

BREAKFAST

TWO SERVICES 12,00\$

APPETISERS

FRESH FRUIT PLATE

FRUIT JUICE

CHEF'S SMOOTHIE

MAIN DISH

LE TRADITIONNEL

TWO EGGS, HAM, BACON, SAUSAGE FROM *BOUCHERIE CHEZ LOUIS*, "CRETONS", HOMEMADE BEANS, ROASTED POTATOES, KAMUT TOAST FROM *BOULANGERIE LAMBTON*

LES CÉRÉALES

HOT CEREALS : MIXTURE OF OATS, BUCKWHEAT, BARLEY, OR RICE

COLD CEREALS : OUR MIX OF MUESLI AND GRANOLA WITH YOGURT OR MILK

DU PAIN SUR LA PLANCHE

CROISSANT OR ORGANIC SPELT TOAST WITH FRESH FRUIT AND LOCAL CHEDDAR CHEESE *LA CHAUDIÈRE* OR GOAT CHEESE *NEIGES DE PORNEUF* OR PORK AND VEAL HOMEMADE "CRETONS"

LE NOSTALGIQUE

CINNAMON FRENCH TOAST WITH MAPLE SYRUP FROM THE REGION COOKED WITH APPLES AND CRANBERRIES, WITH GOAT CHEESE OR CHEDDAR CHEESE

LE GAILLARD GLUTEN FREE

BUCKWHEAT PANCAKE, ORGANIC GREEN MOLASSES WITH CHEDDAR CHEESE OR GOAT CHEESE

L'OMELETTE

TWO EGGS, A BIT OF CREAM, VEGETABLES, AND CHEESE, WITH ROASTED POTATOES AND KAMUT TOAST

OEUFS BÉNÉDICTINE

TWO POACHED EGGS ON HOMEMADE BREAD WITH HOLLANDAISE SAUCE OR TOMATO AND VEGETABLES SAUCE, AND ROASTED POTATOES

WITH SMOKED SALMON OR

WITH SPINACH AND CHEDDAR CHEESE

VEGAN DISHES

"GIANT" HOMEMADE WHEAT, FRUIT, AND NUTS MUFFIN, SERVED WITH JAM AND FRESH FRUIT OR

SUBTIL AU CHOCOLAT GLUTEN FREE

JAR OF COCOA AND BLACK BEAN POUNDING ALTERNATING WITH GLUTEN FREE CEREALS, CHIA AND VANILLA SOY MILK MIXTURE, SERVED WITH FRESH FRUIT