

APPETIZERS

cheese fondue (for 2)
served with baguette
& sliced apples 16

french onion soup 8

soupe du jour 7

6 escargots 9

12 escargots 12

cheese plate 12

paté plate 12

salmon tartar

fresh & smoked salmon, chives, dill, lemon
& tequila sour cream 14

beef tartar

traditional raw filet mignon, dijon, shallots,
parsley & worcestershire sauce 14

avocado & shrimp cocktail

avocado filled with jumbo shrimps in a whisky
cocktail sauce 11

caprese

fresh mozzarella, basil & fresh tomatoes 9

prosciutto bruschetta

toasted bread topped with prosciutto,
tomato, mozzarella & olive oil 12

LES SALADES

niçoise

tuna, tomatoes, potatoes, hard boiled eggs,
roasted bell peppers & anchovies 15

warm chicken salade

with croutons, cheese & tomatoes 14

grilled salmon

roasted bell peppers, tomatoes, mango &
candied walnuts 16

smoked salmon

with capers, fresh tomatoes, asparagus
& lemon 15

chèvre chaud

warm goat cheese croutons, candied walnuts
& fresh tomatoes 14 (add prosciutto 2)

hermosa fitness

grilled chicken, scrambled egg whites, tomatoes
& asparagus 14

fermiere

2 poached eggs on greens with bacon,
swiss cheese & croutons 14

*Bon
Appetit!*

SAVORY CRÊPES

Served with baby greens

végétarienne

cheese, fresh spinach, tomatoes, mushrooms
& potatoes 15

farmer

goat cheese, asparagus, spinach, walnuts, avocado
& tomatoes 15

exquise

melted brie cheese over tomatoes & ham & topped
with basil sauce 15

parisienne

chicken breast topped with swiss & mushroom in a
béchamel sauce 15

poulet curry

chicken breast in a curry sauce with bell peppers
& potatoes 15

marocaine

cheese, with spicy lamb sausage & a madeira
mushroom sauce 16

bolognaise

ground beef, marinara sauce, grilled onions,
mushrooms & swiss topped with fresh basil 15

normandie

goat cheese, spinach, prosciutto, grilled onions
& sour cream 15

nordique

smoked salmon, jack cheese, fresh tomatoes with a
dill lemon sauce 16

marine

fresh scallops & shrimp prepared in a white wine
clam sauce 16

vendome

chicken breast, bacon, potatoes & mushroom in a
Cognac black pepper sauce 15

saint pierre

sweet batter crêpe with crab meat, shrimp, tomato,
bell pepper & jack cheese 16

filet mignon

blue cheese topped with filet mignon in porto
mushroom sauce 17

MAKE YOUR OWN CRÊPE

Start with a plain buckwheat crêpe with jack cheese & add any item (\$9):

meat \$1.50

bacon
chicken breast
chorizo
egg
filet mignon (\$4)
ground beef
ham
prosciutto
turkey

fish \$2

scallops
shrimp
smoked salmon

cheese \$1.50

blue cheese
brie cheese
cheddar cheese
goat cheese
raclette cheese
swiss cheese

vegetable \$1

asparagus
avocado
grilled onions
mushrooms
potatoes
spinach
tomatoes

sauce \$1.50

basil pesto
béchamel
dill & lemon
marinara
salsa

PASTA

pasta carbonara

ham, chardonnay cream sauce, garlic
& parsley 14

chicken fettuccini

with garlic, parsley, olive oil & roasted red
bell pepper 15

chicken pasta a la fredo

fresh basil & tomatoes in an alfredo sauce 15

sea food pasta

shrimp, scallops, fresh/smoked salmon,
in a wine clam's sauce 19

pasta bolognaise

ground beef in our homemade tomato basil
bolognaise sauce 15

pasta a la diable

spicy tomato basil sauce with chorizo &
spicy chicken sausage 16

lobster ravioli

with a lobster cognac sauce 18

RISOTTO

vegetarian risotto

asparagus, mushroom & pesto broth 14

filet mignon risotto

wild mushrooms with a porto wine sauce 22

seafood risotto

scallops, shrimp & fresh/smoked salmon
in a saffron sauce 21

ENTRÉES

Served with 2 sides

filet mignon 8oz 29

(choice of sauce)

garlic butter sauce / roquefort cream sauce /
peppercorn & cognac cream sauce /
dijon mustard cream sauce /
madeira & mushrooms cream sauce /
porto wine & mushroom sauce

beef bourguignon

tender beef stew marinated in a red wine sauce 16

merguez

spicy lamb sausage on couscous with madeira
mushroom sauce 17

chicken breast (choice of sauce)

yellow spicy curry sauce / dijon mustard & tarragon
piccata (lemon, capers, garlic butter & parsley) /
madeira & mushrooms sauce 16.50

salmon almonds

with a passion fruit, dill & "beurre blanc" sauce 22

salmon blackened

with crab meat, shrimps & salsa 24

shrimp & scallop brochettes

with garlic & parsley butter sauce 24