

Lunch

Appetizers

Soupe Du Jour	9
French Onion Soup	10
Tomato Basil Soup	9
Ménage à Trois Cheese Plate	12
Authentic Cheese Fondue	17
<i>for 2 people, served with baguette and sliced apples</i>	
Escargots	9
Country Paté Plate	12
Caprese Salad	11
<i>tomatoes, fresh burrata cheese, basil yogurt and balsamic glaze</i>	

Les Salades

Light Lunch 15 any half salad + soup

Niçoise	16
<i>white tuna, white anchovies, tomatoes, hard boiled eggs, potatoes and roasted bell peppers</i>	
Warm Chicken Salade	16
<i>with croutons, cheese and tomatoes</i>	
Grilled Wild Alaskan Salmon	18
<i>roasted bell peppers, tomatoes, mango and candied walnuts</i>	
Chèvre Chaud	14
<i>warm goat cheese croutons, candied walnuts and fresh tomatoes</i>	
Hermosa Fitness	16
<i>grilled chicken, scrambled egg whites, tomatoes and asparagus</i>	
Fraîche	18
<i>arugula, grilled shrimps, smoked salmon, capers, grilled almonds, balsamic vinaigrette</i>	
Vegan Salad	15
<i>arugula topped with sautéed market vegetables, toasted almonds and homemade balsamic vinaigrette</i>	

Quiches

Served with baby green salad

Lorraine ham and swiss cheese	13
Vegetarian mushroom/spinach/tomato	13

Les Sandwiches

Served with baby green salad and potato gratin or french fries

Le Dejeuner 15 any sandwich + soup

Baguette

Smoked Salmon	15
<i>with cream cheese, tomatoes, green onions and arugula</i>	
Smoked Turkey & Brie	14
<i>with tomatoes, greens, Dijon mustard and mayonnaise</i>	
Warm Chicken Breast	14
<i>with avocado, tomatoes and chilli mayo</i>	

Panini

L'italien	14
<i>with melted mozzarella, pesto, sliced prosciutto and fresh tomatoes</i>	
Chicken	14
<i>with melted brie, fresh tomatoes and Dijon mustard</i>	
Veggie	14
<i>baby spinach, mushroom, sun-dried tomato, caramelized onions, roasted bell peppers, goat cheese and pesto</i>	

Specialty

Croque Monsieur (add eggs 1.50)	
<i>ham, swiss cheese and béchamel sauce</i>	
Fitness Sandwich	13
<i>toasted wheat bread, lettuce, egg whites, chicken, tomatoes, avocado and basil pesto</i>	
Croque Vegan	14
<i>wheat toast, chopped mint & basil, avocado purée, pico de gallo, and sautéed mushroom, served with arugula, balsamic vinaigrette and fresh fruit</i>	

Spécialité De Maison

Boeuf Bourguignon	19
<i>stew marinated in red wine sauce, served with baby green salad and potato gratin</i>	
Chicken Dijon	16
<i>topped with tarragon mustard sauce, served with baby green salad and potato gratin</i>	
Pasta Carbonara	14
<i>ham, Chardonnay cream sauce, garlic and parsley</i>	
Pasta Bolognese	14
<i>ground beef in our homemade tomato basil bolognese sauce (made with grass-fed beef)</i>	
Mussels and Fries	19

Les Burgers

Served with baby green salad and potato gratin or french fries

Chicken Burger	15	TFT	16
<i>chicken breast with bacon, tomatoes, cheddar and chili mayonnaise on brioche bun</i>		<i>grass-fed beef burger with tomatoes, butter lettuce, caramelized onions, blue cheese aioli and swiss on a brioche bun</i>	
CDLC	16	Le Crab	18
<i>grass-fed beef burger with sautéed mushroom, brie cheese, Dijon mustard and over easy egg on brioche bun</i>		<i>jumbo lump crab burger with real crab meat, tomatoes, arugula, basil aioli on brioche bun</i>	
Lamb Burger	18	Veggie Burger	16
<i>homemade lamb patty, tomato, arugula, feta cheese with mint & cucumber yogurt on brioche bun</i>		<i>homemade rice patty with jack cheese, roasted almonds, sautéed mushrooms, arugula, tomato, avocado, swiss and chili mayo</i>	

Savory Buckwheat Crêpes

Served with baby green salad & made with gluten-free crêpe batter

Basique	12	Bolognese	15
<i>ham & melted swiss cheese</i>		<i>ground beef, marinara sauce, grilled onions, mushrooms and swiss topped with fresh basil</i>	
Végétarienne	15	Normandie	14
<i>fresh spinach, tomatoes, mushrooms, potatoes and jack cheese</i>		<i>goat cheese, spinach, prosciutto, grilled onions and sour cream</i>	
Farmer	15	Nordique	17
<i>goat cheese, asparagus, spinach, walnuts, avocado and tomatoes</i>		<i>smoked salmon, creamy dill lemon sauce, tomatoes and jack cheese</i>	
Exquise	14	Saint Pierre	17
<i>melted brie cheese over tomatoes, ham, topped with basil sauce</i>		<i>sweet batter crêpe with crab meat, shrimp, tomato, bell peppers and jack cheese</i>	
Parisienne	15	Marine	17
<i>chicken breast topped with swiss, mushroom and green onions in béchamel sauce</i>		<i>fresh scallops and shrimp prepared in white wine clam sauce</i>	
Marocaine	16	Filet Mignon	18
<i>jack cheese, spicy lamb sausage and madeira mushroom sauce</i>		<i>creamy blue cheese crêpe topped with filet mignon in Porto wine mushroom sauce</i>	