

## SALADS

**VEGAN** YOU CAN TAKE HOME OUR DELICIOUS HOMEMADE DIJON VINAIGRETTE: PINT \$8.00

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

## VEGETARIAN

**VEGAN** MIXED GREEN SALAD \$7.00

mesclun salad, homemade Dijon vinaigrette

**RED BEET SALAD \$12.50**

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

**ROQUEFORT SALAD \$14.00**

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

**VEGAN** SIDE MIXED GREEN SALAD \$5.50

**FRENCH GREEN LENTIL SALAD \$11.00**

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

**VEGAN** VEGETARIAN SALAD \$11.50

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

**PORTOBELLO SALAD \$13.00**

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

**TOMATO MOZZARELLA SALAD \$11.50**

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

**VEGAN** DETOX SALAD \$12.50

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

**VEGGIE CAESAR SALAD \$11.50**

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

## MEAT

**CHICKEN CURRY SALAD \$14.50**

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 \$13.00**

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

**GRILLED CHICKEN SALAD \$13.50**

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

**MÉLI-MÉLO SALAD \$13.50**

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

**CHICKEN COBB SALAD \$13.50**

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

**DUCK SALAD \$17.50**

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

## SEAFOOD

**CRANBERRY TUNA SALAD \$12.50**

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 \$16.00**

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

**BLUE CHEESE SALAD \$14.50**

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

**SMOKED SALMON SALAD \$14.00**

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

**SALADE NIÇOISE \$14.50**

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

**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.

## SANDWICHES

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

#### LE PARISIEN \$8.00

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

#### PORTOBELLO \$10.00

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

#### PAN BAGNA \$10.00

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

#### NORWAY \$10.50

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

#### LE SUD-OUEST \$9.50

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

#### SICILIEN \$10.00

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

#### TEXAN \$9.00

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

#### CLASSIC GRILLED CHEESE \$7.50

choice of mozzarella or Swiss cheese, select your bread

## SPECIALTY SANDWICHES

#### CIABATTA \$10.00

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

#### CLASSIC TURKEY CLUB \$10.50

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

#### CUBANO \$13.00

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

#### AVOCADO VEGGIE \$13.50

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

#### GRILLED EGGPLANT \$13.50

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

#### SEMOLINA \$10.50

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

#### CROQUE MONSIEUR \$12.50

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

#### CROQUE MONSIEUR VEGETARIAN \$13.50

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 \$14.50

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

#### MUSHROOM & SWISS CHEESE

#### BROCCOLI & CHEDDAR CHEESE

#### SPINACH & SWISS CHEESE

single slice served with side salad & Dijon vinaigrette \$14.00

whole quiche TO GO \$28

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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 \$10.00

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

#### 4 SEASONS \$17.00

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 \$13.50

goat cheese, walnuts, mesclun salad, homemade Dijon vinaigrette

#### SARDAGNA \$17.50

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

#### PISSALADIÈRE \$16.50

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

#### CALIFORNIAN \$17.00

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 \$10.50

ham and Swiss cheese crepe  
ADD ORGANIC EGG \$2.50

#### POULET GRILLÉ, RATATOUILLE NIÇOISE

#### SALAD \$15.00

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

#### SPRING \$18.00

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

#### PARMA \$18.00

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

#### RACLETTE \$19.00

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

#### DUCK SPRING ROLL \$19.50

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 \$18.50

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

#### SICILIENNE \$18.50

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

#### JUMBO \$18.50

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

### SEAFOOD

#### SAUMON FUMÉ, SAUCE CIBOULETTE \$13.00

smoked salmon, chive sauce, lemon, daikon

#### AVOCADO, CREVETTES, CITRON,

#### VINAIGRETTE \$14.00

avocado, shrimp, lemon juice, homemade Dijon vinaigrette

#### SHRIMP SALAD CREPE \$19.00

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

#### CRAB SPRING ROLL \$18.50

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 \$18.50

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 \$18.50

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 \$19.00

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 \$4.50**

butter, sugar

**CANNELLE \$5.00**

butter, sugar, cinnamon

**MIEL ET CITRON \$5.50**

honey, lemon juice

**CONFITURE AUX**

**FRUITS ROUGES MAISON \$8.00**

homemade jam

**SIROP D'ERABLE \$6.50**

pure maple syrup

**SAUCE CHOCOLAT MAISON \$8.50**

homemade chocolate sauce

**CARAMEL AU BEURRE SALE \$8.50**

homemade salted caramel

**CONFITURE DE LAIT MAISON \$8.50**

homemade dulce de leche crepe

**NUTELLA \$8.50**

**BANANE ET NUTELLA \$11.00**

Nutella crepe with smashed banana or sliced banana

**FRUITS FRAIS \$12.50**

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

**FRUITS ROUGE \$13.50**

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 \$13.50**

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

### TATIN \$14.00

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

### LES DELICES DE SUZETTE \$14.00

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

### SWEET TOOTH \$13.50

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

### AFTER EIGHT \$13.50

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

### LA POIRE BELLE-HELENE \$14.00

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

## FLAMBÉES

### ALSACIENNE \$12.50

Homemade 3 red fruit jam flambéed with Kirsch

### CHARANTAISE \$12.50

homemade prune jam flambéed with Cognac

### JUBILEE \$12.50

homemade vanilla ice cream, cherries flambéed with Kirsch

### ST.BARTH \$13.50

homemade vanilla ice cream, raisins flambéed with Rum

### SUZETTE \$13.50

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  
*vanilla, chocolate*

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  
*iced or hot*

ICE TEA \$3.50

unsweetened

ARNOLD PALMER \$5.00

unsweetened ice tea & homemade 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 mix

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*

MILK \$3.50

*almond/soy add \$1.00*

CHOCOLATE MILK \$5.50

## HOT DRINKS

NO FREE REFILLS

COFFEE \$3.50

iced or hot

HOT CHOCOLATE \$5.50

with whipped cream \$6.00

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

MACCHIATO \$5.00

ESPRESSO

*Single \$4.50 Double \$6.00*

*Triple \$7.00*

LATTE \$5.50

CAPPUCCINO \$5.50

pinch of cinnamon

RED EYE \$5.50

single shot of espresso, brewed coffee

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