

SANDWICHES

CHOICES OF BREAD: Baguette, Rye, Pumpernickel, Ciabatta, Semolina, 7-Grain, Sourdough or Whole Wheat

LE PARISIEN \$8.50

butter, Dijon mustard, ham, cornichons, mesclun salad, homemade Dijon vinaigrette

PORTOBELLO \$10.50

grilled portobello mushroom, brie, fresh tomato, mesclun salad, homemade Dijon vinaigrette

PAN BAGNA \$10.50

canned plain tuna, anchovies, fresh tomato, cured olives, mesclun salad, homemade Dijon vinaigrette

NORWAY \$11.50

smoked salmon, chive sauce, lemon juice, sliced tomato, mesclun salad, homemade Dijon vinaigrette

LE SUD-OUEST \$10.00

butter, cornichons, prosciutto di Parma, mesclun salad, homemade Dijon vinaigrette

SICILIEN \$10.50

prosciutto di Parma, sun dried tomato, cured olives, mozzarella, mesclun salad, homemade Dijon vinaigrette

TEXAN \$9.50

grilled chicken, roasted: zucchini, yellow squash, eggplant, sliced tomato, mesclun salad, homemade Dijon vinaigrette

CLASSIC GRILLED CHEESE \$8.00

choice of mozzarella or Swiss cheese, select your bread

SPECIALTY SANDWICHES

CIABATTA \$10.50

roasted bell pepper, brie, bacon, fresh tomato, mesclun salad, homemade Dijon vinaigrette on toasted ciabatta bread

CLASSIC TURKEY CLUB \$11.00

home roasted turkey breast, bacon, fresh tomato, mayo, mesclun salad on 3 slices of toasted 7 grain

CUBANO \$14.00

pulled pork, ham, bacon, Swiss cheese, honey mustard, cornichons on toasted Cuban bread

AVOCADO VEGGIE \$14.50

roasted: yellow squash, zucchini, eggplant, fresh diced tomato, avocado, chives, organic sunny side egg, open-faced on toasted 7 grain

GRILLED EGGPLANT \$14.00

grilled eggplant, roasted red bell pepper, fresh mozzarella, pesto, dried herbs open-faced on toasted 7 grain

SEMOLINA \$11.50

melted raclette cheese, prosciutto di Parma, cornichons, mesclun salad, homemade Dijon vinaigrette, on toasted semolina bread

CROQUE MONSIEUR \$13.00

on white bread only French-style grilled Swiss cheese, ham, béchamel sauce served with side mesclun salad, homemade Dijon vinaigrette

CROQUE MONSIEUR VEGETARIAN \$14.00

on white bread only French-style grilled Swiss cheese, roasted: eggplant, zucchini, yellow squash, béchamel sauce, served with side mesclun salad, homemade Dijon vinaigrette

CROQUE MADAME \$15.00

on white bread only French-style grilled Swiss cheese, ham, béchamel sauce, organic sunny side egg, served with side mesclun salad, homemade Dijon vinaigrette

HOMEMADE QUICHES

CHOICE OF:

HAM & SWISS CHEESE

BROCCOLI & CHEDDAR CHEESE

SPINACH & SWISS CHEESE

single slice served with side salad & Dijon vinaigrette \$15

whole quiche TO GO \$30

**ANY ADDITIONS OR CHANGES WILL BE EXTRA SEE PRICES ON LAST PAGE
20% GRATUITY WILL BE ADDED TO PARTIES OF 6 OR MORE**

CONSUMER ADVISORY: CONSUMPTION OF UNDERCOOKED MEAT, POULTRY, EGGS OR SEAFOOD MAY INCREASE THE RISK OF FOOD BORNE ILLNESS.
ADVICE YOUR SERVER IF YOU HAVE SPECIAL DIETARY REQUIREMENTS

SALADS

VEGAN YOU CAN TAKE HOME OUR DELICIOUS HOMEMADE DIJON VINAIGRETTE: PINT \$8.50

INGREDIENTS: DIJON MUSTARD, CORN OIL, RED WINE VINEGAR, SALT AND PEPPER

VEGETARIAN

VEGAN MIXED GREEN SALAD \$7.50

mesclun salad, homemade Dijon vinaigrette

VEGAN VEGETARIAN SALAD \$12.00

avocado, tomato, bean sprouts, scallions, artichoke, mesclun salad, homemade Dijon vinaigrette

RED BEET SALAD \$13.00

diced beets, goat cheese tartine, shredded carrots, diced tomato, shallot and balsamic vinaigrette

PORTOBELLO SALAD \$13.50

avocado, asparagus, tomato, portobello mushroom, basil and goat cheese on tartine, mesclun salad, homemade Dijon vinaigrette

FRENCH GREEN LENTIL SALAD \$11.50

French green lentils, shaved parmesan, shredded carrots, mesclun salad, homemade Dijon vinaigrette

ROQUEFORT SALAD \$14.50

Roquefort cheese, diced apple, walnuts, mesclun salad, homemade Dijon vinaigrette

GF BLINIS SALAD \$14.00

5 Blinis (mini buckwheat pancake: sliced tomato, goat cheese, basil, olive oil) on bed of mesclun salad, homemade Dijon vinaigrette

VEGAN SIDE MIXED GREEN SALAD \$6.00

TOMATO MOZZARELLA SALAD \$12.00

sliced tomatoes, fresh mozzarella, basil vinaigrette *nut free*, balsamic vinegar, mesclun salad homemade Dijon vinaigrette

VEGGIE CAESAR SALAD \$12.00

artichoke, sliced tomatoes, shredded carrots, asparagus, avocado, croutons, corn, mesclun salad, homemade Caesar dressing (contains anchovies)

VEGAN **GF** DETOX SALAD \$13.00

kale, tomato, string beans, shredded carrots, scallion, bell pepper, orange, mesclun salad, wheatgrass, homemade apple cider vinaigrette

MEAT

CHICKEN CURRY SALAD \$15.00

a scoop chicken curry salad (chicken, mayo, yellow curry, dried cranberries), avocado, asparagus, dried cranberries on bed of mesclun salad, homemade Dijon vinaigrette

COUNTRY SALAD \$13.50

Swiss cheese, corn, diced prosciutto di Parma sautéed in balsamic vinegar, croutons, organic sunny side egg, mesclun salad, homemade Dijon vinaigrette

GRILLED CHICKEN SALAD \$14.00

sliced chicken breast, sliced tomato, bean sprouts, roasted: eggplant, zucchini, yellow squash, mesclun salad, homemade Dijon vinaigrette

MÉLI-MÉLO SALAD \$14.00

Roquefort cheese, walnuts, prosciutto di Parma, mesclun salad, homemade Dijon vinaigrette

CHICKEN COBB SALAD \$14.00

grilled chicken breast, diced tomato, crispy bacon, blue cheese, avocado, baby corn, mesclun salad, homemade Dijon vinaigrette

DUCK SALAD \$19.50

smoked and dry cured duck breast, portobello mushroom, avocado, asparagus, sliced tomato, mesclun salad, homemade Dijon raspberry dressing

SEAFOOD

CRANBERRY TUNA SALAD \$13.00

a scoop tuna salad (canned tuna, diced apple, dried cranberries, scallions, red onion, apple juice, mayo) on bed of mesclun salad, homemade Dijon vinaigrette

HOMEMADE CRAB CAKE SALAD \$21.00

3 pan fried crab cakes, ceviche, homemade Dijon vinaigrette, on bed of mesclun salad

SMOKED SALMON SALAD \$15.00

smoked salmon, sliced tomatoes, bean sprouts, daikon, chive sauce, lemon juice, mesclun salad, homemade Dijon vinaigrette

BLUE CHEESE SALAD \$15.50

blue cheese, pear, walnuts, mesclun salad, homemade Dijon vinaigrette, CHOICE OF: SMOKED SALMON or PROSCIUTTO DI PARMA

SALADE NIÇOISE \$15.50

canned tuna marinated in balsamic vinegar, olive oil, lemon juice, sliced tomato, string beans, organic hard-boiled egg, cured olives, boiled potato, bell pepper, anchovies, mesclun salad, homemade Dijon vinaigrette

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CRÊPES DE BLÉ NOIR / ORIGINAL BUCKWHEAT CRÊPES

(Organic buckwheat flour, wheat flour, eggs, water, salt and pepper)

Ask for **GLUTEN FREE** crêpes made with 100% Organic Buckwheat flour, eggs, water, salt, pepper add \$2.50

VEGETARIAN

BRIE & HERBS \$10.50

brie cheese, dried herbs: rosemary, basil, thyme, oregano

4 SEASONS \$17.50

ON THICK CRÊPE mozzarella, artichoke, hearts of palm, avocado, asparagus, diced tomato, scallions, corn, sautéed spinach, sun dried tomatoes, bean sprouts,

FROMAGE DE CHÈVRE. SALADE

AUX NOIX \$14.00

goat cheese, walnuts, mesclun salad, homemade Dijon vinaigrette

SARDAGNA \$18.00

fontina cheese, sautéed spinach, sun dried tomatoes, pine nuts, olive oil, artichoke, asparagus, mesclun salad, homemade Dijon vinaigrette

PISSALADIÈRE \$17.00

ON THICK CRÊPE roasted onions, goat cheese, cured olives, capers, fresh basil, roasted tomatoes

CALIFORNIAN \$17.50

ON THICK CRÊPE roasted: eggplant, zucchini, yellow squash, sautéed spinach, diced tomatoes, sun dried tomatoes, scallions, corn, bean sprouts, homemade Dijon vinaigrette

MEAT

JAMBON ET FROMAGE \$11.00

ham and Swiss cheese crepe
ADD ORGANIC EGG \$2.50

POULET GRILLÉ. RATATOUILLE NIÇOISE

SALAD \$15.50

grilled chicken breast, ratatouille (vegetable stew: onion, garlic, zucchini, eggplant, yellow squash, bell pepper, tomato) mesclun salad, homemade Dijon vinaigrette

SPRING \$18.50

mozzarella and Swiss cheeses, artichoke, asparagus, ham, mesclun salad, homemade Dijon vinaigrette

PARMA \$18.50

mozzarella, sliced tomatoes, olive oil, prosciutto di Parma, mesclun salad, homemade Dijon vinaigrette

RACLETTE \$19.50

raclette cheese, capers, cornichons, prosciutto di Parma, mesclun salad, homemade Dijon vinaigrette

DUCK SPRING ROLL \$22.50

smoked and dry cured duck breast, Swiss cheese, hoisin sauce, scallions, shredded carrots, bean sprouts, homemade Dijon vinaigrette rolled and cut into 4 pieces served on bed of mesclun salad

GUACAMOLE \$19.00

mozzarella, sliced grilled chicken, fresh homemade guacamole, diced tomato, mesclun salad, homemade Dijon vinaigrette

SICILIENNE \$19.50

OVERSIZED THICK CRÊPE, mozzarella, tomato sauce, ricotta, roasted tomatoes, spinach, basil leaf, diced prosciutto di Parma sautéed in balsamic vinegar

JUMBO \$19.50

OVERSIZED THICK CRÊPE, mozzarella, roasted tomato, spinach, grilled chicken, roasted: eggplant, zucchini, yellow squash

SEAFOOD

SAUMON FUMÉ. SAUCE CIBOULETTE \$13.50

smoked salmon, chive sauce, lemon, daikon

AVOCADO. CREVETTES. CITRON.

VINAIGRETTE \$14.50

avocado, shrimp, lemon juice, homemade Dijon vinaigrette

SHRIMP SALAD CRÊPE \$20.00

mesclun salad, shrimp, shredded carrots, bean sprouts, avocado, asparagus, sliced tomato, scallions, cilantro, homemade ginger dressing

CRAB SPRING ROLL \$19.50

crabmeat, Swiss cheese, organic scrambled egg, bean sprouts, scallions, olive oil, rolled and cut into 4 pieces served on bed of mesclun salad homemade Dijon vinaigrette

SALMON SPRING ROLL \$19.50

smoked salmon, Swiss cheese, organic scrambled egg, scallions, bean sprouts, olive oil, rolled and cut into 4 pieces served on bed of mesclun, homemade Dijon vinaigrette

SHRIMP SEAWEED ROLL \$19.50

shrimp, seaweed, organic scrambled egg, scallions, shredded carrots, bean sprouts, rolled and cut into 4 pieces served on bed of mesclun salad, homemade wasabi dressing, homemade Dijon vinaigrette

VALENTINE \$20.00

ON THICK CRÊPE goat cheese, avocado, asparagus, shredded carrots, smoked salmon, lemon juice, mesclun salad, homemade Dijon vinaigrette

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CRÊPES DE FROMENT/ WHEAT CRÊPES

(Wheat flour, eggs, sugar and milk)

Ask for **GLUTEN FREE** crêpes made with 100% rice milk, rice flour French vanilla extract, honey, eggs, sugar add \$2.50

TRADITIONAL

BEURRE ET SUCRE \$5.00

butter, sugar

SIROP D'ERABLE \$7.00

pure maple syrup

MIEL ET CITRON \$6.00

honey, lemon juice

13oz Local Raw Honey \$13

CONFITURE DE LAIT MAISON \$9.00

homemade dulce de leche crepe

CANNELLE \$5.50

butter, sugar, cinnamon

SAUCE CHOCOLAT MAISON \$9.00

homemade chocolate sauce

CARAMEL AU BEURRE SALE \$9.00

homemade salted caramel

CONFITURE AUX FRUITS ROUGES MAISON \$8.50

homemade jam

16oz Homemade Red Fruit Jam \$12.50

NUTELLA \$9.00

BANANE ET NUTELLA \$11.50

Nutella crepe with
smashed or sliced banana

FRUITS FRAIS \$13.00

fresh fruit crepe: blueberries, raspberries,
strawberries, black berries

FRUITS ROUGE \$14.00

red fruit: blueberries, raspberries, strawberries,
blackberries, white cheese sauce, red fruit coulis

ADD ONS AND TOPPINGS

CHOICE OF FRUIT

banana, apple, pear, or kiwi \$3.00

strawberries, blueberries, blackberries, or raspberries \$5.00

TOPPINGS \$2.00

almonds, walnuts, shredded coconut or whipped cream

CHOICE OF SWEET SAUCE \$2.50

chocolate sauce, salted caramel, dulce de leche, maple syrup, honey
Nutella, red fruit coulis, homemade jam or white cheese sauce

SINGLE SCOOP OF ICE CREAM/SORBET \$5.50

see ice cream/sorbet list

SIGNATURE

BANANE ET NUTELLA AVEC UNE

BOULE DE BANANE ET NUTELLA SORBET MAISON \$14.00

smashed banana, Nutella,
single scoop of homemade banana Nutella sorbet

TATIN \$15.00

caramelized apples, single scoop of vanilla ice cream,
homemade chocolate sauce, whipped cream, Nougatine

LA POIRE BELLE-HELENE \$15.00

poached pear, homemade chocolate sauce, whipped cream,
two scoops of homemade chocolate ice cream

SWEET TOOTH \$14.00

kiwi, strawberries, mint leaf, chocolate sauce,
single scoop of homemade chocolate sorbet

AFTER EIGHT \$14.00

strawberries, mint leaf, red fruit coulis, single scoop
homemade mint chocolate ice cream

LES DELICES DE SUZETTE \$15.00

candied citrus peels, side homemade chocolate sauce,
side homemade dulce de leche,
two scoops of homemade suzette ice cream

FLAMBÉES

ALSACIENNE \$13.50

Homemade 3 red fruit jam flambéed with Kirsch

CHARANTAISE \$13.50

homemade prune jam flambéed with Cognac

JUBILEE \$13.50

homemade vanilla ice cream, cherries flambéed with Kirsch

ST.BARTH \$14.50

homemade vanilla ice cream,
raisins flambéed with Rum

SUZETTE \$14.50

orange butter, candied citrus peels
flambéed with Grand-Marnier

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HOMEMADE ICE CREAM & SORBET

ALL NATURAL. NO COLORING. NO ARTIFICIAL FLAVORING OR PRESERVATIVES
WE HAVE HOMEMADE WAFFLE CONES!

SINGLE SCOOP \$5.50

DOUBLE SCOOP \$8.50

TRIPLE SCOOP \$10.50

FRENCH MACAROONS 6-PACK \$13.00

Chocolate, Vanilla, Caramel,
Lemon, Pistachio, Raspberry

SORBET FLAVORS ^{VEGAN}

BANANA NUTELLA, BLACK CURRANT, COCONUT,
CHOCOLATE, MANGO, PASSION FRUIT,
RASPBERRY, STRAWBERRY

ICE CREAM FLAVORS

CHOCOLATE, VANILLA, RUM RAISIN, SUZETTE
DULCE DE LECHE, MINT CHOCOLATE

MILKSHAKES \$8.50

your choice of ice cream/sorbet

TAKE OUT CONTAINERS:

PINT \$10.50

QUART \$21.00

COLD DRINKS

NO FREE REFILLS

ICED SPECIAL TEA \$5.50

honey, mint, fresh ginger and lemon juice

ICE TEA \$3.50

unsweetened

ARNOLD PALMER \$5.00

unsweetened iced tea & fresh lemon juice

MATCHA ICED TEA LEMONADE \$5.50

HOMEMADE LEMONADE \$5.00

freshly squeezed lemon, ice, water

POLAND SPRING \$4.00

HOMEMADE GINGER ALE \$4.50

sprite, fresh ginger and lemon juice

SODAS \$3.50

Coke, Diet Coke, Sprite

COCONUT WATER \$5.00

PERRIER/ ORANGINA \$5.00

FRAPPUCCINO \$6.00

espresso, milk, ice blended,
pinch cinnamon

MATCHA ALMOND FRAPPUCCINO \$6.00

SAN PELLEGRINO

Small \$4 Large \$8

FLAVORED PELLEGRINO \$4.00

Limonata (lemon),
Aranciata (orange)

SPARKLING CIDER

Glass \$4 Bottle \$10

GLASS OF MILK \$3.50

oat/almond/soy add \$1.00

CHOCOLATE MILK \$5.50

HOT DRINKS

NO FREE REFILLS

BOTTOMLESS COFFEE \$3.50

iced or hot

oat/almond/soy add \$1.00

HOT CHOCOLATE \$5.50

with whipped cream \$6.00

oat/almond/soy add \$1.00

MATCHA ALMOND LATTE \$6.00

TURMERIC ALMOND LATTE

\$8.00

SPECIAL TEA \$5.50

honey, mint, ginger, lemon

TEA \$3.50

ask for our selections

AMERICANO \$4.50

single shot of espresso,
hot water on side

oat/almond/soy add \$1.00

MACCHIATO \$5.00

oat/almond/soy add \$1.00

ESPRESSO

Single \$4.50 Double \$6.00

Triple \$7.00

LATTE \$5.50

oat/almond/soy add \$1.00

CAPPUCCINO \$5.50

pinch of cinnamon

oat/almond/soy add \$1.00

RED EYE \$5.50

single shot of espresso, brewed coffee

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