






## BREAKFAST

All our breakfasts include unlimited filter coffee

## SMOOTHIE BOWLS FOR THE CAUSE

Served with multigrain bread

-  **Le Bec sucré** 15  
Maple yogurt, candied 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 Saisonnier)

## EXTRAS

- Egg (1)** 2
- Maple syrop** 2
- Bacon, ham or sausage (1)** 3
- Homemade smoked salmon** 3
- Baked beans** 3
- Cretons** 3
- Toasts (2)** 3

## BREAKFAST PLATES

-  **Chia pudding** 13  
Almond milk, morello cherry yogurt, morello cherry puree, Power granola and honey
- Le classique** 1 egg 15 / 2 eggs 17  
Choice of meat, baked beans, cretons, toasts
-  **French toast (2)** 15  
Blueberries, brie cheese, homemade granola, vanilla yogurt, almonds and maple syrup
-  **Vegeterian Frittata** 15  
Seasonal vegetables, goat cheese, cherry tomatoes, arugula, toasts
- La frittata gourmande** 17  
Ham, bacon, sausage, fried onions, aged cheddar, arugula, toasts
- Crêpe salé** 16  
Aragula pesto, aged cheddar, ham, scrambled egg, hollandaise sauce, potatoes and little green salad
- Bagel club** 16  
Egg, bacon, aged cheddar, spinach, cucumber, sun-dried tomatoe mayo, potatoes and little green salad
- Smoked salmon benedict** 1 egg 17 / 2 eggs 19  
English muffin, homemade smoked salmon, poached egg, lemon cream, 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 vegetables of the day	<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	<b>4</b>
Cappuccino	<b>4,25</b>
Mokaccino	<b>4,50</b>
Latte	<b>4,50</b>
<b>Jus</b>	<b>5</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	<b>44</b>