

LUNCH

We proudly use local and organic produce when available as well as grass-fed beef and free-range poultry. **V** Vegetarian **VN** Vegan



APPETIZERS

- soupe dujour 7 **V**
- french onion soup 8
- tomato basil soup 7 **V**
- ménage à trois cheese plate 12 **V**
- authentic cheese fondue 17 **V**
(For 2 people) served with baguette and sliced apples
- 6 escargots 9
- country paté plate 11
- caprese salad 11 **V**
tomatoes, fresh burrata cheese, basil yogurt and balsamic glaze

LES SALADES

light lunch
any half salad + soup 14

- niçoise 14
white tuna, white anchovies, tomatoes, hard boiled eggs, potatoes and roasted bell peppers
- warm chicken salade 16
with croutons, cheese and tomatoes
- grilled wild alaskan salmon 18
roasted bell peppers, tomatoes, mango and candied walnuts
- chèvre chaud 14 **V**
warm goat cheese croutons, candied walnuts and fresh tomatoes
- hermosa fitness 15
grilled chicken, scrambled egg whites, tomatoes and asparagus
- fraîche 16
arugula, grilled shrimps, smoked salmon, capers, grilled almonds, balsamic vinaigrette
- vegan salad 15 **VN**
arugula topped with sautéed market vegetables, toasted almonds and homemade balsamic vinaigrette

SAVORY BUCKWHEAT CRÊPES

(made with gluten-free crêpe batter)
served with baby greens salad

- basique 12
ham & melted swiss cheese
- végétarienne 13 **V**
fresh spinach, tomatoes, mushrooms, potatoes and jack cheese
- farmer 14 **V**
goat cheese, asparagus, spinach, walnuts, avocado and tomatoes
- exquise 14
melted brie cheese over tomatoes, ham, topped with basil sauce
- parisienne 14
chicken breast topped with swiss, mushroom and green onions in béchamel sauce
- marocaine 15
jackie cheese, spicy lamb sausage and madeira mushroom sauce
- bolognaise 13
ground beef, marinara sauce, grilled onions, mushrooms and swiss topped with fresh basil
- normandie 14
goat cheese, spinach, prosciutto, grilled onions and sour cream
- nordique 16
smoked salmon, creamy dill lemon sauce, tomatoes and jacke cheese
- saint pierre 16
sweet batter crêpe with crab meat, shrimp, tomato, bell pepper and jack cheese
- marine 16
fresh scallops and shrimp prepared in white wine clam sauce
- filet mignon 17
creamy blue cheese crêpe topped with filet mignon in Porto wine mushroom sauce

SPÉCIALITÉ DE MAISON

boeuf bourguignon
stew marinated in red wine sauce, served with baby greens salad and potato gratin 16

- chicken dijon 15
topped with tarragon mustard sauce, served with baby greens and potato gratin
- pasta carbonara 14
ham, Chardonnay cream sauce, garlic and parsley
- vegetarian risotto 13 **V**
assorted seasonal vegetables with pesto broth
- pasta bolognaise 14
ground beef in our homemade tomato basil bolognaise sauce (made with grass-fed beef)

QUICHES

served with baby greens salad

- lorraine 13
ham and swiss cheese
- vegetarian 13 **V**
mushroom/spinach/potatoes

LES BURGERS

served with baby greens salad and potato gratin

- chicken burger 14
chicken breast with bacon, tomatoes, cheddar and chili mayonaise on brioche bun
- cdlc 15
grass-fed beef burger with sautéed mushroom, brie cheese, dijon mustard and over easy egg on brioche bun
- tft 15
grass-fed beef burger with tomatoes, butter lettuce, caramelized onions, blue cheese aioli and swiss on brioche bun
- le crab 17
jumbo lump crab burger with real crab meat, tomatoes, arugula, basil aioli on brioche bun

Specialty

- croque monsieur 13
ham, swiss cheese and béchamel sauce (add eggs 1.5)
- fitness sandwich 13
toasted wheat bread, lettuce, egg whites, chicken, tomatoes, avocado and basil pesto
- croque vegan 14 **VN**
wheat toast, extra virgin olive oil, chopped mint & basil, avocado purée, pico de gallo, roasted bell peppers and sautéed mushroom, served with arugula, balsamic vinaigrette and fresh fruit

LES SANDWICHES

served with baby greens salad and potato gratin

le déjeuner
any sandwich + soup 15

Baguette

- smoked salmon 15
with cream cheese, tomatoes, green onions and arugula
- smoked turkey & brie 14
with tomatoes, greens, Dijon mustard and mayonnaise
- warm chicken breast 13
with avocado, tomatoes and chill mayo

Panini

- l'italien 14
with melted mozzarella, pesto, sliced prosciutto and fresh tomatoes
- chicken 14
with melted brie, fresh tomatoes and Dijon mustard
- veggie 14 **V**
baby spinach, mushroom, sun-dried tomato, caramelized onions, roasted bell pepper, goat cheese and pesto

