



## BREAKFAST MENU

All our breakfasts include unlimited filter coffee

## SMOOTHIE BOWLS FOR THE CAUSE

Served with apple raisin bread

-  **Le Bec Sucré** **15**  
Maple yogurt, confit apple, homemade granola and maple sugar  
(\$ 1 will be donated to Club de Canoe Kayak)
-  **Le Gourmand** **15**  
Mango yogurt, banana, cocoa nibs, coconut peel, crumble  
(\$ 1 will be donated to LB Cycle Bicycle Club)
-  **Le Saisonnier** **15**  
Strawberry yogurt, almonds, fresh strawberries, coconut peel, chia seeds, honey  
(\$ 1 will be donated to Le Saisonnier)

## EXTRAS

- Egg (1)** **2**
- Mapple syrup** **2**
- Bacon, ham or sausage (1)** **3**
- Homemade smoked salmon** **3**
- Baked beans** **3**
- Homemade cretons** **3**
- Toasts (2)** **3**

## BREAKFAST PLATES

-  **Chia pudding** **13**  
Almond milk, morello cherry yogurt, morello cherry puree, Power granola and honey
- The Classic** **1 egg 15 / 2 eggs 17**  
Choice of meat, baked beans, homemade creton, toasts
-  **French toast (2)** **15**  
Blueberries, brie cheese, homemade granola, vanilla yogurt, almonds and maple syrup
-  **Vegeterian Frittata** **15**  
Seasonal vegetables, homemade goat cheese, cherry tomatoes, arugula, toasts
- Gourmande Frittata** **17**  
Ham, bacon, sausage, fried onions, aged cheddar, arugula, toasts
- Savoury crepe** **16**  
Aragula pesto, aged cheddar, ham, scrambled egg, hollandaise sauce, potatoes and small green salad
- Bagel Club** **16**  
Egg, bacon, aged cheddar, spinach, cucumber, sun-dried tomatoe mayo, potatoes and small green salad
- Smoked salmon benedict** **1 egg 17 / 2 eggs 19**  
Potatoes rostis, homemade smoked salmon, poached egg, lemon cream, dill hollandaise sauce, kale chips and small green salad



## WEEKEND LUNCH

 <b>Soup of the moment and garnish</b>	<b>6</b>
<b>Chef's salad inspiration</b>	<b>18</b>
<b>L'ilot Burger</b> Brioche bread, grilled chicken, chimichurri, smoked tomatoes, cheddar cheese, french fries	<b>21</b>
 <b>3 Cheese pizza</b> Tomato sauce, smoked tomatoes, Migneron, parmesan cheese, fresh mozzarella, basil	<b>21</b>
<b>El radiologo Pizza</b> Tomato sauce, Ibérico chorizo, prosciutto, peperonata, fresh mozzarella, oregano	<b>23</b>
<b>Steak and fries</b> Beef shoulder, herb butter, french fries and small green salad	<b>24</b>

## BREAKFAST BEVERAGES

Milk	<b>2,75</b>
David's Tea	<b>3,50</b>
Fair-trade coffee	<b>3</b>
<b>Nespresso</b>	
Espresso shot or long	<b>4</b>
Cappuccino	<b>4,25</b>
Mocha coffee	<b>4,50</b>
Latte	<b>4,50</b>
<b>Jus</b>	<b>4</b>
Orange	
Grapefruit	
Apple	
Cranberry	
<b>Smoothie</b>	<b>7</b>
Banana / Berries / Almonds	
Orange / Pineapple / Basil	
<b>Mimosa</b>	
Glass	<b>8</b>
Bottle and juice jug	<b>44</b>