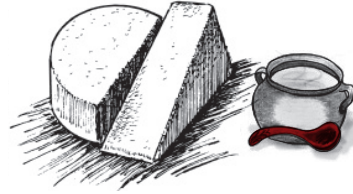


LUNCH

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



APPETIZERS

- soupe du jour** 5.50
- french onion soup** 6.95
- tomato basil soup** 5.50
- ménage à trois cheese plate** 10.95
- cheese fondue** (for 2)
served with baguette & sliced apples 16
- 6 escargots** 8.95
- country paté plate** 9.95
- caprese salad**
heirloom tomatoes, fresh burrata cheese, basil yogurt, micro greens & balsamic glaze 8.95

LES SALADES

light lunch
any half salad + soup 13.50

- niçoise**
white tuna, white anchovies, tomatoes, hard boiled eggs, potatoes & roasted bell peppers 12.95
- warm chicken salade**
with croutons, cheese & tomatoes 12.95
- grilled wild alaskan salmon**
roasted bell peppers, tomatoes, mango & candied walnuts 14.95
- chèvre chaud**
warm goat cheese croutons, candied walnuts & fresh tomatoes 11.95
- hermosa fitness**
grilled chicken, scrambled egg whites, tomatoes & asparagus 13.95
- fraîche**
on arugula, grilled shrimps, smoked salmon, capers, grilled almonds, balsamic vinaigrette 14.95
- smoked trout**
on greens, capers, goat cheese, mango & lemon 13.95

SAVORY BUCKWHEAT CRÊPES

*Served with baby greens salad
Made with gluten-free crêpe batter*

- basique**
ham & melted swiss cheese 9.95
- végétarienne**
fresh spinach, tomatoes, mushrooms, potatoes & jack cheese 11.95
- farmer**
goat cheese, asparagus, spinach, walnuts, avocado & tomatoes 12.95
- exquise**
melted brie cheese over tomatoes & ham topped with basil sauce 12.95
- parisienne**
chicken breast topped with swiss, mushroom & green onions in a béchamel sauce 11.95
- marocaine**
jack cheese, spicy lamb sausage & madeira mushroom sauce 12.95
- bolognaise**
ground beef, marinara sauce, grilled onions, mushrooms & swiss topped with fresh basil 11.95
- normandie**
goat cheese, spinach, prosciutto, grilled onions & sour cream 12.95
- nordique**
smoked salmon, a creamy dill lemon sauce, jack cheese & tomatoes 13.95
- saint pierre**
sweet batter crêpe with crab meat, shrimp, tomato, bell pepper & jack cheese 14.95
- marine**
fresh scallops & shrimp, prepared in a white wine clam sauce 13.95
- filet mignon**
a creamy blue cheese crêpe topped with filet mignon in a Porto mushroom sauce 15.95

SPÉCIALITÉ DE LA MAISON

beef bourguignon
stew marinated in a red wine sauce, served with baby greens salad & potato gratin 15

- grilled wild alaskan salmon**
crusted with purple mustard, with a spiced citrus tomato ragu, potato gratin & market vegetables 25
- pasta carbonara**
ham, eggs & cheese in a creamy white wine sauce 13
- vegetarian risotto**
assorted seasonal vegetables & pesto broth 13
- pasta bolognaise**
ground grass-fed beef in our homemade tomato basil bolognaise sauce 13

QUICHES

Served with baby greens salad

- lorraine**
ham & swiss cheese 11.95
- quiche du jour**
Please ask your server 12.95

LES SANDWICHES

Served with baby greens salad & potato gratin

le déjeuner
any 1/2 sandwich + soup 13.50

Baguette

- smoked salmon**
with cream cheese, tomatoes, green onions & arugula 13.95
- smoked turkey & brie**
with tomatoes, greens, Dijon mustard & mayo 12.95
- warm chicken breast**
with avocado, tomatoes & chili mayo 12.95

Panini

- l'italien**
with melted mozzarella, pesto, sliced prosciutto & fresh tomatoes 12.95
- chicken**
with melted brie, fresh tomatoes & dijon mustard 12.95
- veggie**
baby spinach, mushroom, sundried tomato, caramelized onions, roasted bell pepper, goat cheese & pesto 12.95

Specialty

- croque monsieur**
ham, swiss cheese & béchamel sauce 11.95 (add eggs 1.50)
- croque chicken**
on toasted wheat bread, grilled chicken, warm spinach, sour cream 12.95
- fitness sandwich**
toasted wheat bread, lettuce, egg whites, chicken, tomatoes, avocado & basil pesto 12.95
- smoked trout**
on toasted wheat bread, cream cheese, dill, lemon, arugula, mint leaves 13.50

LES BURGERS

- chicken burger**
chicken breast with bacon, heirloom tomatoes, cheddar & chili mayonnaise on a brioche bun 12
- cdlc**
grass-fed beef burger, with sautéed mushroom, brie cheese, dijon mustard and one egg over easy on a brioche bun 14
- tft**
grass-fed beef burger with heirloom tomatoes, butter lettuce, caramelized onions, blue cheese aioli & swiss on a brioche bun 14
- le crab**
jumbo lump crab burger with heirloom tomatoes, arugula, basil aioli, & cole slaw on a brioche bun 16