

COLD SANDWICHES

Bread Options : Baguette, Rye, Pumpernickel, Ciabatta, Semolina, 7-Grain, Sourdough or Whole Wheat

LE PARISIEN \$9.50

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

TEXAN \$10.50

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

CIABATTA \$11.50

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

SICILIEN \$11.50

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

NORWAY \$12.50

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

CLASSIC TURKEY CLUB \$12

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

PORTOBELLO \$11.50

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

AVOCADO VEGGIE \$15.50

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

PAN BAGNA \$11.50

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

HOT SANDWICHES

SEMOLINA \$12.50

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

CUBANO \$15.50

pulled pork, ham, bacon, Swiss cheese, honey mustard,
hot sauce, cornichon on toasted Cuban bread

CROQUE MONSIEUR \$14

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

*Croque Monsieur Vegetarian \$15

*Croque Madame \$16

CLASSIC GRILLED CHEESE \$8.50

choice of mozzarella or Swiss cheese, select your bread

GLUTEN FREE CRÊPE WRAPS

CHICKEN CURRY WRAP \$15

chicken curry, avocado, mesclun salad
homemade Dijon vinaigrette

VEGGIE CREPE WRAP \$15

roasted bell pepper, zucchini,
yellow squash, eggplant, bean sprouts,
carrots, mesclun salad, Ceasar dressing

TURKEY CREPE WRAP \$15

turkey breast, mesclun salad,
tomato, Swiss, honey mustard

HOMEMADE QUICHE

CHOICE OF:

*HAM AND SWISS *

SPINACH AND SWISS

BROCCOLI AND CHEDDAR

served with side mesclun salad, & homemade Dijon vinaigrette \$16

Whole Quiche TO GO \$32

Any additions or changes will be extra see prices on last page

20% Gratuity will be added to parties of 6 or more

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SALADS

VEGAN You can take home our delicious homemade Dijon vinaigrette: Pint \$9

Ingredients: Dijon mustard, corn oil, red wine vinegar, salt and pepper

VEGETARIAN

VEGAN MIXED GREEN SALAD \$8.50

mesclun salad, homemade Dijon vinaigrette

VEGGIE CAESAR SALAD \$13

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

GF BLINIS SALAD \$15

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

VEGAN VEGETARIAN SALAD \$13

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

VEGAN GF DETOX SALAD \$14

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

RED BEET SALAD \$14

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

FRENCH GREEN LENTIL SALAD \$12.50

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

TOMATO MOZZARELLA SALAD \$13

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

PORTOBELLO SALAD \$14.50

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

MEAT

CHICKEN CURRY SALAD \$16

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

MÉLI-MÉLO SALAD \$15

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

CHICKEN SALAD \$15

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

CHICKEN COBB SALAD \$15

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

SEAFOOD

CRANBERRY TUNA SALAD \$14

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

SMOKED SALMON SALAD \$16

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

SALADE NIÇOISE \$16.50

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

HOMEMADE CRAB CAKE SALAD \$22

3 pan fried crab cakes, veggie ceviche,
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 \$3

VEGETARIAN

BRIE & HERBS \$11.50

brie cheese & dried herbs:
(rosemary, basil, thyme, oregano)

CALIFORNIAN \$18.50

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

FROMAGE DE CHÈVRE, SALADE AUX NOIX \$15

goat cheese, walnuts, mesclun salad,
homemade Dijon vinaigrette

SARDAGNA \$19

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

PISSALADIÈRE \$18

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

4 SEASONS \$18.50

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

MEAT

JAMBON ET FROMAGE 12

ham and Swiss cheese
~ add Organic Egg \$2.50 ~

SPRING \$19.50

mozzarella, Swiss cheese, artichoke,
asparagus, ham, mesclun salad,
homemade Dijon vinaigrette

RACLETTE \$20.50

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

PARMA \$19.50

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

GUACAMOLE 20

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

JUMBO \$20.50

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

POULET GRILLÉ,

RATATOUILLE NIÇOISE \$16.50

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

SICILIENNE \$20.50

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

SEAFOOD

SAUMON FUME, SAUCE CIBOULETTE \$14.50

smoked salmon, chive sauce,
lemon, daikon

SALMON SPRING ROLL \$20.50

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

VALENTINE \$20.50

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

SHRIMP SALAD CREPE \$20.50

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

AVOCADO, CREVETTES,

CITRON, VINAIGRETTE \$15.50

avocado, shrimp, lemon juice,
homemade Dijon vinaigrette

CRAB SPRING ROLL \$20.50

crabmeat, Swiss cheese, organic scrambled egg,
bean sprouts, scallions, olive oil, rolled and cut
into 4 pieces on bed of 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 \$3

TRADITIONAL

BEURRE ET SUCRE \$6

butter, sugar

MIEL ET CITRON \$7

honey, lemon juice

SIROP D'ERABLE \$7.50

pure maple syrup

CONFITURE DE LAIT MAISON \$10

homemade dulce de leche crepe

~ ½ Pint \$7.50 ~

CANNELLE \$6.50

butter, sugar, cinnamon

SAUCE CHOCOLAT MAISON \$10

homemade chocolate sauce

CARAMEL AU BEURRE SALE \$10

homemade salted caramel

CONFITURE AUX FRUITS ROUGES MAISON \$9.50

homemade jam

~ 16oz Homemade Red Fruit Jam \$12.50 ~

NUTELLA \$10

BANANE ET NUTELLA \$12.50

Nutella crepe with
smashed or sliced banana

FRUITS FRAIS \$14

fresh fruit: blueberries, raspberries,
strawberries, black berries

FRUITS ROUGE \$16

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

ADD-ONS AND TOPPINGS

TOPPINGS \$2.00

almonds, shredded coconut
walnuts or whipped cream

CHOICE OF FRUIT

banana, apple, pear, or kiwi \$3.00
strawberries, blueberries,
blackberries, or raspberries \$4.00

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

AFTER EIGHT \$15.50

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

TATIN \$16.50

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

LA POIRE BELLE-HELENE \$16.50

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

SWEET TOOTH \$15.50

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

BANANA FOSTER CRÊPE \$16.50

caramelized banana, salted caramel
single scoop of Hazelnut Ice Cream

LES DELICES DE SUZETTE \$16.50

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

FLAMBÉES

ALSACIENNE \$14.50

Homemade 3 red fruit jam flambéed with Kirsch

ST.BARTH \$15.50

homemade vanilla ice cream, raisins flambéed with Rum

JUBILEE \$14.50

homemade vanilla ice cream, cherries flambéed with Kirsch

SUZETTE \$15.50

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

FRENCH MACARONS 6-PACK \$15

Chocolate, Vanilla, Caramel,
Lemon, Pistachio, Raspberry

VEGAN SORBET FLAVORS

COCONUT, CHOCOLATE, MANGO, PASSION FRUIT, RASPBERRY

ICE CREAM FLAVORS

CHOCOLATE, VANILLA, RUM RAISIN, SUZETTE
DULCE DE LECHE, PISTACHIO, HAZELNUT, COFFEE, PUMPKIN

MILKSHAKES \$8.50

your choice of ice cream/sorbet

TAKE OUT CONTAINERS: PINT \$11 QUART \$22

COLD DRINKS

no free refills

ICED SPECIAL TEA \$5.50

honey, mint, fresh ginger lemon juice

POLAND SPRING \$4.00

EVIAN WATER

Small \$5 Large \$8.50

FIJI WATER \$5

UNSWEETENED ICE TEA \$3.50

SODAS \$3.50

Coke, Diet Coke, Sprite

COCONUT WATER \$5.00

HOMEMADE LEMONADE \$5.00

NOT SWEET

ARNOLD PALMER \$5.00

unsweetened iced tea & fresh lemon juice

HOMEMADE GINGER ALE \$4.50

sprite, fresh ginger lemon juice

FRAPPUCCINO \$6.00

espresso, milk, ice blended,
pinch cinnamon

SAN PELLEGRINO

Small \$4 Large \$8

FLAVORED PELLEGRINO \$4.00

Limonata (lemon), Aranciata (orange)

HOT DRINKS

no free refills

COFFEE \$3.50

iced or hot
oat/almond/soy add \$1.00

TEA \$3.50

ask for our selections

MACCHIATO \$5.00

oat/almond/soy add \$1.00

MOCHA \$5.50

oat/almond/soy add \$1.00

MATCHA ALMOND LATTE \$6.00

SPECIAL TEA \$5.50

honey, mint, ginger, lemon

ESPRESSO

Single \$4.50 Double \$6.00
Triple \$7.00 RED-EYE \$6.50

AMERICANO \$4.50

single shot of espresso, hot water on side
oat/almond/soy add \$1.00

HOT CHOCOLATE \$5.50

with whipped cream \$6.50
oat/almond/soy add \$1.00

CAPPUCCINO \$5.50

pinch of cinnamon
oat/almond/soy add \$1.00

LATTE \$5.50

oat/almond/soy add \$1.00

ORGANIC TURMERIC ALMOND LATTE \$8

pinch of Cinnamon

SUSY'S CALMING LATTE \$8

blue butterfly pea, ashwagandha root,
ceylon cinnamon, local organic honey,
oat milk. topped with dried rose petals

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