

BRUNCH PLATE

Our brunch plate is composed with the choice of one or two eggs any style, sausage, bacon, ham, mini- meat patty, baked beans, home-fried potatoes, fresh fruits, toasts and coffee

Brunch plate 1 egg15.95 2 eggs16.95

Brunch plate with mini pancake stuffed with apples and maple sauce.. 1 egg17.95 2 eggs18.95

COUNTRYSIDE PLATTER AND EGGS..... 1 egg15.95 2 eggs16.95

Our countryside platter is composed of one or two eggs, any style, served on a delicious au gratin combinaison of home-fried potatoes, sausage, bacon, ham, red and green peppers, onions, hollandaise sauce and Swiss cheese served with fresh fruits, toasts and coffee

THREE MEAT AND CHEESE FRITTATA16.95

Our frittata plate is composed of eggs, bacon, ham, sausage, red and green peppers, mozzarella cheese served with home- fried potatoes, fresh fruits, toasts and coffee

BREAKFAST SANDWICH

Breakfast club sandwich14.95

*Breakfast club (egg, bacon, lettuce, tomato and Swiss cheese)
served with home- fried potatoes, fresh fruits and coffee*

Breakfast bagel club14.95

*Bagel club (egg, bacon, lettuce, tomato and Swiss cheese)
served with home- fried potatoes, fresh fruits and coffee*

HEALTHY MORNING

Steaming bowl of hot oatmeal served with milk, choice of toasts, brown sugar and coffee 9.50

Fresh fruits/ choice of toasts or *rustic grilled bread/ homemade jam/ coffee

Served with choice of yaourt bowl **OR** brie cheese **OR** cottage cheese **OR** Vector cereals 12.75

Served with yaourt bowl **AND** Vector cereals 13.25

**The rustic grilled bread is a small baguette cut in two slices*

OMELETS

Our omelet is prepared with fresh eggs and milk served with baked beans, home-fried potatoes, toast, fresh fruits and coffee

Plain omelet 10.25

Cheese omelet 11.25

Bacon or ham omelet 13.00

Bacon and Swiss cheese omelet 13.75

« Au gratin » gardener omelet 15.00
(Peppers, mushrooms, red onions, spinach, tomato « au gratin » omelet)

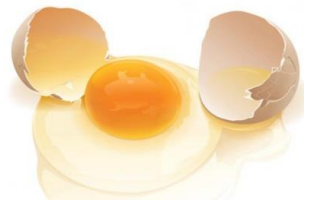
Ham, spinach and melted brie cheese omelet 16.00

Mushrooms, bacon and melted Swiss cheese omelet 16.00

Neptune omelet..... 17.00
(Smoked salmon, shrimp and melted Swiss cheese omelet)

BENEDICTINES EGGS

One or two poached eggs served on English muffin with hollandaise sauce, home- fried potatoes, fresh fruits and coffee



Benedict egg with ham and Swiss cheese	1 egg14.25	2 eggs ... 15.25
Benedict egg with spinach and Swiss cheese	1 egg14.25	2 eggs ... 15.25
Benedict egg with ham, spinach and Swiss cheese.....	1 egg15.00	2 eggs ... 16.00
Benedict egg with smoked salmon and Swiss cheese	1 egg15.00	2 eggs ... 16.00

TRADITIONALS EGGS

Our traditional breakfast plate is served with one or two eggs any style, baked beans, home- fried potatoes, toast, fresh fruit and coffee

Traditional breakfast plate.....	1 egg..... 9.00	2 eggs 10.00
Traditional breakfast with bacon OR ham OR sausage	1 egg..... 10.50	2 eggs 11.50
Traditional breakfast with bacon (2) and sausages (2)	1 egg..... 12.00	2 eggs 13.00

***To add to your traditional breakfast plate**

Cretons OR yaourt OR cottage cheese (85gr).....	2.25\$ extra
Homemade meat patty OR french toast (1) with maple syrup....	3.25\$ extra
Pancake (1) and maple syrup	4.25\$ extra



NEW!!!

Breakfast Poutine	16.95\$
<i>Home- fried potatoes, ham, sausage, bacon, green and red peppers, mushrooms, hollandaise sauce, cheese curds and scrambled eggs</i>	

!!! NEW BREAKFAST BURGER COMING SOON !!!

PANCAKES

***Served with fresh fruits, coffee and real maple syrup from M. Castonguay sugar bush**

Homemade pancakes (2) with maple syrup.....	12.00
Homemade pancakes (2) served with maple syrup and bacon OR sausages (2)	13.00
Homemade pancake (1) with roasted sliced almonds, stuffed with fresh fruits	14.75
served with chocolate sauce and English cream	
Homemade pancake (1) stuffed with apples and maple sauce	14.75
Homemade pancake (1) stuffed with bananas and creamy hazelnuts chocolate	14.75

FRENCH TOASTS

***Served with fresh fruits, coffee and real maple syrup from M. Castonguay sugar bush**

French toast with homestyle bread (2) OR regular bread (3).....	12.00
French toasts served with choice of bacon (2) OR sausages (2)	13.00
Gourmet duet: Homestyle bread French toast (2) and homemade pancake (1)	13.75
served with English cream and maple syrup	



ENGLISH MUFFINS

- English muffin with egg, cheese and coffee 6.50
 English muffin with egg, cheese, home-fried potatoes, fresh fruits and coffee 9.00

BUTTER CROISSANT

- Butter croissant served with homemade jam and coffee 6.50
 Butter croissant with egg, cheese, home-fried potatoes, fresh fruits and coffee 9.00
 Butter croissant with egg, ham, cheese, home-fried potatoes, fresh fruits and coffee 11.00

BAGELS

- Bagel served with cream cheese, homemade jam, fresh fruits and coffee 8.00
 Smoked salmon bagel with cream cheese 15.95

Breakfast : served with home-fried potatoes, fresh fruits and coffee

Lunch : served with French fries and garden salad



BREAKFAST

Small beverage included

KID'S MENU

8\$



LUNCH

Small beverage and ice cream included

- * Yaourt bowl, fresh fruits with toast
- * Gourmet plate
Homestyle bread french toast(1)
and small pancake(1) with maple syrup
/fresh fruits
- * Little chick plate
Egg(1), bacon(2) **OR** sausage (1),
home-fried potatoes,
toast (1)/ fresh fruits
- * Small cheese omelet
home-fried potatoes,
toast(1)/ fresh fruits
- * Small pancake stuffed with bananas and
creamy hazelnuts chocolate

- * Small poutine
- * Chicken nuggets (4)
- * Chicken breast filets (2)
- * Linguine pasta with meat sauce
- * Cheeseburger with french fries
- * Small pepperoni and cheese pizza

PASTA

***Served with fresh parmesan cheese and freshly ground peppercorn** Regular Half

Linguine with meat sauce 16 14

Sauteed chicken, mushrooms and creamy pesto linguine pasta 20
(shallots, mushrooms, pesto, chicken, white wine and cream)

Sauteed shrimp linguine pasta 21
(shallots, spinach, cherry tomatoes, shrimp, white wine and cream)

Sauteed smoked salmon linguine pasta 22
(shallots, sweet peppers, capers, smoked salmon, white wine and cream)



ON THE GO

Onion soup « au gratin ».....	7.50
French onion rings	6.25
Regular hamburger served with tomato, lettuce and mayo.....	7.95
Regular cheeseburger served with tomato, lettuce and mayo	8.25
All dressed cheeseburger with tomato, lettuce, French fries and coleslaw	14.50
Chicken nuggets (7) with French fries and coleslaw	11.50
Chicken breast filets (4) with French fries and coleslaw	12.75
Jack Daniel's chicken wings (8) with French fries.....	13.25
Crispy chicken wrap with French fries and coleslaw	14.25
Hot chicken sandwich with French fries, coleslaw, gravy and green peas	14.25
Regular smoked meat sandwich.....	7.95
All dressed smoked meat (coleslaw, French fries and dill pickles).....	13.25
All dressed parmesan fondue (3 pieces) French fries and coleslaw	14.95
Chicken club sandwich served with French fries and coleslaw.....	14.75
Chicken club sandwich served with poutine (French fries, cheese curds and gravy)	17.75
Poutine with choice of sauce (traditional OR BBQ OR peppercorn sauce).....	9,7511.75
Italian poutine (French fries, cheese curds and meat sauce).....	10,7512.75
All dressed poutine (pepperoni, green peppers, mushrooms, onion and bacon).....	12,7514.75
choice of sauce (traditional OR BBQ OR peppercorn sauce	
French fries with choice of sauce (traditional OR BBQ OR peppercorn sauce).....	6.50
French fries	5.50

PIZZAS

Pepperoni and cheese pizza	13.00
All dressed or *vegetarian pizza	15.75
<i>*(red onions, sweet peppers, mushrooms, fresh and sundried tomatoes, shallots, black olives, mozza)</i>	
Cap Martin special pizza.....	17.75
<i>(Jack Daniel's sauce, grilled chicken, bacon, onions, mushrooms, mozza and la Tomme au Poivre cheese)</i>	

SALADS

	Petite / Grosse
Garden salad (choice of dressing)	3.50 7.95
Caesar salad with La Tomme au poivre cheese	8.9513.95
Grilled chicken caesar salad with la Tomme au poivre cheese.....	15.95
Mediterranean grilled chicken salad al balsamico	16.95
<i>(Mesclun salad, cucumber, artichoke heart, diced green and red peppers, black olives, cherry tomatoes, red onions, carrots, chicken, balsamic dressing)</i>	
Warm Asian salad.....	17.25
<i>(Mesclun salad, warm yet ca mein noodles, cucumber, green and red peppers, red onions, carrots, Sweet and sour shrimp, asian grilled cashew nuts, duck egg roll, asian dressing)</i>	



Appetizers

Duck egg roll (2), asian sauce	7.95
Homemade parmesan fondue (2 pieces)	8.95
Smoked salmon with capers.....	12.50

Daily specials at 18\$



Soup of the day or
Pea soup

Or our onion soup « au gratin » for 3.00\$ extra

Daily special

Panini sandwich of the week

Sauteed pasta of the week

Homemade desert
Beverage



**Also available in daily special formula
(soup, desert and beverage included + 7.00\$)**

Filet of sole “amandine” served with tartar
sauce or hot lemon butter..... 20

Salmon filet served with pesto and pine nuts
pasta, sundried tomatoes and tarragon sauce ... 25

Sirloin steak 8 oz served with peppercorn sauce,
French fries and garden salad 19

Flambeed sirloin steak 8 oz with cognac peppercorn
sauce, choice of potatoes, garden salad and
sauteed mushrooms 26

Hamburger **Le Jack**
(bacon, Jack Daniel’s sauce, lettuce, crispy onions,
and La Tomme au poivre cheese) 17

Chicken brochette on rice,
with BBQ or oriental sauce..... 21

Tenderloin brochette on rice,
with peppercorn sauce..... 23

Vin blanc glass bottle

Murari / Pinot grigio.....	5.75.....	25
Carmen / Chardonnay	7.95.....	28
Les fumées blanches / Sauvignon blanc ...	8.50	28
Genoli / Rioja.....	8.50	29

Vin rouge

Miglianico / Montepulciano D'Abruzzo	5.75.....	25
Sartori / Valpolicella Superiore	7.95.....	28
Carpineto / Chianti	9.50	41
Cono Sur Réserve / Pinot noir	8.75.....	33

Bulles

Henkell Trocken, 200ml.....	9
Hungaria Grande Cuvée Brut, 750 ml	28

Bières en bouteille

Coor's light	5.95
Molson Ex, Molson Dry	5.95
Molson 67, Molson Canadian.....	5.95
Molson Excel (0.5% alcool)	5.95
Ricard's Red, White ou Dark	6.25
Heineken	7.95
Moretti	7.50
Sol	7.25
Smirnoff Ice.....	7.50

Bières en fût



12 OZ	5.25
14 OZ.....	5.75
20 OZ	7.25

Breuvage

Chocolat chaud	2.95
Café	2.75
Thé/ tisane/ infusion	2.75
Espresso court ou long.....	2.95
Cappuccino	3.50
Café latté.....	3.95
Jus de fruits.....	2.75/ 3.75
Lait ou lait au chocolat	2.75/ 3.25
Boisson gazeuse (Pepsi, 7up, orangeade) ..	2.25
Thé glacé canette	2.50
Gatorade	2.50

