

SALADS

VEGAN YOU CAN TAKE HOME OUR DELICIOUS HOMEMADE DIJON VINAIGRETTE: PINT \$6.50

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

VEGETARIAN

VEGAN MIXED GREEN SALAD \$6.00

mesclun salad, homemade Dijon vinaigrette

RED BEET SALAD \$11.00

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

BLINIS SALAD \$10.50

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

ROQUEFORT SALAD \$12.50

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

FRENCH GREEN LENTIL SALAD \$9.50

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

VEGAN VEGETARIAN SALAD \$10.00

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

PORTOBELLO SALAD \$11.50

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

VEGAN SIDE MIXED GREEN SALAD \$4.00

TOMATO MOZZARELLA SALAD \$10.50

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

VEGAN DETOX SALAD \$11.00

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

VEGGIE CAESAR SALAD \$10.00

artichoke, corn, sliced tomatoes, shredded carrots, asparagus, avocado, croutons, mesclun salad, homemade Caesar dressing made with anchovies

MEAT

CHICKEN CURRY SALAD \$12.50

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 \$11.50

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

GRILLED CHICKEN SALAD \$11.50

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

MÉLI-MÉLO SALAD \$12.00

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

CHICKEN COBB SALAD \$11.50

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

DUCK SALAD \$15.50

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

SEAFOOD

CRANBERRY TUNA SALAD \$11.00

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 \$14.00

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

BLUE CHEESE SALAD \$12.50

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

SMOKED SALMON SALAD \$12.00

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

SALADE NIÇOISE \$12.50

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.

HOMEMADE SOUPS AND QUICHES

Soup Price Range
\$7 to \$8 per PINT
\$14 to \$16 per QUART

ALL MADE FROM SCRATCH WITH FRESH INGREDIENTS
WE OFFER VEGETARIAN AND VEGAN CHOICES SEE OUR DAILY LIST

Quiche Slice \$10.50
served with mesclun salad
Whole Quiche TO GO \$27

SANDWICHES

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

LE PARISIEN \$7.00

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

TEXAN \$7.50

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

PORTOBELLO \$9.00

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

PAN BAGNA \$9.00

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

CLASSIC GRILLED CHEESE \$7.00

choice of mozzarella or Swiss cheese, select your bread

LE SUD-OUEST \$8.50

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

NORWAY \$9.00

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

SEMOLINA \$9.50

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

SICILIEN \$9.00

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

SPECIALTY SANDWICHES

CIABATTA \$9.00

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

CLASSIC TURKEY CLUB \$9.50

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

CUBANO \$10.50

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

CROQUE MONSIEUR \$11.00

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

CROQUE MONSIEUR VEGETARIAN \$12.00

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 \$13.00

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

AVOCADO VEGGIE \$12.50

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

GRILLED EGGPLANT \$12.50

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

HAM AND CHEESE CROISSANT \$10.50

ham, Swiss cheese,
served with side mesclun salad,
homemade Dijon vinaigrette
while supplies last

BACON, EGG, AND CHEESE CROISSANT \$11.50

bacon, Swiss cheese, scrambled organic egg,
served with side mesclun salad, homemade Dijon vinaigrette
while supplies last

LOX CROISSANT \$12.50

smoked salmon, chive sauce, raw onions, capers, sliced tomato,
served with side mesclun salad, homemade Dijon vinaigrette
while supplies last

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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 \$1.50

VEGETARIAN

BRIE & HERBS \$8.50

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

4 SEASONS \$15.50

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

FROMAGE DE CHÈVRE, SALADE

AUX NOIX \$12.00

goat cheese, walnuts, mesclun salad, homemade Dijon vinaigrette

SARDAGNA \$16.00

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

PISSALADIÈRE \$15.00

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

CALIFORNIAN \$15.50

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 \$9.00

ham and Swiss cheese

WITH ORGANIC EGG SUNNY SIDE \$11.50

POULET GRILLE, RATATOUILLE NIÇOISE

SALAD \$13.00

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

SPRING \$16.50

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

PARMA \$16.50

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

RACLETTE \$17.50

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

DUCK SPRING ROLL \$18.00

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 \$16.50

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

SICILIENNE \$17.00

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

JUMBO \$17.00

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

SEAFOOD

SAUMON FUME, SAUCE CIBOULETTE \$11.50

smoked salmon, chive sauce, lemon, daikon

AVOCADO, CREVETTES, CITRON,

VINAIGRETTE \$12.50

avocado, shrimp, lemon juice, homemade Dijon vinaigrette

SHRIMP SALAD CREPE \$17.00

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

CRAB SPRING ROLL \$17.00

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 \$17.50

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 \$16.50

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

VALENTINE \$17.00

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 \$1.50

TRADITIONAL

BEURRE ET SUCRE \$3.50

butter, sugar

CANNELLE \$4.00

butter, sugar, cinnamon

MIEL ET CITRON \$4.50

honey, lemon juice

CONFITURE AUX

FRUITS ROUGES MAISON \$6.50

homemade jam (3 red fruit)

SIROP D'ERABLE \$5.50

pure maple syrup

SAUCE CHOCOLAT MAISON \$7.00

homemade chocolate sauce

CARAMEL AU BEURRE SALE \$7.50

homemade salted caramel

CONFITURE DE LAIT MAISON \$7.50

homemade dulce de leche

NUTELLA \$7.00

BANANE ET NUTELLA \$9.50

smashed banana & Nutella

FRUITS FRAIS \$10.50

fresh fruit: blueberries, raspberries, strawberries, black berries

FRUITS ROUGE \$11.00

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

ADD ONS AND TOPPINGS

CHOICE OF FRUIT

banana, apple, pear, or kiwi \$2.00

strawberries, blueberries, blackberries, or raspberries \$3.50

TOPPINGS \$1.00

almonds, walnuts, shredded coconut or whipped cream

CHOICE OF SWEET SAUCE \$1.50

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 \$4.00

see ice cream list

SIGNATURE

BANANE ET NUTELLA AVEC UNE

BOULE DE BANANE ET NUTELLA SORBET MAISON \$12.00

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

TATIN \$12.50

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

LES DELICES DE SUZETTE \$12.50

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

SWEET TOOTH \$12.00

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

AFTER EIGHT \$12.00

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

LA POIRE BELLE-HELENE \$12.50

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

FLAMBÉES

ALSACIENNE \$11.00

Homemade 3 red fruit jam flambéed with Kirsch

CHARANTAISE \$11.00

homemade prune jam flambéed with Cognac

JUBILEE \$11.00

homemade vanilla ice cream, cherries flambéed with Kirsch

NORMANDE \$12.00

homemade green apple sorbet flambéed with Calvados

ST.BARTH \$12.00

homemade vanilla ice cream, raisins flambéed with Rum

SUZETTE \$12.00

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

SINGLE SCOOP \$4.00

DOUBLE SCOOP \$7.00

TRIPLE SCOOP \$9.00

SORBET FLAVORS ^{VEGAN}

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

ICE CREAM FLAVORS

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

MILKSHAKES \$7.00

vanilla, chocolate
your choice of ice cream

HOMEMADE WAFFLE CONES AVAILABLE!

TAKE OUT CONTAINERS: PINT \$9.00

QUART \$18.00

COLD DRINKS

NO FREE REFILLS

ICED SPECIAL TEA \$4.00

honey, mint, fresh ginger and lemon juice
iced or hot

ICE TEA \$2.00

unsweetened

ARNOLD PALMER \$3.50

unsweetened ice tea & homemade lemon juice

MATCHA ICED TEA LEMONADE \$4.00

HOMEMADE LEMONADE \$3.50

freshly squeezed lemon, ice, water

POLAND SPRING \$2.50

HOMEMADE GINGER ALE \$3.00

sprite, fresh ginger and lemon juice mix

SODAS \$2.00

Coke, Diet Coke, Sprite, Root Beer

COCONUT WATER \$3.50

PERRIER/ ORANGINA \$3.50

FRAPPUCCINO \$4.50

espresso, milk, ice blended,
pinch cinnamon

MATCHA ALMOND FRAPPUCCINO \$5.00

SAN PELLEGRINO

Small \$2.50 Large \$6.50

FLAVORED PELLEGRINO \$2.50

Limonata (lemon),
Aranciata (orange)

SPARKLING CIDER

Glass \$3.50 Bottle \$8.50

MILK \$2.00

almond/soy add \$0.50

CHOCOLATE MILK \$4.00

HOT DRINKS

NO FREE REFILLS

COFFEE \$2.00

iced or hot

SPECIAL TEA \$4.00

honey, mint, ginger, lemon

TEA \$2.00

ask for our selections

HOT CHOCOLATE \$4.00

with whipped cream \$4.50

LATTE \$4.00

TURMERIC ALMOND LATTE \$6.50

MATCHA ALMOND LATTE \$4.50

RED EYE \$4.00

brewed coffee, a shot of espresso

ESPRESSO

Single \$3.00

Double \$4.50

Triple \$6.00

CAPPUCCINO \$4.00

pinch of cinnamon

AMERICANO \$4.00

MACCHIATO \$3.50

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