

# 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 du jour 9 **V**
- french onion soup 10
- tomato basil soup 9 **V**
- ménage à trois cheese plate 12
- authentic cheese fondue 17  
(For 2 people) served with baguette and sliced apples
- 6 escargots 9
- country paté plate 12
- caprese salad 11 **V**  
tomatoes, fresh burrata cheese, basil yogurt and balsamic glaze

## LES SALADES

light lunch  
any half salad + soup 15

- niçoise 16  
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 16  
grilled chicken, scrambled egg whites, tomatoes and asparagus
- fraîche 18  
arugula, grilled shrimps, smoked salmon, capers, grilled almonds, balsamic vinaigrette
- vegan salad 14 **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 15 **V**  
fresh spinach, tomatoes, mushrooms, potatoes and jack cheese
- farmer 15 **V**  
goat cheese, asparagus, spinach, walnuts, avocado and tomatoes
- exquise 14  
melted brie cheese over tomatoes, ham, topped with basil sauce
- parisienne 15  
chicken breast topped with swiss, mushroom and green onions in béchamel sauce
- marocaine 16  
jackie cheese, spicy lamb sausage and madeira mushroom sauce
- bolognaise 15  
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 17  
smoked salmon, creamy dill lemon sauce, tomatoes and jack cheese
- saint pierre 16  
sweet batter crêpe with crab meat, shrimp, tomato, bell pepper and jack cheese
- marine 17  
fresh scallops, shrimp, mushrooms and tomatoes prepared in white wine clam sauce
- filet mignon 18  
creamy blue cheese crêpe topped with filet mignon in Porto wine mushroom sauce

## SPÉCIALITÉS DE LA MAISON

boeuf bourguignon  
stew marinated in red wine sauce, served with baby greens salad and potato gratin 19

- chicken dijon 16  
topped with tarragon mustard sauce, served with baby greens and potato gratin
- pasta carbonara 14  
ham, Chardonnay cream sauce, garlic and parsley
- vegetarian risotto 14 **V**  
assorted seasonal vegetables with pesto broth
- pasta bolognaise 15  
ground beef in our homemade tomato basil bolognaise sauce (made with grass-fed beef)
- mussels and fries 19  
choice of 10 different sauces, served with a portion of fries

## LES BURGERS

served with baby greens salad and potato gratin or french fries

- chicken burger 15  
chicken breast with bacon, tomatoes, cheddar and chili mayonnaise on brioche bun
- cdlc 16  
grass-fed beef burger with sautéed mushroom, brie cheese, dijon mustard and over easy egg on brioche bun
- tft 16  
grass-fed beef burger with tomatoes, butter lettuce, caramelized onions, blue cheese aioli and swiss on brioche bun
- le crab 18  
jumbo lump crab burger with real crab meat, tomatoes, arugula, red cabbage, basil aioli on brioche bun
- lamb burger 18  
homemade lamb patty, tomato, arugula, feta cheese with mint & cucumber yogurt on brioche bun
- veggie burger 15 **V**  
homemade rice patty with jack cheese, roasted almonds, sautéed mushrooms, arugula, tomato, avocado, swiss and chili mayo

## LES SANDWICHES

served with baby greens salad and potato gratin or french fries

le déjeuner  
any sandwich + soup 15

### 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

### 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 14  
with avocado, tomatoes and chill mayo
- lamb sausage "merguez" 15  
arugula, tomato, mint pesto

### Specialty

- croque monsieur 13  
ham, swiss cheese and béchamel sauce (add eggs 2)
- fitness sandwich 15  
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, sun-dried tomato and sautéed mushroom, served with arugula, balsamic vinaigrette and fresh fruit

## QUICHES

served with baby greens salad

- lorraine 13  
ham and swiss cheese
- vegetarian 13 **V**  
please ask your server

