

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

2 eggs with bacon or ham or sausages or bologna, baked beans and crêpe bretonne with bananas and hazelnut chocolate
Change for strawberries 1.00

The piggy 16.00

2 eggs with bacon, sausages, ham, crispy pork belly, cretons and baked beans with 1 waffle and 1 pancake

The waffler 14.50

2 eggs with bacon or ham or sausages or bologna, baked beans and 2 small waffles with fruits

The big belly 13.00

2 eggs with bacon or ham or sausages or bologna, baked beans and 2 pancakes or 1 French toast

The carnivore 15.00

2 eggs with bacon, ham, sausages, bologna, pork roast, baked beans and cretons

The trio 13.50

3 eggs with 3 meat (3 bacon, 2 ham, 3 sausages) and baked beans

The porcinet 14.50

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
Breakfast club	10.00
Breakfast wrap	9.50
Grilled cheese	7.50
Grilled cheese and bacon	8.75

French toast, egg, ham or bacon and Swiss cheese	9.50
Western	9.00
Bagel, ham or bacon, egg and cheddar cheese	9.50
English muffin, ham or bacon, egg and cheddar cheese	9.50
Sandwich , egg, ham or bacon and cheddar cheese	9.00
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
potatoes, cheese curds, ham, bell peppers, onions, Hollandaise sauce and 1 egg	

Ground beef	12.00
potatoes, cheese curds, ground beef, onions, Hollandaise sauce and 1 egg	

Classic	9.50
potatoes, cheese curds and Hollandaise sauce	

Vegetarian	11.00
potatoes, cheese curds, tomatoes, bell peppers, onions, mushrooms and Hollandaise sauce	

Meat lovers	12.00
potatoes, cheese curds, bacon, sausages, ham and Hollandaise sauce	

Hunter	12.00
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	7.50
choice of bacon or sausages or ham or bologna	

Coffee and tea included

Our fitness menu

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