

ŒUF & CIE



DÉJEUNER - DÎNER

BENEDICTINES

Our poached eggs on English muffins are accompanied by a plate of fruit, breakfast potatoes, and topped with hollandaise sauce. Served with coffee or tea or herbal tea.

Mont-Vesuvio

Italian sausage, or chorizo sausage, swiss cheese or cheddar.

Royal

Spinach, bacon and Swiss cheese or cheddar.

Le Québec

Bacon or ham, Swiss cheese or cheddar & tomatoes.

Mexican

Three colored peppers, celery, onions, tomato sauce.

Meatlover

Italian sausage, chorizo sausage, bacon, ham.

Parisienne

Sauteed mushrooms & brie cheese.

Le bucheron

Smoked meat & brie cheese.

Goat cheese & spinaches

Le vieux Bénédictin

Avocado, ham or bacon, cheddar cheese or Swiss cheese.

Create your Benedictine e (3 choix maximum)

Tomatoes, mushrooms, spinach, broccoli, avocado, onions, cream cheese, swiss, white cheddar, yellow cheese, brie, goat cheese, bacon, chicken, chorizo sausage, breakfast sausage, Italian sausage, smoked meat, ham, philly steak, smoked salmon and capers.

OMELETTES

Our dishes are accompanied by breakfast potatoes, fruit, toast. Served with coffee or tea or herbal tea. Add \$2 to replace Swiss or cheddar cheese with yellow cheese

Déjeuner de la ferme

Ham or bacon, swiss or cheddar cheese.

European

Italian sausages, chorizo sausages, onions, mushrooms, swiss cheese or cheddar

La Santé

Spinach, mushrooms, tomatoes, onions, broccoli & swiss or cheddar cheese.

Meatlover

Bacon, Italian sausage, chorizo sausage, ham and Swiss cheese or cheddar.

Goat cheese and spinach

O. Royal

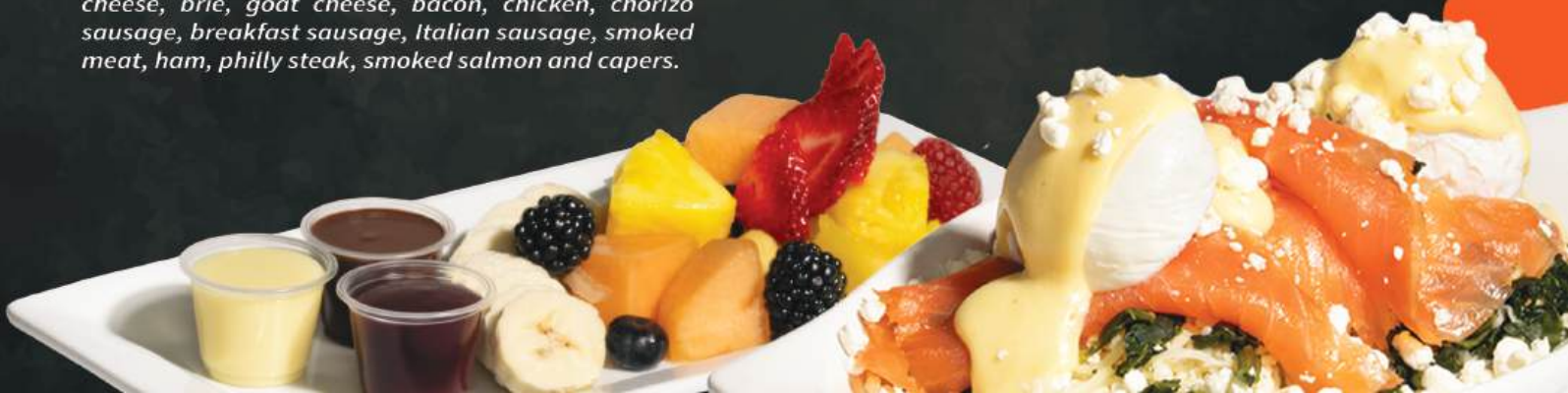
Avocado, broccoli, ham, onions and brie cheese.

Espagnole

Three colored peppers, celery, onions, tomato sauce.

Create Your Omelet (3 choix maximum)

Tomatoes, mushrooms, spinach, avocado, broccoli, onions, cream cheese, swiss, white cheddar, yellow cheese, brie, goat cheese, bacon, chicken, chorizo sausage, breakfast sausage, Italian sausage, philly steak, smoked meat, ham, smoked salmon and capers.



DEJEUNER ROYALE

Served with coffee, tea, or herbal tea.

Le Roi

Golden brioche with banana and strawberry, topped with chocolate-hazelnut icing and decorated with pistachios and almonds. Served with 2 eggs, breakfast potatoes, toast, and choice of meat: bacon, breakfast sausages, or ham.



La Reine

Strawberry and banana crepe bundle soaked in maple syrup, dusted with powdered sugar, and decorated with pistachios and almonds. Served with 2 eggs, breakfast potatoes, toast, and choice of meat: bacon, breakfast sausages, or ham.



Le Prince

Blueberry and raspberry pancakes with Greek yogurt, topped with chocolate-hazelnut icing and raspberry coulis and decorated with pistachios and almonds. Served with 2 eggs, breakfast potatoes, toast, and choice of meat: bacon, breakfast sausages, or ham.



La Princesse

French toast topped with cottage cheese, mixed berries, soaked in maple syrup, and decorated with pistachios and almonds. Served with 2 eggs, breakfast potatoes, toast, and choice of meat: bacon, breakfast sausages, or ham.



La Duchesse

Strawberry and banana waffle topped with chocolate-hazelnut icing, custard sauce, and caramel coulis, decorated with pistachios and almonds. Served with 2 eggs, breakfast potatoes, toast, and choice of meat: bacon, breakfast sausages, or ham.



BAKED EGG CASSEROLE

with browned eggs — Served with small bowl of fruit, toast, coffee or tea or herbal tea. Add \$2 to replace fruit with hollandaise sauce. Our casserole 4 eggs, potatoes, onions and cheddar cheese).

Create Your Casserole (3 choix maximum)

Tomatoes, spinach, broccoli, avocado, mushrooms, onions, capers, chicken, chorizo sausages, Italian sausages, smoked meat, bacon, smoked salmon, ham, breakfast sausage and Philly steak.



VARIETIES

Grilled cheese and Coffee

Breakfast potatoes.

Toast and coffee

Jams and butter.

Toasted household bread and coffee

Jams and butter.

Bagel and Coffee

Jams and butter.



OUR SPECIALTIES

Served with coffee, tea, or herbal tea.

Quesadillas

Ham, brie cheese, 2 cracked eggs. Served with bacon, breakfast potatoes and a large bowl of fruit. Add \$2 to replace Brie cheese with Cheddar or Swiss.



Californien

Mountain of pancakes, 2 eggs, chorizo or Italian sausage or bacon or breakfast sausage, strawberry, maple syrup, breakfast potatoes.



Croque déjeuner gratiné sur gaufre

Ham, mushroom, onion omelet and swiss cheese. Served with a savage parfait and breakfast potatoes. Savage parfait: vanilla yogurt, morello cherry coulis, Muesli, blueberry coulis. Add \$2 to replace the Swiss cheese with cheddar.



Müesli et pain doré

3 golden breads, maple syrup, wild berries, vanilla yogurt and müesli.



Sucré-Salé

Mountain of crepe covered with nutella, & small bowl of fresh fruit. Casserole with egg gratin, breakfast potatoes, cheddar cheese (choice of vegetables or ham or bacon or chorizo sausage or Italian sausage).



Gaufre et poutine original

Poutine: breakfast potatoes, hollandaise sauce, cheddar cheese curds, egg. Waffle: wild berries and maple syrup. Add \$2 to replace the hollandaise sauce with the poutine sauce.



Mon assiette préférée

Sandwich on English muffins: 2 eggs, ham, mayonnaise and tomatoes. Served with Passione alla Greca and breakfast potatoes. Passione alla Greca: Greek yogurt, granola and blueberry coulis. Add \$2 to replace the ham with bacon.



Envie de manger santé

Avocado and baby arugula on two slices of multigrain bread, lemon. Served with two poached eggs and a mini bowl of fruit.



Burger déjeuner original

Philly steak, avocados, mushrooms, onions, topped with Hollandaise sauce and sunny side up egg. Served on brioche bread, breakfast potatoes and a mini bowl of fruit.



Pain doré fantastique

Waffle bowl garnished with pastry cream, berries, icing sugar, 3 golden bread, glazed banana with salted caramel coulis also decorated with pistachios and almonds.



GOURMET BREAKFAST Served with coffee, tea, or herbal tea.

Bénédictine au canard confit sur gaufre

Duck confit and maple onions jam, two poached eggs topped with a hollandaise sauce. Served with breakfast potatoes & Fig parfait. Fig parfait: fig confit, Greek yogurt, müsli, blueberry, raspberry and Grenoble nuts

Crabe cakes et sauce hollandaise

Two poached eggs, mushrooms, green shallots topped with a hollandaise sauce. Served with breakfast potatoes and cochon cup. Cochon cup: bananas, strawberries, waffle, hazelnut chocolate, caramel salt coulis.

Shakshuka à la poêle

Choice of meat: chicken, chorizo sausage, Italian sausage or meatball. Tricolor peppers, onions, celery, tomato sauce and two eggs on top. Served with perfeto bread & Fig parfait. Fig parfait: fig confit, Greek yogurt, müsli, blueberry, raspberry and Grenoble nuts.

Crepes Gourmet

Rolled crepes stuffed with ham, Swiss cheese and two scrambled eggs. Served with breakfast potatoes, a small bowl of fruit and maple syrup.

Barquette déjeuner

Three meatballs of ground beef and sausage meat, three-colored peppers, onions, celery, tomato sauce, two soft poached eggs and all topped with a hollandaise sauce on perfeto bread. Served with a chocolate-glazed pancake mountain and pistachio coulis, decorated with pistachio and almond.

Les Délices sucrés

French toast filled with custard and Nutella, covered with strawberry, banana, plain croque, almonds, pistachios, caramel coulis and chocolate hazelnut.

EXTRAS

Multigrain bread, 2 slices
Toast, 2 slices
Homemade bread, 2 slices
Rye bread, 2 slices
Raisin bread
English muffin
Bagel
French toast, 1 slice
Plain crepe
Half waffle
Pancake
Whole banana

Strawberries
Mixed berries
Blackberries, raspberries, or blueberries
Fruits
Custard (Crème Anglaise)
Pastry cream (Crème Pâtissière)
Pure maple syrup
Salted caramel coulis
Chocolate-hazelnut spread
Yogurt
Cretons (pork spread)
Baked beans

Choice of yellow cheese, Swiss, cheddar, or cream cheese
Goat cheese
Brie cheese
Smoked salmon
Chicken
Italian sausage
Chorizo sausage
Smoked meat
Philly steak
Poutine sauce
Ham, sausages, or bacon

Hollandaise sauce
Breakfast potatoes
Fries
Egg
Tomatoes
Whipped cream
Mushrooms
Onions
Spinach
Half avocado

BREAKFAST POUTINES

Served with coffee or tea or herbal tea. Our poutine potato breakfast, cheese, hollandaise sauce or poutine sauce and two eggs

Nature

Create your Poutine (3 choices maximum)

Chicken, chorizo sausages, Italian sausages, smoked meat, bacon, ham, breakfast sausages, philly steak.



CREPES

Served with coffee, tea, or herbal tea.

Fruits des champs

Strawberries, blackberries, blueberries, raspberries, hazelnut chocolate and raspberry coulis.

Strawberries and hazelnut chocolate

Paquito

Strawberries, bananas et hazelnut chocolate & custard sauce.

Bananas

Bananas, hazelnut chocolate & custard sauce.

Fruits & english cream

Nature

Icing sugar.



PANCAKES

Served with coffee, tea, or herbal tea.

Le Fruitier

Fruits & maple syrup.

Bleuets

Greek yogurt & maple syrup.

La Montagne

Strawberries, bananas, hazelnut chocolate & custard sauce.

Nature

Icing sugar.



NOS GAUFFRES

Served with coffee, tea, or herbal tea.

Banana Mia

Bananas, hazelnut chocolate, custard sauce.

Aux baies

Field fruits, raspberry coulis and hazelnut chocolate.

Nature

Icing sugar.

Le Fraisier

Strawberries and hazelnut chocolate.

La belle Catherine

Strawberries, bananas, hazelnut chocolate & custard sauce.

La Folle

Fresh fruit & custard sauce.



FRENCH TOAST

Served with coffee, tea, or herbal tea. Add \$3 to substitute white bread with raisin bread.

Mangez-moi

Fruits & custard sauce.

Castania

Strawberries, bananas, hazelnut chocolate & custard sauce.

Mon amour dans l'assiette

Greek yogurt, wild berries, croque nature & maple syrup.

Nature

icing sugar.



EGGS

Our dishes are accompanied by fruit, breakfast potatoes, toast and served with coffee or tea or herbal tea

Brunch

2 eggs, ham, bacon, sausage, cretons, baked beans, French toast or pancakes or waffles or crepes.

Meatlover

2 eggs with bacon, sausage and ham.

Montrealer

2 eggs with smoked meat.

2 Eggs & crepes & blueberry coulis

Choice of meat: ham, bacon, breakfast sausages.

2 Eggs with choice of bacon, sausages, ham, cretons

1 Egg with choice of bacon, sausage, ham, cretons

2 Eggs

1 Egg

ALESTA BREAKFAST

Served with coffee or tea or herbal tea

Wrap déjeuner

Ham, cheddar cheese, lettuce, tomato, 2 cracked eggs and mayonnaise. Served with wild parfait and savage breakfast potatoes. Parfait sauvage: vanilla yogurt, morello cherry coulis, muesli, blueberry coulis. Add \$2 to replace the ham with bacon or breakfast sausage.

Club Sandwich Déjeuner

Eggs, bacon, tomatoes, lettuce and mayonnaise. Served with breakfast potatoes and fruit. Add 2\$ to replace bacon with Ham.

Gruau à l'ancienne

Small bowl of fruit, brown sugar.

Bagel Plus

Choice of cream or Swiss cheese or yellow or cottage cheese and large bowl of fruit.

Le Rapido

Homemade breads, choice of cream or Swiss cheese or yellow or cottage cheese and large bowl of fruit.

Paysane

Homemade bread, cretons and a large bowl of fruit.

FRUITOPIA

Served with coffee or tea or herbal tea

Granola aux fruits des champs

Field fruits, vanilla yogurt, morello cherry coulis, blueberry coulis. Served with 2 poached eggs, homemade bread or sesame bagel or raisins bread.

Déjeuner Santé

2 poached eggs, cottage cheese, fresh fruit and toast.

Yogourt, fraises

Greek yogurt, strawberries, honey and harvest

Yogourt, fruits frais

Greek yogurt, fresh fruit, honey and harvest crunch.

Yogourt bananes

Greek yogurt, bananas, honey and harvest crunch.

Yogourt fruits des champs

Greek yogurt, field fruits, honey and harvest crunch.

Bowl of berries.....

Bowl of fruits.....

Bowl of strawberries.....

Add sauce
homemade
Hollandaise and
cheddar cheese on
potatoes 4.95\$

Add cheddar
cheese on
potatoes
3.95\$

Extra sauce
hollandaise with
your egg casserole
3.95\$

A fee of 2.95\$ will
apply on shared
plates

Fees will be charged
for take-out boxes,
small 0.25\$ and big
0.50\$



LUNCH MENU

Monday to Friday – 11:00 AM to 2:00 PM

Soup of the day or chef's salad.

Filter coffee, tea, or herbal tea included.

Fettuccine Alfredo with Smoked Salmon

Onions and parmesan, creamy sauce.

Chicken Souvlaki

Served with fries, salad and tzatziki sauce.

Fettuccine Primavera with Meatballs

Three-color bell peppers, onions, celery, tomato sauce and parmesan.

Hamburger Steak

Mushrooms, onions, and red wine sauce. Served with French fries and red wine sauce.

SALADS

Royal Salad

Caesar salad and chicken breast.

Smoked Salmon & Avocado Salad

Capers and onions.

Chicken & Avocado Salad

Caesar Salad

SANDWICHES

Served with coffee, tea or herbal tea

Served with chef's salad, fruit, or fries

Substitute chef's salad with Caesar salad +\$3.50

À la française

Chicken, brie cheese, bacon, baby arugula, and mayonnaise.

Philly steak

Mushrooms, onions and red wine sauce.

Chicken and Avocado

Tomatoes, lettuce, and mayonnaise.

Smoked Salmon Bagel

Cream cheese, onions and capers.

B.L.T. Bagel

Bacon, tomatoes, lettuce, and mayonnaise.

Deluxe Cheeseburger

Bacon, yellow cheese, tomatoes, lettuce, and onions.

St-Louis Burger

Bacon, tomatoes, lettuce, sautéed mushrooms and onions.

Chicken & Bacon Club Sandwich

Tomatoes, lettuce, mayonnaise.

Smoked Meat Club Sandwich

Swiss cheese, tomato, lettuce, and mayonnaise.

Croque Monsieur

Ham, Swiss cheese, sautéed mushrooms, tomatoes and house sauce.

Avocado & Bacon Croque

Swiss cheese and house sauce.

KIDS MENU



French toast

Strawberries, bananas & hazelnut chocolate.



Crêpe

Strawberries, bananas & hazelnut chocolate.



Waffle

Strawberries, bananas & hazelnut chocolate.



Pancake

Strawberries, bananas & hazelnut chocolate.



Mini Omelette

Yellow cheese, fruits, potatoes & toast



1 Egg

1 egg, potatoes, fruits & choice of bacon, ham or sausage, toast.



Poutine

1 egg, breakfast potatoes, cheese, hollaise sauce or poutine sauce



Fruit skewer on french toast

served with vanilla yogurt and maple syrup



Breakfast mini pizza on english muffin

1 srambled egg, mayonnaise, cheddar cheese. Served with fruit and vanilla yogurt

SMOOTHIES

For \$1, add chia to your smoothie.

Fruits and Vegetables

Mango, bananas, spinach, yogurt, pineapple juice, and honey.

Banana Mama

Bananas, strawberries, orange juice, yogurt, and honey.

Exotique

Pineapple, mango, banana, orange juice, yogurt, and honey.

Energisant

Blueberries, mango, banana, almond milk.

Beauty Smoothie

Strawberries, banana, almond milk, chia.

DRINKS

Freshly Squeezed Orange Juice

Apple or Grape or Cranberry
or Pineapple Juice

Orange Juice

Milk or Chocolate Milk

Almond beverages

Sparkling Water

500ml Water Bottle

Perrier

WINES

House Red or White (Glass)

House Red or White (1/2 Liter)

BEER

Czechvar Original Beer

Czech, Alcohol 5%

COFFEES

Espresso

Double espresso

Iced Latte

Cappuccino

Milk coffee (cup)

Bowl of milk coffee

Caramel coffee

Americano

Espresso, regular coffee, hot milk on the side.

Mocaccino

Filtered Coffee

Hot Chocolate

(With whipped cream)

Tisane or Tea

Latte coffee with Pistachio

(With whipped cream)

ALCOHOLIC COFFEES

Latte

(With whipped cream)

Filter

Baileys

Coureur des Bois

Tia Maria

MIMOSA

Sparkling wine and choice of juice: orange, pineapple, apple, cranberry, or grape.

Mimosa (Glass)

Mimosa (2 Glasses)

Mimosa 200 ml

Mimosa 750 ml