

Mon

resto

breakfast - lunch



**Straws no Straws ask your waiter!
Save the planet one straw at a time!**



We offer gluten free options

Our eggs

with
meat

| | |
|--------|------|
| 1 egg | 8.50 |
| 2 eggs | 9.00 |

Crispy pork
belly

| | |
|--------|-------|
| 1 egg | 9.50 |
| 2 eggs | 10.00 |

with
pork roast

| | |
|--------|-------|
| 1 egg | 9.50 |
| 2 eggs | 10.00 |

Choice of meat : bacon or ham or sausages or bologna

Plates served with toast, potatoes and coffee.

Replace potatoes with a breakfast poutine for 2.50

Add onions to your potatoes 0.25

Our classic omelets (3 eggs)

| | |
|---|--------------|
| Plain | 8.00 |
| 3 Cheese | 10.00 |
| Western (ham, bell peppers and onions) | 10.00 |
| Mexican (onions, bell peppers, salsa, ham, jalapeño and cheddar cheese) | 10.50 |
| Vegetarian (tomatoes, onions, bell peppers, mushrooms and black olives) | 9.50 |
| Smoked salmon (smoked salmon, onions, capers and Hollandaise sauce) | 13.50 |
| All dressed (bacon, ham, sausages, bell peppers, onions, tomatoes, mushrooms and cheddar cheese) | 12.00 |

Our omelet "à la Carte"

Starting with the plain omelet, create your own omelet with the accompaniment in the section below. Be creative and imaginative with your choices!

Plates served with toast, potatoes and coffee.

Replace potatoes with a breakfast poutine for 2.50

Add onions to your potatoes 0.25

Our accompaniments

vegetables
0.50 per item

| | |
|--------------------|--------------|
| spinach | onions |
| asparagus | mushrooms |
| tomatoes | bell peppers |
| sun dried tomatoes | black olives |

meat
1.50 per item

bacon
ham
sausages
bologna
ground beef

cheese
1.00 per item

cheddar
mozzarella
Swiss
Kraft

**The accompaniments are to create omelets,
you will find other selections in the "extras" section**

Our pancakes (2), French toasts (3), waffles (4)

| | | | |
|-------------------------|--------------|--------------------|--------------|
| Plain | 8.50 | Bananas | 10.50 |
| Fruits in season | 12.00 | Apples | 10.50 |
| Strawberries | 11.00 | Blueberries | 10.50 |

Coffee included. Add crème anglaise or caramel or hazelnut chocolate for only 1.25

Our crêpes bretonnes

| | |
|---|--------------|
| Plain | 8.50 |
| Vegetables (tomatoes, onions, bell peppers, mushrooms, black olives and mozzarella cheese) | 9.50 |
| Ham and Swiss cheese | 10.00 |
| Bacon and cheddar cheese | 11.00 |
| Ham, asparagus and Swiss cheese, all covered with Hollandaise sauce | 11.00 |
| Apples, honey, almonds and Swiss cheese | 11.00 |
| Smoked salmon, red onions, capers and Swiss cheese | 14.00 |

Plates served with potatoes and coffee.

Replace potatoes with a breakfast poutine for 2.50

Add onions to your potatoes 0.25

Add one egg for 1.25

| | |
|-------------------------|--------------|
| Bananas | 10.50 |
| Blueberries | 11.00 |
| Strawberries | 11.00 |
| Fruits in season | 12.00 |

Coffee included. Add crème anglaise or caramel ou hazelnut chocolate for only 1.25

Our eggs Bénédict

| | <u>1 egg</u> | <u>2 eggs</u> |
|---|--------------|---------------|
| Ham | 10.50 | 12.50 |
| Smoked salmon | 13.00 | 15.00 |
| Spinach | 9.50 | 11.50 |
| Mushrooms and cheddar cheese | 10.00 | 12.00 |
| Bacon and cheddar cheese | 11.50 | 13.50 |
| Steak, Swiss cheese and mushrooms | 13.00 | 15.00 |
| Ham, asparagus and Swiss cheese | 12.00 | 14.00 |
| Sun dried tomatoes, asparagus and cheddar cheese | 11.00 | 13.00 |

Plates served with potatoes and coffee.

Replace potatoes with a breakfast poutine for 2.50

Add onions to your potatoes 0.25

Our healthy plates

| Yogurt | |
|--------------------------|--------------|
| -fruits in season | 11.00 |
| -strawberries | 11.00 |
| -bananas | 11.00 |
| -blueberries | 11.00 |

Plates served with granola, bagel and cream cheese

| | |
|--|--------------|
| Healthy plate | 11.50 |
| 2 poached eggs , fruits, English muffin and cottage cheese | |
| Bagel with smoked salmon | 13.00 |
| Bagel with cream cheese | 6.00 |
| Fresh fruit platter with cottage cheese or yogurt or crème anglaise | 12.00 |
| Home made oatmeal, toast and fruits | 7.50 |

Our combos

| | | | |
|---|--------------|---|--------------|
| 2 coco choco | 13.50 | The big belly | 13.00 |
| 2 eggs with bacon or ham or sausages or bologna, baked beans and crêpe bretonne with bananas and hazelnut chocolate | | 2 eggs with bacon or ham or sausages or bologna, baked beans and 2 pancakes or 1 French toast | |
| Change for strawberries | 1.00 | The carnivore | 15.00 |
| | | 2 eggs with bacon, ham, sausages, bologna, pork roast, baked beans and cretons | |
| The piggy | 16.00 | The trio | 13.50 |
| 2 eggs with bacon, sausages, ham, crispy pork belly, cretons and baked beans with 1 waffle and 1 pancake | | 3 eggs with 3 meat (3 bacon, 2 ham, 3 sausages) and baked beans | |
| The waffler | 14.50 | The porcinet | 14.50 |
| 2 eggs with bacon or ham or sausages or bologna, baked beans and 2 small waffles with fruits | | 2 eggs with 10 bacon slices and baked beans | |
| | | Plates served with toast, potatoes and coffee. | |
| | | Replace potatoes with a breakfast poutine for 2.50 | |
| | | Add onions to your potatoes 0.25 | |
| | | Replace meat by bacon only. | |

Our breakfast sandwiches

| | | | |
|---------------------------------|--------------|---|-------------|
| BLT, HLT | 9.00 | French toast, egg, ham or bacon and Swiss cheese Western | 9.50 |
| Breakfast club | 10.00 | Bagel, ham or bacon, egg and cheddar cheese | 9.50 |
| Breakfast wrap | 9.50 | English muffin, ham or bacon, egg and cheddar cheese | 9.50 |
| Grilled cheese | 7.50 | Sandwich , egg, ham or bacon and cheddar cheese | 9.00 |
| Grilled cheese and bacon | 8.75 | Cheese sandwich with choice of meat | 8.00 |

Plates served with potatoes and coffee.
 Replace potatoes by a breakfast poutine for 2.50
 Add onions to your potatoes 0.25

Our breakfast poutine

| | | | |
|---|--------------|---|--------------|
| Western | 11.00 | Ground beef | 12.00 |
| potatoes, cheese curds, ham, bell peppers, onions, Hollandaise sauce and 1 egg | | potatoes, cheese curds, ground beef, onions, Hollandaise sauce and 1 egg | |
| Classic | 9.50 | Vegetarian | 11.00 |
| potatoes, cheese curds and Hollandaise sauce | | potatoes, cheese curds, tomatoes, bell peppers, onions, mushrooms and Hollandaise sauce | |
| Meat lovers | 12.00 | Hunter | 12.00 |
| potatoes, cheese curds, bacon, sausages, ham and Hollandaise sauce | | potatoes, cheese curds, steak, mushrooms, onions and Hollandaise sauce | |
| Mexican | 12.00 | | |
| potatoes, cheese curds, onions, bell peppers, jalapeño, ground beef, salsa and sour cream | | | |

Our kids breakfast

8 years and less, milk or juice included

your choices :

| | |
|---|-------------|
| Pancake (1) plain with fruits | 6.50 |
| French toast (1) with fruits | 6.50 |
| Grilled cheese with potatoes | 6.50 |
| Waffles (2) with fruits | 7.00 |
| Bagel with cream cheese | 6.50 |
| 1 egg with choice of bacon (2) or ham (2) or sausages (2) or bologna (2) with potatoes, fruits and toast (1) | 7.00 |

The small appetites

| | |
|---|-------------|
| - 2 waffles with fruits in season | 9.50 |
| - 1 plain pancake with fruits in season | 9.50 |
| - 2 French toast with fruit in season | 9.50 |
| - 1 egg with crispy pork belly or porc roast | 8.00 |
| - 1 egg with 1 meat choice of bacon or sausages or ham or bologna | 7.50 |

Coffee and tea included

Our fitness menu

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|---|--------------|
| Option A | 11.00 |
| omelet with 6 egg whites, 2 eggs, tomatoes, mushrooms, onions, served with strawberries or blueberries with toast | |
| Option B | 10.00 |
| chicken breast, rice and house salad Served starting at 11:00 | |

Our kids lunch

8 years or less, milk or juice included

choices :

- Meat lasagna
- Chicken fingers, vegetables and fries
- Fish, vegetables and fries
- Hamburger, vegetables and fries

8.50

Our beverages

| | |
|----------------------------------|--------------------|
| Coffee, tea or herbal tea | 2.25 |
| Milk and chocolate milk | 1.75 / 2.75 |
| Hot chocolate | 2.75 |
| Juice (orange or apple) | 1.75 / 2.75 |
| Soft drinks | 2.50 |
| Perrier | 2.75 |
| Water bottle | 2.50 |

Our extras

| | |
|---------------------------|-------------|
| Crème anglaise | 1.25 |
| Caramel | 1.25 |
| Hazelnut chocolate | 1.25 |
| Maple syrup | 1.75 |
| Brown sugar | 1.25 |
| Molasses | 1.25 |
| Dressing | 0.75 |
| Hollandaise sauce | 2.00 |

To accompany plates only

| | |
|--|-------------|
| Crêpe bretonne (1) | 2.00 |
| Pancake (1) | 2.00 |
| French toast | 2.00 |
| Home made potatoes | 2.75 |
| Egg(1) | 1.25 |
| Bacon or ham or sausages or bologna | 3.25 |
| Baked beans | 2.00 |
| Pork roast (2) or cretons | 2.75 |
| Crispy pork belly (3) | 3.50 |
| Cheese: (cream, chocolate cream, mozzarella, Kraft) | 2.00 |
| Cheese: (cheddar, Swiss) | 2.25 |
| Cottage cheese | 2.50 |

Our lunch-express

| | | | |
|--|-------|-------------------------------|-------|
| House salad | 6.00 | Hamburger steak* | 10.50 |
| -add chicken | 10.50 | Quesadillas:* | |
| Thai salad with chicken (grilled or breaded) | 11.00 | -cheese | 9.00 |
| Poutine | 6.00 | -chicken | 11.00 |
| Italian poutine | 8.50 | Chicken fingers* | 10.00 |
| Nachos | 9.00 | Fish and chips* | 13.00 |
| Chicken nachos | 10.00 | Beef liver, bacon and onions* | 12.00 |
| Meat lasagne with garlic bread | 10.00 | Chicken wings* 10 wings | 12.00 |
| Combo soup and chicken sandwich** | 8.00 | | |

** not available on weekends

*Plates served with fries or rice and house salad

Our wraps

Vegetarian 10.00

(black olives, onions, bell peppers, mushrooms, pesto, tomatoes and mozzarella cheese)

Chicken fajitas 11.00

(chicken, piments, oignons, salsa et fromage mozzarella)

Steak 12.00

(steak, bell peppers, onions, mushrooms, BBQ sauce and Swiss cheese)

Stevo 12.50

(chicken, tomatoes, lettuce, Diana sauce, onions, bacon and Swiss cheese)

Plates served with fries or rice with house salad

Our sandwiches

| | |
|-----------------|-------|
| Club sandwich | 12.50 |
| Hamburger | 10.50 |
| Hot chicken | 11.00 |
| Hot hamburger | 10.50 |
| Chicken burger | 11.00 |
| Burger Michigan | 11.50 |

Plates served with fries or rice with house salad