

BREAKFAST

We proudly use local & organic produce when available as well as grass-fed beef & free-range poultry.

WAFFLES & FRENCH TOAST

french toast (with fruit) 9.95

french toast grand marnier
with brioche, strawberry coulis &
fresh fruit 11.95

big waffle
with 2 eggs, spicy chicken sausage
or bacon 11.95

belgium
waffle with powdered sugar 6.95

oh lá là
waffle topped with nutella,
strawberries, bananas & mango 9.95

smoked salmon waffle
topped with cream cheese,
arugula and capers 13.50

HEALTHY OPTIONS

energy sandwich
toasted wheat bread, egg whites,
tomatoes, avocado & basil pesto,
served with a side of fresh fruit 12.95

eggs la fontaine
scrambled egg whites with spinach &
asparagus served with baby greens,
fruit & wheat toast 12.95

healthy breakfast
grilled chicken breast, scrambled egg
whites, tomato, avocado & basil pesto
served with wheat bread & a side of
fresh fruit 12.95

fit crepe
scrambled egg whites, tomatoes,
mushroom, spinach, asparagus,
topped with basil pesto 12.95

HASH

potatoes, grilled onions, mushrooms,
bell peppers, tomatoes, and avocado
w/eggs sunny side up choice of:
filet mignon steak 14.50
chorizo 13.50
spicy lamb sausage (merguez) 13.50
smoked salmon 14.00

OMELETTES & BENEDICTS

Served with potato gratin, baby greens salad, baguette, house made jam & butter

healthy omelet
egg whites, market vegetables & fruit
instead of potatoes 12.95

omelet de valmy
bacon, swiss cheese, grilled onions
& mushrooms 12.95

omelet de provence
pesto, tomatoes, mozzarella, avocado
& asparagus 12.95

omelet madrid
chorizo links, avocado, salsa, cheddar
cheese & sour cream 12.95

3 eggs any style 9.95

3 items omelet
(ham, bacon, spicy chicken sausage,
chorizo link, goat cheese, swiss,
cheddar, jack, spinach, avocado,
onions, tomatoes, mushrooms, asparagus,
potatoes, sour cream) 12.95

caprese benedict,
on english muffin, fresh mozzarella,
fresh basil, heirloom tomatoes, topped with
poached eggs and hollandaise sauce 13.95

crab cake benedict 14.95

eggs b nedict 11.95

salmon & spinach b nedict 13.95

french benedict
merguez (lamb sausage), brie cheese 13.50

BUCKWHEAT BREAKFAST CR PES

Made with gluten-free cr pe batter

matinale
scrambled egg, bacon & melted jack
cheese 10.95

compl te
sunny side up egg, ham, avocado slices
& melted jack cheese 11.95

japonnaise
smoked salmon, egg, tomatoes, spinach
& melted jack cheese 14.95

paysanne
spicy chicken sausages, onions,
bell peppers, scrambled egg & melted
jack cheese 12.95

versailles
scrambled egg, spinach, tomatoes &
cream cheese 12.95

allechante
scrambled egg, avocado, tomatoes
& melted jack cheese 12.95

fromage
scrambled egg, brie cheese, bacon,
onions & saut ed mushrooms 12.95

espagnole
egg sunny side up with chorizo,
bell peppers, spicy chicken sausage,
salsa & melted jack cheese 13.95

SWEET BREAKFAST CR PES

Served with house made whipped cream

fruit e
bananas, strawberries, & mango 8.95

tartine
strawberry jam & fresh strawberries 7.95

bisous
nutella, bananas, strawberries, mango
& ice cream 8.95

gauloise
cinnamon baked apples & brown sugar
topped with toasted almonds 6.95

pigalle
fresh strawberries, bananas, topped
with melted chocolate 8.95

bretonne
with nutella & bananas 7.95