LUNCH/BRUNCH LUNCH/BRUNCH

Freshly made Smoothie and Juice 19

Smoothies

Red Blast
strawberries, raspberries, blueberries, lemon

Pineapple Boat
pineapple, banana, coconut milk, lemon juice

Soy Sensation
blueberries, banana, soy milk, agave

Tropi-Kale
kale, pineapple, mango, coconut milk

Hangover Cure
banana, mango, low fat yogurt

Juices

Watermill
apple, carrot, beet, ginger

Lemon Cleanse
apple, carrot, lemon, ginger

Gibson
pineapple, beet, kale, parsley, ginger

Namaste
apple, beet, cucumber, ginger

Sweet Greens
apple, cucumber, kale, celery

Coupe Parfait 24
Fat free Oikos Greek Yogurt, Fresh Fruits and Granola

Tranche cannelle du Père, sirop d'érable et fruits frais 26
French toast, warm maple syrup, whipped cream and fresh fruits

Before placing your order, please inform your server
if a person in your party has a food allegy

Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of food-born illness, especially if you have certain medical conditions.

Please note that there is no substitution on any dish

SOUPES, SALADES ET APPETIZERS

Bread from Blue Duck Bakery and Butter from Vermont

Soupe à l'oignon gratinée
Traditional French onion soup with crouton and Swiss cheese

Velouté de pomme de terre douce et citrouille
Sweet potato and pumpkin veloute

Salade de homard à l'estragon frais et Cognac
Lobster salad with fresh tarragon, dices of apple, special Cognac dressing

Sardines grillées en Escabèche
Sardines Escabèche, grilled and marinated with raisins
Onion confit, carrots and pine nuts

Escargots de Bourgogne flambés au Ricard et beurre persillé
Snails from Burgondy *flambés* with Ricard, garlic & parsley butter

Tarte flambée Alsacienne aux lardons et oignons
Thin crust topped with fromage blanc, onions, and bacon

*Huîtres de la baie de Moriches
* Moriches bay oysters on the half shell, with mignonette & lemon

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Salade de tomate à la mangue et avocat
Organic Heirloom tomato with fresh mango and avocado
Topped with lemon juice and virgin olive oil.

Endive et frisée à la Fourme d'Ambert, noix et poire fraiche
Vinaigrette au Sherry
Endive and frisee salad with blue cheese Fourme d'Ambert
Roasted walnuts and fresh pear. Sherry vinaigrette dressing

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MORE SALADES

*Salade Niçoise au saumon frais
*Seared fresh salmon with French string beans, mushrooms, potatoes
Hard boiled eggs, tomatoes, Calamata olives and fresh anchovies

Salade Caésar
Romaine with Caesar dressing, parmesan cheese and croutons (v)

Salade Caésar au poulet ORGANIC grillé ou aux crevettes grillées
Caesar salad with grilled ORGANIC chicken breast or grilled shrimp

*Salade frisée aux lardons et oeuf poché
* Frisée salad with warm bacon and poached egg

EGGS

Served with Mesclun and potato with fennel pollen
Omelette à la Provençale
*Omelet with ratatouille vegetables

Omelette aux épinards et fromage de chêvre
*Omelet with goat cheese & baby spinach

Omelette du curé d'Obernai
*Omelet with bacon, caramelized onions, mushrooms and chives

Served Friday, Saturday, Sunday and Holidays

*Oeuf poché bénédicte
* Poached eggs with canadian bacon, english muffins & hollandaise sauce

*Oeuf poché florentine
* Poached eggs with baby spinach, english muffins & hollandaise sauce

*Oeuf poché au saumon mariné maison
* Poached eggs with house cured salmon, toasted brioche & hollandaise sauce

*Oeuf poché au homard flambé au Cognac et Tarragon
* Poached eggs with fresh lobster flambé with Cognac and tarragon
Served on toasted brioche & hollandaise sauce with frisée salad and shoe string potatoes

SANDWICHES

*Pain de santé à l'avocat, oeuf poché et quelques graines
*Seven grain bread toasted with avocado, roasted pistachio, pine nuts and sunflower seeds
Topped with poached eggs, Balsamic reduction, Virgin Olive Oil & a sprinkle of fleur de sel

*Croque Monsieur à la sauce Béchamel et à la truffe ou Croque Madame
Toasted brioche bread with ham & melted swiss cheese & Bechamel sauce with Truffle
Croque Madame is topped with an egg sunny side up. Add $4.00

*Baguette grilléee, onglet de boeuf, fondue de fromage de Brie
Poivrons et onions marinés à l'huile d'olive et grillés. Jus de boeuf sur le coté
Grilled baguette, hanger steak, melted Brie cheeese
Grilled marinated bell pepper & onions in virgin olive oil and fine herbs
Topped with watercress. Beef jus on the side. Served with French fries

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LES PLATS DE RESISTANCE

Fettuccini à la sauce au basilic, pignons, ail frais et parmesan
Fresh Fettuccini with our home made pesto sauce

Moules "Poulette", pommes frites
*Steamed mussels prepared with shallots, white wine and little cream
Served with French fries

Saumon poché, endives braisées à l'orange. Sauce Tartare
*Poached salmon, served with orange braised endives. Tartare dressing

Fricassée de homard du Maine, flambée au Cognac. Pommes frites
*2 lb Maine lobster fricassée, out of the shell, flambé with Cognac
Fresh tarragon and served with French fries

Homard du Maine, poché ou grillé. Pommes frites
2 lb lobster, steamed or broiled. Served with French fries

Poulet de ferme Certifié Herritage rôti, jus aux herbes
Ratatouille et mousseline de pommes de terre
Roasted Certified Herritage chicken
Served with ratatouille and potato mousseline

*Tartare de filet de boeuf Angus, mesclun et pommes frites
*Tartar of Angus beef filet cut "à la minute" with our house dressing (gf)
Mesclun and French fries

*Onglet de boeuf de Paturage grillée
Sauce au Porto, cresson et pomme frite
*Grilled Pasture raised hanger steak. Port wine sauce
Watercress and French fries

Steak haché Americain, pommes frites
* Hamburger with lettuce and tomato on brioche bread. Served with French fries
Choice of Swiss, American, cheddar cheese and bacon

Steak haché Americain "à cheval", pommes frites
* Hamburger with lettuce and tomato topped with one egg sunny side up on brioche bread.
Choice of Swiss, American, cheddar cheese and bacon. Served with French fries

Steak haché "L'Oriental", Brioche au Sésame. Pomme frites
* Beef burger with lettuce, sun dried tomato, pickels and a secret Oriental dressing.
Served on a Sesame Brioche Bun. Served with French fries

GARNITURES $18.00

Mashed Potatoes - Pommes Frites - Gratin Dauphinois - Cauliflower gratin
Haricots Vert - Steamed spinach - Ratatouille - Kale Salad - Braised endive - Mesclun

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