espresso 4.25

Ice-latte 5.25

Cappuccino 4.25

Cup of latte 5.25

Bowl of latte 6.75

Caramel coffee 6.25

Americans 4.50

Espresso, regular coffee, hot milk.

Mocaccino 6.25

Filter coffee 3.25

Hot chocolate 4.50

(With whipped cream)

Tisane or Tea 3.25

WINE & BEER

Ruffino Lumina D.V. white 750ml 39.75

Italy, Region of Venice, Alcohol 12%

Marquis de Jouennes 23.45

Bourgogne Alogoté white

France, Burgundy Aligoté, Alcohol 12.% 375ml

Ruffino chianti red 750ml 41.75

Italy, Region Tuscany, Alcohol 13%

Folonari Valpolicella rouge 23.45

Italy, Veneto, Alcohol 12.% 375ml

RED OR WHITE HOUSE WINE

Glass 7.00 1/2 Litre 16.00

Original Czechvar beers 500ml 9.50

Czech, Alcohol 5%

Almaza beers 330ml 8.50

Lebanon, Alcohol 4%

FRENCH TOAST

Served with coffee or tea or herbal tea

Mangez-moi 18.70

3 French toast, fruits & english cream.

Castania 19.70

3 French toast, strawberries, bananas, hazelnut chocolate & english cream.

Mon amour dans l'assiette 19.70

3 Raisin french toast, greek yogurt, wild berries, croque nature & maple syrup.

Nature 13.70

3 French toast, icing sugar.

Create your French toast 21.95

(4 choices maximum)

3 Raisin bread, Greek yogurt, vanilla yogurt, english cream, custard, chocolate hazelnuts, raspberry coulis, morello cherry coulis, blueberry coulis, maple syrup, bananas, cantaloupe, honeydew melon, pineapple, strawberries, blackberries, blueberries, raspberries, salted caramel coulis.

MIMOSA

Sparkling wine and choice of juice

Mimosa

1 Glass 8.50 2 Glasses 16.00

Mimosa 200ml 18.00

Mimosa 750ml 49.00

ALCOHOLIC COFFEE LATTE

Espresso, milk, whipping cream

Baileys 8.75

Coureur des Bois 8.75

Tia Maria 8.75

ALCOHOLIC FILTER COFFEE

Whipping cream

Baileys 6.75

Coureur des Bois 6.75

Tia Maria 6.75

PANCAKES

Served with regular coffee or tea or herbal tea.

Le Fruitier 18.70

Fruits & maple syrup.

Bleuets 17.70

3 pancakes, greek yogurt & maple syrup.

La Montagne 18.70

3 pancakes, strawberries, bananas, hazelnut chocolate & english cream.

Nature 13.70

3 pancakes, icing sugar.

Create your Pancake (4 choix maximum) 21.95

Greek yogurt, vanilla yogurt, pastry cream, custard, whipped cream, hazelnut chocolate, raspberry coulis, morello cherry coulis, blueberry coulis, maple syrup, bananas, cantaloupe, honeydew melon, pineapple, strawberries, blackberries, blueberries, raspberries, salted caramel coulis.



CREPES

Served with coffee or tea or herbal tea

Des Alpes 18.70

3 crepes, strawberries, bananas, pineapple, hazelnut chocolate, english cream, icing sugar.

Fruits des champs 19.95

Strawberries, blackberries, blueberries, raspberries, hazelnut chocolate and raspberry coulis.

Strawberries and hazelnut chocolate 18.70

Paquito 18.70

Strawberries, bananas et hazelnut chocolate & custard.

Bananas 16.70

Bananas, hazelnut chocolate & english cream.

Fruits & english cream 17.70

Nature 12.70

3 plain crepes, icing sugar.

Create your Crepe (4 choices maximum) 21.95

Greek yogurt, vanilla yogurt, english cream, custard, hazelnut chocolate, whipped cream, raspberry coulis, morello cherry coulis, blueberry coulis, maple syrup, bananas, cantaloupe, honeydew, pineapple, strawberries, blackberries, blueberries, raspberries, salted caramel coulis.