

THE SHAREABLES

Cold bites

Sliced, grilled and garnished ciabatta bread

- | | | | |
|-----------------------------------|---------------------------------------|--------------------------|----|
| Ⓥ Homemade hummus and bellpeppers | Ⓥ Cashew spread | | |
| Ⓥ Homemade Salsa or Bruschetta | Goat cheese with nuts and cranberries | | |
| 6 bites (max 3 choices) | 8 | 10 bites (max 4 choices) | 13 |

Hot bites

Sliced, grilled and garnished ciabatta bread, oven baked

- | | | | |
|-------------------------|-----------------------------------|--------------------------|----|
| Goat cheese and honey | Brocoli and bacon mini-cakes | | |
| Salsa gratiné | Smoked salmon and dill mini-cakes | | |
| Bruschetta gratiné | Mushroom mini-cakes | | |
| 6 bites (max 3 choices) | 10 | 10 bites (max 4 choices) | 16 |

Dips

Served with corn tortillas chips

Extra 1\$ for salt-free chips!

- | | |
|---|--------------|
| ⓋⓄ Family Recipe – Cream cheese, homemade vegetarian chili, salsa and
seasonnes cheese mix. Served hot | 8,35 / 13,75 |
| Homemade Salsa – Tomatoes, bellpeppers, red oignons, jalapeños, black
beans, lime, coriander | 6.35 / 10,95 |

Nachos

Corn tortillas chips, topped with salsa and other goodies, oven baked

Extra 1\$ for salt-free chips

Extra 1\$ for more homemade salsa on the side

- | | |
|---|------------------------|
| ⓋⓄ Plain – Salsa, olives and jalapeños. Cheese optional | (small) 8 / (large) 12 |
| Ⓞ Chicken – Salsa, chicken pieces and seasoned cheese mix | (small) 9 / (large) 13 |

Mezes

Plater of dips to share, served with flatbread

(Hummus, Baba Ganoush, Tahini-Squash)

For two – 12,00

More dips : 3,00

More bread : 2,00

BREAKFASTS – SERVED ALL DAY!

Duo! + 5,25

Add a smoothie to your breakfast

* Max 2 choices of extras in the smoothie

Trio! + 5,25

Add a vanilla yogurt and a beverage to your breakfast

* Excluded: smoothie, matcha, kombucha, alcohol

The classics

Toast – Choice of brioché, multigrain or raisin & cinnamon bread. Served with cheddar and strawberry or orange jam	4,00
Bagel (sesame) – Served with cream cheese and orange or strawberry jam	4,10
Yogourt – Vanilla, served topped with mixed berries and homemade granola	4,30
Breakfast panini – Egg, ham, cheddar, lettuce, tomatoes, dijonaise, on ciabatta, wrap, croissant or bagel	6,35
Ⓥ Homemade Granola – Mix of puffed rice, oat, nuts and a dash of maple syrup. Served with banana slices, a bit of yogurt and mixed berries. Replace the yogurt with soy or almond milk to make it vegan.	8,95
Smoked salmon bagel – Cream cheese, smoked salmon, capers, lemon	9,85

The fantasies

Grilled-Cheese – Cheddar and mozzarella, tomatoes, mayonnaise, on brioché or multigrain bread	5,95
Ⓥ B.L.T. – Tofu "bacon", tomatoes, lettuce, vegenaise. On multigrain bread	5,95
Ⓥ Morning-Wrap – Scrambled tofu, rice sheet "bacon", grilled mushrooms and bellpeppers, tomatoes, lettuce, vegenaise	6,95
Burrito – Homemade chili, salsa, tomatoes, mozzarella	8,15
Ⓥ Smoothie Bowl – Mango and berries, with granola, banana and chia seeds Choice of soy or almond milk base	8,75
Mini-Pancakes	
└ with maple syrup	(3) 4,70 / (6) 8,15
└ with maple syrup, berries and whipped cream	(3) 5,70 / (6) 10,15

Ⓞ **Gluten free bread available for 1,00 more**

Ⓥ Vegan

Ⓞ Gluten Free

All the prices in the menu are before taxes

MEAL

Ⓞ *Gluten free bread available for 1,00 more*

Paninis ... :

	1 side*	2 sides*
Tuna – Sweet chili tuna salad, cheddar, fresh bellpeppers, lettuce, mayonnaise	10,25	14,25
Ham – Ham, brie, red onion chutney, spinach, dijonnaise	10,55	14,55
Ⓞ Vegan – Sweet potatoes, grilled bellpeppers and zucchinis, red onion chutney, homemade hummus, olives tapenade, spinach	11,30	15,30
Chicken – Tarragon chicken salad with cranberries, cheddar, bacon, lettuce, mayonnaise	11,60	15,60
Salmon – Cream cheese, smoked salmon, capers, cucumber, lemon, lettuce	13,40	17,40
Vegetable – Goat cheese, dried tomatoes, bellpeppers, grilled mushrooms and eggplants, lettuce, pesto	11,30	15,30

... and the others :

Pizza – On homemade foccaccia, tomato and bellpepper sauce, grilled mushrooms and bellpeppers. Mozzarella optional, meat extra (1,00)	9,50	13,50
Small Quiche – Varied flavours	9,50	13,50
Ⓞ Ⓞ Homemade Chili – Sweet potatoes, red beans, zucchinis, lots of love! Served hot with corn tortillas chips. Extra 1\$ for salt-free chips!	(S) 11,10 (L) 16,20	(S) 15,10 (L) 20,20

Sides included with the panini are the small soup or the garden salad. For the other types of salads, add 1,00.

The sides

Ⓞ Soup of the day	3,90 / 5,00
Salad – Ceasar, garden or a small portion of a mixed salad	5,00

Ⓞ Vegan

Ⓞ Gluten Free

MEALS

Classic Salads

Ceasar with chicken – Romaine lettuce, parmesan, bacon, crouton, chicken, homemade ceasar dressing

Ceasar with eggs – Romaine lettuce, parmesan, bacon, crouton, eggs, homemade ceasar dressing

Garden with chicken – Mesclun, tomatoes, bellpeppers, cucumber, grilled chicken, homemade italian style dressing

Garden with ham – Mesclun, tomatoes, bellpeppers, cucumber, sliced ham, homemade italian style dressing

Garden with tuna – Mesclun, tomatoes, bellpeppers, cucumber, tuna salad, homemade italian style dressing

Chèvre – Mesclun, goat cheese, dried cranberries, dried walnuts, homemade maple dressing

Salad on it's own (S) 6,25 (L) 9,85

With a soup (S) 10,00 (L) 13,10

Mixed Salads

You can combine several salad choices in the same plate

Ⓥ Couscous – Couscous, tomatoes, parsley, mint, homemade lemony dressing, grilled chickpeas, grilled zucchinis

Ⓥ Ⓞ Potato and green beans – in a creamy vegenaise with green onions and rice or pork bacon.

Ⓥ Greek style orzo – Orzo, green and black olives, artichoke hearts, cherry tomatoes and cucumber, greek-style dressing

Salad on it's own (S) 7,95 (L) 11,00

With a soup (S) 11,20 (L) 14,25

Ⓞ **Gluten free bread available for only 1,00 more**

COFFEES

	Single	Double
Short, long, americano	2,50	3,00
Latté (10oz)	3,80	4,30
Cappuccino (8oz)	3,80	4,30
Mocchaccino (10oz)	3,90	4,40
Filer coffee medium roast	(S) 2,25	(L) 3,25

We have 2%, soy or almond milk
 Extra 0,25 for decaf espresso
 Extra 0,50 for lactose free milk
 Extra 0,75 for a larger size of latte, cappuccino or mocchaccino

HOT BEVERAGES

Hot chocolate - Black, white, both - With or without whipped cream	3,85
London Fog (Earl Grey and vanilla Latté)	4,65
Brûme de Versaille (Marie-Antoinette Latté)	4,70
Chai Latté	4,95
Matcha Latté	5,10

Teas and herbal teas - See the last 4 pages!

COLD DRINKS

Perrier / V8 / Orange San Pellegrino	2,45
Juice - Apple, orange, tropicali	2,20 / 2,90
Milk - 2%, soy, almond	2,20 / 2,90
Homemade cold steeped iced tea - varied flavours	4,25
Any hot tea on ice	Voir les thés
Kombucha - Herbaceous, ginger or hibiscus chai	4,25
Latté on ice (single or double)	3,80 / 4,30
Maple latté on ice (single or double)	4,30 / 4,80
Chai latté on ice	4,95
Matcha latté on ice	5,10
Espresso on ice	2,50 / 3,00

Smoothies - See next page!

All prices in the menu are before taxes

SMOOTHIES

Here are some tried and true recipes

Lydia : Orange juice, mango, raspberry	5,75
Thom : 2% milk, mango, blueberry	5,75
Myriam : Soy, banana, cherry, cocoa	6,25
Pierre-Paul : Orange juice, raspberry (2x), yogourt	6,25
Patrice : 2% milk, banana, mango, egg, honey	6,75
Chantal : Soy, mixed berries, blueberry, chia seeds	6,25
Patrick : Almond, pineapple, kale, ginger	6,25
Valérie : Almond, raspberry (2x)	5,75
Soleil : Orange juice, carott, mango, banana	6,25
Christopher : Orange juice, strawberry, blueberry, kale	6,25
Nassima : Amand, carrot, strawberry, maple syrup	6,25
Don't die : Orange juice, banana, mango, tumeric, ginger, pepper, lemon juice	7,75

You can create your own !

1. Choose a base

2% Milk
Orange juice
Soy milk
Almond milk

2. Choose 2 fruits / veggies

Banana
Raspberry
Mango
Strawberry
Blueberry
Mixed berries
Pineapple
Cherry
Carrot
Spinach
Kale

3. An extra?

Additional fruit
Cocoa
Ginger
Matcha
Egg
Yogourt
Tumeric
Chia seeds
Honey
Maple syrup

5,75

+ 0,50 each

TEAS

Our teas are served in individual teapots (450ml)

For a larger teapot (750ml), add 1,25 to the price.

White

- Bai Hao Yin Zhen** (China) – The lively and silky liquor fills the palate with fruity and vegetal fragrances (straw, mushroom). Long and delicate, its finish is flowery (chamomile) and refreshing. 5,50
- Bai Mu Dan Wang** (China) – White tea composed of buds and leaves, a rich floral flavour with a hint of sweetness, and a surprising touch of cinnamon. A good cup for everyday drinking. 5,00
- Nan Mei** (China) – Fragrances of aromatic herbs (sage) and clementine emanate from the infusion and its liquor is sweet, silky and spicy, aroma characteristic of tea from wild tea trees. The lemony finish is most memorable! 5,20

Green

- Gundowder** (China) – This popular tea has a simple fruity green tea flavor. 4,30
- Huiming** (China) – Bright and lively, it deploys a powerful fragrance of spring flowers. Its fruity (peach) and grassy nuances support its long nebulous finish. A fine and balanced tea. 5,10
- Hojicha Isagawa** (Japan) – A well balanced blend of leaves and stems roasted to its characteristic ochre colour. Its crystal clear, brick-red liquor is smooth and silky, giving generous and comforting aromas of hardwood, toasted cereals and hazelnuts. 4,60
- Kamairicha** (Japan) – From an organic culture on Kyushu island, this tea is produced by pan-fried method (kamairi), instead of the conventional Japanese method of steaming. The liquor has a pleasant nutty aroma and a flavor similar to chestnuts with a slightly sweet and citrusy after taste. 5,30
- Kukicha** (Japan) – Its yellow-green liquor smoothly deploys its rich texture along with scents of fresh herbs and nut butter. Its tangy finish is also evocative of exotic fruits. 4,90
- Long Jing Zhejiang** (China) – A clear green liquor, brisk and tasty with elegant floral and grassy notes well structured with an edge of fresh hazelnut. 5,10
- Sencha Mobata** (Japan) – Its lively and vegetal taste blends with a slight bitterness and pleasant floral notes. This vigorous and accessible tea is a good daily companion. 5,30

Oolong

- Ali Shan** (Taiwan) – A sweet and fruity liquor has notes of coconut strong floral aroma with an edge of vanilla. 5,60
- Anxi Tie Guan Yin** (China) – It develops frank notes of flowers and papaya. Its complex mineral aspect evolves towards a finish of freshly picked mushrooms. 5,10
- Dong Ding de M. Chang** (Taiwan) – One of Taiwan's most renowned highland-oolongs. From the mountain of the same name it has a bright floral aroma. A full fruity flavour and pleasant viscosity. 5,20
- Dong Ding de M. Nen Yu** (Taiwan, *cooked*) – The dark khaki leaves exhibit from their infusion intoxicating fragrances of berries (raspberry jam), honey and toast. Its liquor, rich and creamy, reveals a nice balance between its wooded and vegetal aspects. This generous tea also features an exotic finish of pineapple and flowers. 5,30
- Mi Lan Xiang Fengxi** (China) – The infusion of its long twisted leaves deploys rich aromas of flowers and exotic fruits (litchi). Its bittersweet liquor is round, textured by woody and malty notes. Its finish is profoundly zesty. 5,20
- Shui Xian Lao Cong** (China) – Its beautiful amber colored infusion offers vegetable aromas of grilled zucchini and nuts. The clear liquor offers rich woody and fruity (strawberry) notes in the mouth, enhanced by a delicate floral presence. A rounded and generous tea to its finish, evocative of barley sugar. 5,10
- Black
- Assam Banaspaty** (India) – Its liquor is straightforward and full-bodied with aromas typical of tobacco, malt and fruit (prunes). With or without a cloud of milk! A comforting tea for mornings or dessert. 4,50
- Ceylan Uva Adawatte** (Sri Lanka) – A surprisingly aromatic tea finely balanced notes of acidity (tomato), woody and slightly peppery give a background to the surprising camphor/eucalyptus characteristics of this full, generous cleansing tonic. 4,40
- Darjeeling Jungpana 1st Flush** (India) – The delivery on the palate is lively and aromatic, with full of notes of dry wood, fatty nuts and ripe fruit. Its character, full-bodied and malty, makes this tea a worthy morning companion by its simplicity. 4,90
- Jin Hou** (China) – Its liquor, sweet (malt) and crystalline, is supported by rich, tasty tannins that give it additional body. Spicy and floral aromas lighten this well-grounded tea. 4,30
- Kangaita** (Kenya) – Its liquor is spicy (pepper, bay leaf), slightly camphorous, fruity, lightly burnt (toasted bread), and malty. 4,50

Fermented

- Pu Er 2008 Jingmai** (China) – Its liquor, brick-coloured and crystalline, reveals its mineral character with aromas of undergrowth and camphor resins. Marine (algae) and cereal (oats) nuances complement the aromatic profile of this silky, easy to drink, tea. 4,30
- Pu Er 2006 Macao Scenary** (Chine) – L'infusion noire et luisante reflète bien son caractère aromatique de terre noire et de cuir, nuancé par une étonnante note d'herbe fraîche. Sa liqueur est soyeuse et désaltérante. 5,00

Scented

- Chai Arthur** (Black) – Classic and balanced, the liquor is red in the image of the cinnamon that is in the foreground and adorns its taste with a delicately sweet tip. Ginger, cinnamon, nutmeg, cardamom, black pepper. 4,60
- Chai Clark** (Black) – Its gourmet liquor, pleasantly full-bodied, is enhanced by a deep, persistent spicy kick. Cocoa, cardamom, cinnamon, coriander, black pepper, ginger. 4,60
- Earl Grey** (Black) – From Dooars, in northern India, this quality black tea is scented with a natural flavouring extracted from organic Italian bergamot, a highly aromatic citrus fruit. 4,40
- Genmaicha** (Green) – This classic combination of Bancha and grilled rice. A gentle balance of grassy japanese tea and the natural sweetness of rice. 4,40
- Lapsang Souchong** (Black) – Fragrant, woody, with notes of licorice, this Chinese black tea also has clear and comforting smoky accents. 4,30
- Marie-Antoinette** (Black and green) – This meeting of two time-honoured classics unfolds an intense aromatic bouquet of jasmine and bergamot, delicately enhanced with the sweet fragrance of rose. 4,50
- Moulin Rouge** (White) – Its silky texture gives body to this tea with fine floral fragrances. Hibiscus flower, lemon peel, red rose petals, rose hips, apple pieces. 4,70
- Route du jasmin** (Green) – A simple green tea and jasmine blend. A well-balanced classic. 4,50

Various

- Yerba Maté** (Brasil) – Made from a shrub in the holly family, Yerba Mate is a traditional beverage in many South American countries. Its straightforward herbaceous and bitter flavour is an experience to be had! 4,30
- Matcha Taiki** (Japan, 100ml) – Its liquor is lively with a light and pleasing bight, enhanced by vegetal and gourmand (roasted nuts) notes. 5,50

HERBAL TEAS

Our herbal teas are served in individual teapots (450ml)

For a larger teapot (750ml), add 1,25 to the price

Mint – Mix of green and peppermint	4,40
⌋ Camomile – Camomile and lemongrass	4,40
! Coeur léger – Yarrow and peppermint	4,30
⌋ Mellow – Vervain, clementine and nutmeg	6,50
Anissée – Lemon, anise and fenel seeds	5,00
Respire – Euphoria, plantain and mollein	5,00
Équilibre Yin Yang – Dandelion, skullcap and cinnamon	5,50
Rosée – Rose, hibiscus and mollein	5,20
Rooibos – Plain, south african plant with a bright red tangy liquor	4,30
Sunshine – Rooibos, lemongrass, orange, lemon, cranberry	6,50
'Chai' Magellan – Rooibos, green cardamom, clove, black pepper and peppermint	4,80
☀ 'Chai' Dynamo – Nettle leaves, cinnamon, ginger, clove, pink pepper and cardamom	6,50
Framboisine – Raspberry leaf and fruit, mullein, hibiscus and elderberry	5,50
! Labrador Tea – Lively and light, strong citrus and camphor aromas, reminiscent of lichen and cedar	5,45
☀ Vitality – Nettle leaves, melissa, peppermint, root and flower of ginseng, oat, origano and elderflower	5,20
⌋ Morpheus – Lime tree, vervain, orange peel, melissa, lavender and marjoram	6,50
☀ Good morning – Nettle leaves, blueberry, elderberry, hawthorn, marigold, lemongrass, rooibos, thyme – Delicious with honey!	5,00

Most of the herbs used in our herbal teas are available to drink separately
4,25

⌋ Excellent to relax!

☀ Excellent to get energized!

! Not recommended while pregnant or breastfeeding

ALCOOLS

WE HAVE A RESTAURANT PERMIT, SO YOU MUST ORDER A MEAL LISTED IN THIS MENU TO GET ALCOHOL.

Wine

La Chevalière – Pinot noir, Languedoc-Roussillon

Dry red wine, light cherry-red color, light nose with fruity and floral aromas, smooth

5oz glass – 8\$ 8oz glass – 13\$ Bottle – 32\$

Modello Masi – Merlot, Frioul-Vénétie

Dry wine, dark cherry-red colour, spicy and fruity scents, smooth tannins, strong finish

5oz glass – 8\$ 8oz glass – 13\$ Bottle – 32\$

Les Janelles – Sauvignon, Languedoc-Roussillon

Dry white wine, light yellow colour, citrus fruit and green apple scents, average acidity

5oz glass – 7\$ 8oz glass – 12\$ Bottle – 30\$

Beers

Doux Bisous – Avant-Garde (Montréal)

Witbier scented with jasmin flower and kaffir lime leaves

4,80% – 500ml – 10\$

Drav ISA – Microbrasserie Menaud (Clermont, Charlevoix)

India Session Ale (session IPA), citrus and passion fruit aromas, hoppy, slightly malty

3,70% – 355ml – 6\$

Rousse – Glutenberg (Montréal)

Red Ale, gluten free, roasted nuts and coffee aromas

5,00% – 473ml – 6\$

Hazel – Vox Populi (Montréal)

Nut Brown Ale, hazelnuts and roasted bread aromas

6,50% – 355ml – 8\$

Cider

Klaus Cidre – Alma Compagnie de Cidre, naturally gluten free

Bouché traditionnel, fruity and farmy notes, dry mouth with acidic notes of seeds and almonds

6,40% – 355ml – 8\$