



DRINKS

BEVERAGES

COKE / DIET COKE / SPRITE	2.50
ORANGINA	3.50
MENTHE Á L'EAU or GRENADINE	2.50
APPLE JUICE	2.50
ORANGE JUICE	4.00
MILK	2.50
SPARKLING LEMONADE	3.50
PINK LEMONADE	3.50
FRESH SQUEEZED LEMONADE	3.50
ICE TEA	2.50
PERRIER	3.00 / 6.00
EVIAN	6.00

MIMOSA 7.00

COFFEES

REGULAR OR DECAF	3.00
SMALL FRENCH PRESS	3.50
LARGE FRENCH PRESS	8.00
SINGLE ESPRESSO	2.50
DOUBLE ESPRESSO	3.00
CREMEUX	3.95
double espresso with whipped cream	
LATTE	3.75
CAPPUCCINO	3.75
MOCHA	3.95
HOT CHOCOLATE	3.50
HOT TEA	3.00
CHAI LATTE	3.75

Add flavors or soy milk to any of the drinks above:

CARAMEL / VANILLA / HAZELNUT	0.25
SOY MILK	0.50

SMOOTHIES

BANANA	4.50
STRAWBERRY	4.50
BANANA & STRAWBERRY	4.50
MANGO	4.50

ICE BLENDED

LATTE	4.00
MOCHA	4.00
VANILLA LATTE	4.00

PETITE WINE LIST

	Glass	Bouteille
HOUSE CHAMPAGNE	7.50	25.00
HOUSE MERLOT	7.50	28.00
CÔTES DU RHÔNE	8.00	29.00
BORDEAUX	10.00	37.00
HOUSE CHARDONNAY	7.50	28.00
PINOT GRIGIO	8.50	32.00
SANCERRE	11.00	45.00

Ask your server for our full wine list

BIÈRE

LA GOUDALE	7.00
HEINEKEN	5.00

BREAKFAST

CRÈME
DE LA
CRÊPE

Voilà

WAFFLES & FRENCH TOAST

FRENCH TOAST	8.95
(with fruit)	
FRENCH TOAST	11.95
GRAND MARNIER	
brioche, strawberry couli & fruit	
BIG WAFFLE	11.95
with 2 eggs & spicy chicken sausage or bacon	
BELGIUM	6.00
waffle with powdered sugar	
OH LÁ LÁ	7.95
waffle topped with nutella strawberries, bananas & mango	
C'EST LA VIE	6.95
waffle topped with bananas & maple syrup	

HEALTHY OPTIONS

SKINNY SANDWICH	11.95
toasted wheat bread, lettuce, egg whites, smoked turkey, tomatoes & avocado	
EGGS LA	10.95
FONTAINE	
scrambled egg whites, with spinach & asparagus served with baby greens, fruit & wheat toast	

OMELETTES & EGGS

Served with potato gratin, baby greens, baguette, homemade jam & butter

HEALTHY OMELET	egg whites, ratatouille (mixed vegetables) & fruit instead of potatoes	10.95
OMELET DE VALMY	bacon, swiss cheese, grilled onions & mushroom	11.95
OMELET DE PROVENCE	pesto, tomatoes, mozzarella, avocado & asparagus	11.95
OMELET MADRID	chorizo links, avocado, salsa, cheddar cheese & sour cream	12.95
3 ITEMS OMELET	(ham, bacon, spicy chicken sausage, chorizo link, goat cheese, swiss, cheddar, jack, spinach, avocado, onions, tomatoes, mushrooms, asparagus)	11.95
EGGS BÉNÉDICT		11.95
SALMON & SPINACH BÉNÉDICT		12.95
CRÈME BÉNÉDICT	crab meat, green onions & bell pepper	14.95
3 EGGS ANY STYLE		8.95

BUCKWHEAT BREAKFAST CRÊPES

MATINALE	scrambled egg, bacon & jack cheese	9.95
COMPLÊTE	sunny side up egg, ham, jack cheese & avocado slices	10.95
JAPONNAISE	smoked salmon, egg, tomatoes, spinach & jack cheese	12.95
GÉNÉREUSE	scrambled egg, cheese, spinach & tomatoes	10.95
PAYSANNE	spicy chicken sausages, onions, bell peppers, scrambled egg & cheese	10.95
ALLECHANTE	scrambled egg, cheese, avocado & tomatoes	10.95
FROMAGE	scrambled egg, brie cheese, bacon, onions & sautéed mushrooms	11.95
ESPAGNOLE	egg sunny side up with chorizo, bell peppers, spicy chicken sausage, salsa & jack cheese	10.95

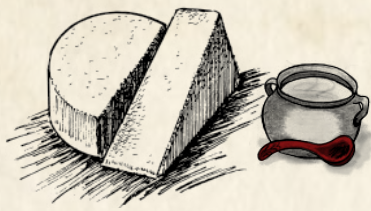
SWEET BREAKFAST CRÊPES

FRUITÉ	bananas, strawberries, & mango	7.95
TARTINE	strawberry jam & fresh strawberries	6.95
BISOUS	nutella, bananas, strawberries, mango & vanilla ice cream	8.95
POMME	cinnamon baked apple & almonds	6.95
QUEBEC	bananas covered with maple syrup	6.95





LUNCH



APPETIZERS

SOUPE DU JOUR	4.25/5.50
FRENCH ONION SOUP	6.25
CHEESE PLATE	9.95
CHEESE FONDUE (for 2)	14.00
6 ESCARGOTS	8.95
CAPRESE	7.95
tomatoes, mozzarella & basil	
PATÉ PLATE	9.95

SPECIALTY SANDWICHES

Served with baby greens

CROQUE MONSIEUR	11.95
ham, swiss cheese & béchamel sauce	
CROQUE MADAME	12.95
ham, swiss cheese & béchamel sauce topped with fried eggs	
CHICKEN BURGER	10.95
on brioche with bacon, tomatoes, cheddar & chili mayo	
FITNESS SANDWICH	11.95
toasted wheat bread, lettuce, egg whites, chicken, tomatoes & avocado	

LES SALADES

LIGHT LUNCH 11.95
any half salad + cup of soup

NIÇOISE	tuna, tomatoes, hard boiled eggs, potatoes, roasted bell peppers & anchovies	11.95
SMOKED TROUT	on greens, capers, goat cheese, mango & lemon	12.95
WARM CHICKEN SALADE	with croutons, cheese & tomatoes	11.95
GRILLED SALMON	roasted bell peppers, tomatoes, mango & candied walnuts	14.95
SMOKED SALMON	with capers, fresh tomatoes, asparagus & lemon	11.95
CHÈVRE CHAUD	warm goat cheese, croutons, candied walnuts & fresh tomatoes	10.95
HERMOSA FITNESS	grilled chicken, scrambled egg whites, tomatoes & asparagus	11.95

LES SANDWICHES

Served with baby greens & potato gratin

LE DEJEUNER 11.95
any 1/2 sandwich + cup of soup

Baguette

SMOKED SALMON	with cream cheese, tomatoes & green onions	11.95
SMOKED TURKEY & BRIE	with tomatoes, greens, mustard & mayo	10.95
WARM CHICKEN BREAST	with avocado, tomatoes & chili mayo	10.95
TUNA SALAD	with hard boiled eggs, tomatoes & greens	10.95
Panini		
JAMBON	with ham, goat cheese, tomatoes, avocado & dijon	11.95
L'ITALIEN	with melted mozzarella, pesto & fresh tomatoes	10.95
CHICKEN	with melted brie, fresh tomatoes & dijon mustard	11.95
MERGUEZ	a spicy lamb sausage with tomatoes & harissa	12.95

SAVORY "LUNCH" CRÊPES,

Served with baby greens

BASIQUE ham & melted swiss cheese	8.95
VÉGÉTARIENNE cheese, fresh spinach, tomatoes, mushrooms & potatoes	11.95
MIGNONNE 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, with spicy lamb sausage & a 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
MONTAGNARDE raclette cheese over prosciutto, potatoes & cornichons	13.95
MARINE fresh scallops & shrimp, prepared in a white wine clam sauce	13.95
FILET MIGNON blue cheese topped with filet mignon in porto mushroom sauce	15.00

SPÉCIALITÉ DE LA MAISON

BEEF BOURGUIGNON	14.95
beef stew marinated in a red wine sauce	
CHICKEN PASTA À LA FREDO	12.95
fresh basil & tomatoes in an alfredo sauce	
PASTA CARBONARA	11.95
ham, eggs & cheese in a creamy white wine sauce	
SEAFOOD PASTA scallops, shrimp & salmon in a clam wine sauce	15.95
VEGETARIAN RISOTTO	11.95
asparagus, mushrooms & pesto broth	
RAVIOLI VEGETABLE MÉLANGE	13.95
PASTA BOLOGNAISE	12.95
ground beef in our homemade tomato basil bolognese sauce	

Quiches

Served with baby greens

VEGETABLE	11.95
mushrooms, spinach & potatoes	
LORRAINE	11.95
ham & swiss cheese	
QUICHE DU JOUR	12.95
Please ask your server	

MAKE YOUR OWN CRÊPE

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

MEAT \$1.50	FISH \$2.00	CHEESE \$1.50	VEGETABLE \$1.00	SAUCE \$1.50
bacon	scallops	blue cheese	asparagus	basil pesto
chicken breast	shrimp	brie cheese	avocado	béchamel
chorizo	smoked salmon	cheddar cheese	grilled onions	dill & lemon
egg		goat cheese	mushrooms	marinara
filet mignon (\$3)		raclette cheese	potatoes	salsa
ground beef		swiss cheese	tomatoes	
ham			spinach	
prosciutto				
turkey				



DESSERT

SCRUMPTIOUS CRÊPES

Served with homemade whipped cream

SUCRÉE sugar & melted butter	4.95
GOURMANDE melted butter topped with lemon & sugar	5.25
SAVOUREUSE dulce de leche with mango & vanilla ice cream	7.95
COQUINE bananas, melted chocolate & coconut snowflakes	6.95
FONDANTE chopped pears, melted chocolate & vanilla ice cream	6.95
SPLENDIDE fresh strawberries, honey & vanilla ice cream	6.95
DOUCE nutella, fresh mango & vanilla ice cream	6.95
ZIDANE fresh strawberries, bananas, melted nutella & vanilla ice cream	7.95
BISOUS fresh strawberries, bananas, mango, nutella & vanilla ice cream	8.95
DAPH' cinnamon baked apples, brown sugar & topped with toasted almonds	6.95
SUZETTE sugar, lemon, orange splash, "Flambé" with Grand Marnier	6.95
CRÈME DE LA CRÊPE bananas, nutella, coconut, "Flambé" with Grand Marnier	8.95
LA GUILLOTINE mangos, bananas Bailey's, ice cream, powdered sugar & nutella	8.95
LA LILLOISE speculoos spread & vanilla ice cream	7.50

MAKE YOUR OWN DESSERT CRÊPE

Start with a plain crêpe (\$5.00) & add any of the following items:



TOPPINGS \$1.50	FRUIT \$1.50	FLAMBÉ \$2.00
dulce de leche	bananas	Bailey's
honey	cinnamon apples	Grand Marnier
maple syrup	mango	
melted chocolate	pear	
nutella	strawberries	
shredded coconut		
strawberry jam		
speculoos spread		
vanilla ice cream		



Bon appétit!