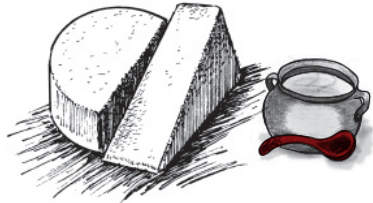


# LUNCH



## APPETIZERS

- soupe du jour** 5.50
- french onion soup** 6.95
- cheese plate** 10.95
- cheese fondue** (for 2) 15
- 6 escargots** 8.95
- caprese**  
tomatoes, mozzarella & basil 7.95
- paté plate** 9.95

## SPECIALTY SANDWICHES

Served with baby greens

- croque monsieur**  
ham, swiss cheese & béchamel sauce 11.95
- croque madame**  
ham, swiss cheese & béchamel sauce topped with fried eggs 12.95
- chicken burger**  
on brioche with bacon, tomatoes, cheddar & chili mayo 11.95
- fitness sandwich**  
toasted wheat bread, lettuce, egg whites, chicken, tomatoes & avocado 11.95

## LES SALADES

**light lunch**  
any half salad + soup 12.95

- niçoise**  
tuna, tomatoes, hard boiled eggs, potatoes, roasted bell peppers & anchovies 12.95
- warm chicken salade**  
with croutons, cheese & tomatoes 12.95
- grilled salmon**  
roasted bell peppers, tomatoes, mango & candied walnuts 14.95
- smoked salmon**  
with capers, fresh tomatoes, asparagus & lemon 12.95
- chèvre chaud**  
warm goat cheese, croutons, candied walnuts & fresh tomatoes 11.95 (add prosciutto 2)
- hermosa fitness**  
grilled chicken, scrambled egg whites, tomatoes & asparagus 12.95
- fermiere**  
2 poached eggs on greens with bacon, swiss cheese & croutons 12.95

## LES SANDWICHES

Served with baby greens & potato gratin

**le déjeuner**  
any 1/2 sandwich + soup 12.95

### Baguette

- smoked salmon**  
with cream cheese, tomatoes & green onions 12.95
- smoked turkey & brie**  
with tomatoes, greens, mustard & mayo 12.95
- warm chicken breast**  
with avocado, tomatoes & chili mayo 11.95
- prosciutto**  
with pesto, mozzarella & avocado 12.95

### Panini

- jambon**  
with ham, goat cheese, tomatoes, avocado & dijon 12.95
- l'italien**  
with melted mozzarella, pesto & fresh tomatoes 10.95
- chicken**  
with melted brie, fresh tomatoes & dijon mustard 12.95
- merguez**  
a spicy lamb sausage with tomatoes & harissa 12.95

## SAVORY BUCKWHEAT CRÊPES

Served with baby greens / Made with gluten-free crêpe batter

- basique**  
ham & melted swiss cheese 8.95
- végétarienne**  
cheese, fresh spinach, tomatoes, mushrooms & potatoes 11.95
- farmer**  
goat cheese, asparagus, spinach, walnuts, avocado & tomatoes 11.95
- exquise**  
melted brie cheese over tomatoes & ham topped with basil sauce 11.95
- parisienne**  
chicken breast topped with swiss & mushroom in a béchamel sauce 11.95
- marocaine**  
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, jack cheese, fresh tomatoes with a dill lemon sauce 12.95
- 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

## SPÉCIALITÉ DE LA MAISON

**beef bourguignon**  
beef stew marinated in a red wine sauce 14.95

- chicken pasta à la fredo**  
fresh basil & tomatoes in an alfredo sauce 12.95
- pasta carbonara**  
ham, eggs & cheese in a creamy white wine sauce 11.95
- seafood pasta**  
scallops, shrimp & salmon in a clam wine sauce 15.95
- vegetarian risotto**  
asparagus, mushrooms & pesto broth 11.95
- pasta bolognaise**  
ground beef in our homemade tomato basil bolognaise sauce 12.95

## QUICHES

Served with baby greens

- vegetable**  
mushrooms, spinach & potatoes 11.95
- lorraine**  
ham & swiss cheese 11.95
- quiche du jour**  
please ask your server 12.95

## MAKE YOUR OWN CRÊPE

Start with a plain buckwheat crêpe (\$7.95) with jack cheese & add any item:

- |   |   |  |   |   |
|---|---|--|---|---|
| <b>meat</b> \$1.50<br>bacon<br>chicken breast<br>chorizo<br>egg<br>filet mignon (\$3)<br>ground beef<br>ham<br>prosciutto<br>turkey | <b>fish</b> \$2.00<br>scallops<br>shrimp<br>smoked salmon | <b>cheese</b> \$1.50<br>blue cheese<br>brie cheese<br>cheddar cheese<br>goat cheese<br>raclette cheese<br>swiss cheese | <b>vegetable</b> \$1.00<br>asparagus<br>avocado<br>grilled onions<br>mushrooms<br>potatoes<br>tomatoes<br>spinach | <b>sauce</b> \$1.50<br>basil pesto<br>béchamel<br>dill & lemon<br>marinara<br>salsa |
|---|---|--|---|---|