



# Breakfast Sandwiches

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## BREAKFAST BAGEL

**\$7.89 | 410 Cals**

Egg, ham, cheddar cheese and pesto mayo.

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## AVOCADO TOAST

**\$8.79 | 530 Cals**

Guacamole, goat cheese, roasted peppers, sunflower seeds and romaine.

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## ENGLISH MUFFIN

**\$6.39 | 310 Cals**

Egg, tomatoes, cheddar cheese and mayo.

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## SPARTAN WRAP

**\$9.89 | 590 Cals**

Egg, spinach, roasted red peppers, feta cheese, spinach and pesto mayo.

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## BREAKFAST CROISSANT

**\$7.89 | 440 Cals**

Egg, ham, Swiss cheese and mixed greens.

**ADD: FRUIT & COFFEE\* \$3.99 | FRUIT CUP & COFFEE\* \$6.99**

\*12oz



# Sandwichs déjeuner

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## BAGEL DÉJEUNER

**7,89\$ | 410 Cals**

Œuf, jambon, fromage cheddar et mayonnaise au pesto.

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## TOAST À L'AVOCAT

**8,79\$ | 530 Cals**

Guacamole, fromage de chèvre, poivrons rôtis, graines de tournesol et laitue romaine.

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## MUFFIN ANGLAIS

**6,39\$ | 310 Cals**

Œuf, tomates, fromage cheddar et mayonnaise.

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## SPARTAN WRAP

**9,89\$ | 590 Cals**

Œuf, épinards, poivrons rouges rôtis, fromage feta, épinards et mayonnaise au pesto.

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## CROISSANT DE DÉJEUNER

**7,89\$ | 440 Cals**

Œuf, jambon, fromage suisse et mélange de verdure.

**AJOUTER: FRUITS ET CAFÉ\* 3,99\$**

**COUPELLE DE FRUITS ET CAFE\* 6,99\$**

\*12oz



# Omelettes

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## WESTERN OMELETTE

**\$10.29 | 540 Cals**

Ham, peppers and red onions.

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## MUSHROOM GRUYÈRE

**\$10.29 | 380 Cals**

Mushrooms and gruyère cheese.

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## MAKE YOUR OWN OMELETTE\*

**\$10.29 | 300 - 500 Cals**

\* Choose 3 toppings. Additional toppings \$1.29

**ADD: FRUIT & COFFEE\* \$3.99**

**FRUIT CUP & COFFEE\* \$6.99**

\*12oz



# Omelettes

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## OMELETTE WESTERN

**\$10.29 | 540 Cals**

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Jambon, poivrons et oignons rouges.

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## GRUYÈRE AUX CHAMPIGNONS

**\$10.29 | 380 Cals**

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Champignons, et fromage gruyère.

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## FAIS TA PROPRE OMELETTE\*

**\$10.29 | 300 - 500 Cals**

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\*Choisissez 3 garnitures.

Garnitures supplémentaires 1,29\$

**AJOUTER: FRUITS ET CAFÉ\* 3,99\$  
COUPELLE DE FRUITS  
ET CAFE\* 6,99\$**

\*12oz



# Sandwiches

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## REUBEN

**\$11.99 | 500 Cals**

Pastrami, Swiss cheese, sauerkraut, arugula and Thousand Island sauce on a focaccia bun.

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## CUBAN

**\$11.99 | 430 Cals**

Ham, capicola, Swiss cheese, pickles, spinach and Dijonnaise on a ciabatta bun.

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## FIRECRACKER GRILLED CHEESE

**\$11.99 | 660 Cals**

Multigrain sunflower bread, cream cheese, jalapeños, artichokes, spinach, roasted corn, green peppers and cheddar cheese.

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## MUSHROOM BANH MI

**\$11.99 | 630 Cals**

Roasted portobello, zucchini, pickled vegetables and Thai peanut sauce on a ciabatta bun.

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## CHICKEN & BRIE

**\$11.99 | 650 Cals**

Chicken, brie, caramelized onion, apple, Orange Marmalade and arugula on a focaccia bun.

**ADD: SIDE SALAD  
& POP CAN \$6.99**



# Sandwiches

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## REUBEN

**11,99\$ | 500 Cals**

Pastrami, fromage suisse, choucroute, roquette et sauce Thousand Island sur un pain focaccia.

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## CUBAN

**11,99\$ | 430 Cals**

Jambon, capicollo, fromage suisse, cornichons, épinards et Dijonnaise sur un pain ciabatta.

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## FIRECRACKER GRILLED CHEESE

**11,99\$ | 660 Cals**

Pain multigrain aux graines de tournesol, fromage à la crème, jalapeños, artichauts, épinards, maïs rôti, poivrons verts et fromage cheddar.

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## BANH MI AUX CHAMPIGNONS

**11,99\$ | 630 Cals**

Champignons portobello rôtis, courgettes, légumes marinés et sauce cacahuète Thaï sur un pain ciabatta.

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## POULETT B RIE

**11,99\$ | 650 Cals**

Poulet, brie, oignon caramélisé, pomme, confiture d'orange et roquette sur un pain focaccia.

**AJOUTEUR: UNE SALADE  
D'ACCOMPAGNEMENT  
& CANETTE DE SODA  
6,99\$**



# Flatbreads

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## CHIPOTLE CHICKEN

**\$15.99 | 510 Cals**

Grilled chicken, green peppers, tomatoes, mozzarella, chipotle sauce and garlic kale chips.

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## MUSHROOM SPEZIATA

**\$15.99 | 480 Cals**

Mushrooms, bocconcini, La Bomba, garlic pesto, arugula and balsamic glaze.

**ADD: SIDE SALAD  
& POP CAN \$6.99**

# Soup

## OF THE DAY



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### LARGE:

**\$7.99 | 110 - 290 Cals**

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### SMALL:

**\$6.29 | 70 - 180 Cals**



# Pains plats

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## POULECTH IPOTLE

**15,99\$ | 510 Cals**

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Poulet grillé, poivrons verts, tomates, mozzarella, sauce chipotle et chips de chou kale à l'ail.

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## CHAMPIGNOSNP EZIATA

**15,99\$ | 480 Cals**

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Champignons, bocconcini, La Bomba, pesto à l'ail, roquette et glaçage balsamique.

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**AJOUTEUR: UNE SALADE  
D'ACCOMPAGNEMENT  
& CANETTE DE SODA  
6,99\$**

# Soupe

**DU JOUR**



**GRAND:**

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**7,99\$ | 110 - 290 Cals**

**PETIT:**

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**6,29\$ | 70 - 180 Cals**



# Cold Beverages

# Boissons froides

## SMOOTHIES | SMOOTHIES

Mango | Mangue  
Strawberry | Fraise



S/P: \$6.99  
M/M: \$7.89

## ICED COFFEE | CAFÉ GLACÉ



S/P: \$4.09  
M/M: \$4.79

## FRAPPÉ | CAPPUCCINO FRAPPÉ

Cappuccino | Original  
Salted Caramel | Caramal salé  
Mocha +20¢ | Moka +20¢



S/P: \$6.89  
M/M: \$7.19

## ICED CHAI | CHAÏ GLACÉ



S/P: \$5.79  
M/M: \$6.39

## ICED MATCHA | MATCHA GLACÉ



S/P: \$5.89  
M/M: \$6.49

# Hot Beverages | Boissons chaudes

	S   P	M   M	L   G	
COFFEE	\$3.09	\$3.29	\$3.49	
CAFÉ	0	0	0	Cals
CAFÉ LATTE	\$5.39	\$5.89	\$6.49	
CAFÉ LATTÉ	140	180	220	Cals
FLAVOURED LATTE <small>Vanilla, Caramel, Chai</small>	\$6.19	\$6.69	\$7.29	
LATTÉ AROMATISÉ <small>Vanille, Caramel, Chai</small>	200	250	310	Cals
MATCHA LATTE	\$5.89	\$6.39	\$6.79	
LATTÉ AU MATCHA	190	255	315	Cals
CAPPUCCINO	\$5.39	\$5.89	\$6.49	
CAPPUCCINO	120	150	230	Cals
MOCHACCHINO	\$5.89	\$6.89	\$7.09	
MOKACCINO	180	240	320	Cals
HOT CHOCOLATE	\$5.29	\$5.49	\$5.69	
CHOCOLAT CHAUD	270	360	460	Cals
LONDON FOG	\$5.89	\$6.39	\$6.79	
THÉ À L'ANGLAIS	200	250	310	Cals
TEA   THÉ	\$3.29	\$3.29	\$3.29	
<small>*Extra Tea Bag   Sachet de thé supplémentaire: 1 \$</small>	0	0	0	Cals



TRY OUR | ESSAYEZ NOS

# SIGNATURE DRINKS

# BOISSONS SIGNATURES

BLUE RASPBERRY  
DREAM FRAPPÉ

FRAPPÉ DE RÊVE À  
LA FRAMBOISE BLEUE

\$6.89

12 oz



STRAWBERRIES  
& CREAM FRAPPÉ

FRAPPÉ AUX  
FRAISES ET CRÈME

\$6.89

12 oz



ICED BANANA  
MATCHA

MATCHA GLACÉ  
À LA BANANE

\$6.19

12 oz



HOT HONEY  
LEMONADE

LIMONADE  
AU MIEL PIQUANT

\$5.99

12 oz



LAVENDER WHITE HOT  
CHOCOLATE ICED LATTE

LATTÉ GLACÉ AU CHOCOLAT  
BLANC ET LAVANDE

\$6.19

12 oz



Dip. Bite. Delight.  
Tempez. Grouquez. Savourez.

GRILLED CHEESE + SMALL SOUP  
GRILLED-CHEESE + PETITE SOUPE

THE PERFECT DUO  
LE DUO PARFAIT

**\$16.99**



Dip. Bite. Delight.

Tempez. Groquez. Savourez.

**GRILLED CHEESE + SMALL SOUP**  
**GRILLED-CHEESE + PETITE SOUPE**

**THE PERFECT DUO**  
**LE DUO PARFAIT**

**\$16.99**

