

## DINE-IN

Quality

Simplicity

Conviviality

Authenticity

7.25

7.25

7.25

4.5

4.5

5.25

5.5

4.5

6.5

3.5

3.5

3.5

3.5

8.25

7.75

Desserts

STAR LINZER COOKIE (\$)

MINI BROWNIE | 170 CAL

LEMON TART | 460 CAL

CHIP COOKIE (S)

CHOCOLATE CHIP CROOKIE | 490 CAL

SPICED GINGERBREAD CHOCOLATE

PEAR GINGERBREAD LOAF SLICE (\$)

CHOCOLATE CHIP COOKIE | 710 CAL

MINI APRICOT CAKE (N) | 140 CAL

MINI CARROT CAKE (V) | 150 CAL

COCONUT MACAROON (N) 230 CAL

CHOCOLATE MOUSSE CAKE (N) | 470 CAL

DOUBLE CHOCOLATE CHIP COOKIE | 250 CAL

MINI BANANA CHOCOLATE CAKE (N) | 160 CAL

BELGIAN CHOCOLATE BROWNIE | 580 CAL

GINGERBREAD PECAN CROOKIE (N) (S)

EGGNOG SNICKERDOODLE CROOKIE (\$)

PEAR CARDAMOM FRANGIPANE CROISSANT (N) (S) 6

	Breakfast & Brunch	
	EGG,* CHEDDAR & AVOCADO BREAKFAST SANDWICH   610 CAL	13.5
	with tomato-pepper jam, served with a small green salad • with bacon   +170 CAL	+3.25
	TOASTED HAM & GRUYÈRE CROISSANT   540 CAL served with a small green salad	13.5
k	• with an organic egg*   +80 CAL	+3.5
	SMOKED SALMON* & HERBED GOAT CHEESE CROISSANT SANDWICH   460 CAL with cucumber, pickled onion, arugula on	15
L	everything croissant, served with a small green salad	
*	SCRAMBLED EGGS & GRUYÈRE CROISSANT SANDWICH   540 CAL	14.5
	on everything croissant, served with a small green salad • with smoked salmon*   +50 CAL	+5.5
	<ul><li>with bacon   +170 CAL</li><li>with avocado   +70 CAL</li></ul>	+3.25 +3.25
	DUTCH MINI-PANCAKES   560 CAL with banana, maple butter, powdered sugar	13.75
* A	BRIOCHE FRENCH TOAST   880 CAL with roasted apples, blueberries, chantilly cream, powdered sugar, maple syrup, cinnamon, mint	15
	WARM BELGIAN WAFFLE   500 CAL with fresh berries and chantilly cream	12.95
	Organic Eggs	
	Served with our artisanal bread 200 CAL	
*	BUTTERNUT SQUASH CAULIFLOWER &	15.75
	GOAT CHEESE FRITTATA   640 CAL oven-baked omelette, served with a small green salad	
	TWO SOFT-BOILED EGGS*   160-890 CAL	11
•	Fruit, Grains & Jogus	t
	YOGURT GRANOLA PARFAIT (N)   470 CAL organic Greek yogurt, granola, fresh fruit	12
	FRESH FRUIT SALAD (V)   90 CAL selection of seasonal fruit	8.5
	ORGANIC STEEL-CUT OATMEAL (V)  • with fresh berries and milk of your choice   180-280 CAL  • with honey walnuts, banana, maple syrup,	9.5 9.75 9.75
	and milk of your choice (N)   320–420 CAL  CHIA SEED PUDDING (V) (N)   590 CAL	9.5
k	coconut milk, maple syrup, chia seeds, seasonal compote  BAKED APPLE CINNAMON OATS (N) (S)	12
~	made with almond milk, maple syrup, chia seeds, vanilla, Greek yogurt, cinnamon, honey walnuts, mint, served with a side of milk of your choice	
*	COLD OVERNIGHT OATS (V) (N) (S)	10
•	made with almond milk, maple syrup, chia seeds, vanilla, topped with roasted cinnamon apple and blueberries	
•	From Our Bakery	
	CROISSANT   260 CAL PAIN AU CHOCOLAT   310 CAL	5 5.5
	PAIN AUX RAISINS   320 CAL	5.5
1.	ALMOND CROISSANT (N)   530 CAL CHOCOLATE ALMOND CROISSANT (N)   580 CAL	6 6.5
*	PUMPKIN TWIST (\$) CHEESE DANISH   300 CAL	5.25 5.25
L	APPLE TURNOVER   250 CAL	5.25
*	PUMPKIN MUFFIN (\$) CHIA SEED MUFFIN   450 CAL	5.5 5.5
	BLUEBERRY MUFFIN (V)   490 CAL	5.5
	QUINOA SPELT SCONE (N)   500 CAL	5.5
	Sides	
	BREAD   110-650 CAL sourdough wheat, baguette, superseed, or five grain & raise	6 sin
	AVOCADO MASH   370 CAL	7
	HUMMUS   390 CAL BACON   150 CAL	7 6.5
	PROSCIUTTO   110 CAL	7
	HAM & GRUYÈRE   320 CAL	9

	Flatbreads		
	Pinsa Romana flatbread, made with ancient grains & our sourdou	gh	
*	BLUE CHEESE, ROASTED PEAR & HOT HONEY (N) (S mozzarella, pistachios, arugula, microgreens	<b>3</b> ) 17.5	5
	RICOTTA, MUSHROOM & GRUYÈRE   690 CAL roasted mushrooms, pickled onion, arugula, balsamic glaz	<b>17.</b> 5	;
	BACON & GRUYÈRE BREKKIE*   830 CAL organic sunny-side egg, ricotta, tomato, olive oil, sweet h	17 narissa	
	croque madame sandwich*   790 cal organic sunny-side egg, ham, Gruyère, bechamel, parsley, served with a small green salad	18	3
•	Tartines		
	Signature open-faced sandwiches, made on our sourdough when		<b>,</b>
	Substitute with superseed bread   230 CAL  AVOCADO TOAST (V)   590 CAL	+2 15.5	-
	avocado mash, citrus-cumin salt, chia seeds, side of mari		
	• with an organic egg*   +80 CAL	+3.5	
4	• with smoked salmon*   +50 CAL	+5.5	
N	GOAT CHEESE & DELICATA SQUASH TOAST (S) herbed goat cheese, roasted delicata squash, pomegrana		
	microgreens, extra virgin olive oil, hot honey on sourdoug	sh who	eat
	CHICKEN & MOZZARELLA MELT   460 CAL fresh mozzarella, chicken, tomato-pepper jam, basil oil	17	7
	SMOKED SALMON*   540 CAL organic butter, scallion, dill, served with a side of herb aio	18.25 li	; >
			1
	half of an avocado toast, a small quinoa &	3.5	
	<ul> <li>arugula salad, and a cup of soup of your choice</li> <li>select two   350-440 CAL</li> </ul>	.5	
•	Sandwiches & Toasties Served with a small green salad   90 CAL		ı
N. N.	CHICKEN & MUSHROOM TOASTIE   1030 CAL with caramelized onion, Gruyère, truffle mayo on sourdough wheat	17.5	5
*	HARVEST TURKEY CLUB TOASTIE (S) with herbed goat cheese, cranberry chutney, roasted sweet potato, Brussels sprouts, truffle mayo on sourdough wheat	17.5	)

	Served with a small green salad   90 CAL	
W.	with caramelized onion, Gruyère, truffle mayo on sourdough wheat	17.5
NEW	with herbed goat cheese, cranberry chutney, roasted sweet potato, Brussels sprouts, truffle mayo on sourdough wheat	17.5
NEW	TARRAGON CHICKEN SALAD CROISSANT   380 CAL with pickled onion and arugula	15.5
	TOMATO & MOZZARELLA   410 CAL with basil oil, tomato, arugula, balsamic vinegar on olive ci	14 abatta
,	HAM & GRUYÈRE   430 CAL with mustard and cornichons on a French roll  Soup	15.5
	Served with our artisanal bread   200 CAL	
	CHICKEN SOUP   170-280 CAL with vegetables, quinoa, spicy harissa	5 / 9.5
,	ORGANIC LENTIL SOUP (V) 230-460 CAL 7.5  Salads & Quiches	5 / 9.5
	GRILLED CHICKEN COBB   610 CAL chicken, avocado, bacon, Fourme d'Ambert, cucumber, hard-boiled egg, mixed greens, smoked tea vinaigrette, served with our artisanal bread	20
	BLACK LENTIL BOWL (V) (N) 480 CAL balsamic beets, hummus, lentils, grape tomatoes, mixed greens, pistachio dukkah, vinaigrette, spicy tahini, served with our artisanal bread	17
	• with smoked salmon*   +50 CAL	+5.5
	QUINOA & AVOCADO (V)   580 CAL organic quinoa, fresh herbs, chickpeas, cucumber & toma radish, house basil vinaigrette, served with our artisanal brownian process.	
NEW	HARVEST QUINOA SALAD (V) (N) (S)	17.5

arugula, quinoa, apple, roasted broccoli, delicata squash, mint,

+5.25

+3.25

16.5

16.5

parsley, pomegranate, pecan, vinaigrette, balsamic glaze

• with grilled chicken | +60 CAL

QUICHE LORRAINE | 540 CAL

buttery crust filled with savory custard, ham,

Gruyère, leeks, served with a small green salad

MUSHROOM & GRUYÈRE QUICHE | 590 CAL

buttery crust filled with savory custard, roasted

mushrooms, served with a small green salad

• with avocado | +70 CAL

MIXED BERRY TART (N)   430 CAL	7./5
	9
APRICOT PISTACHIO TART (N) 380 CAL	7.75
PEAR ALMOND TART (N) 430 CAL	7.75
CANELÉ   180 CAL	4
FRENCH CREAM DOUGHNUT   550 CAL	7
APPLE PECAN CRUMBLE CHEESECAKE (N)	) <b>(\$</b> ) 8
Hot Beverages	
Includes whole & non-fat dairy milk.	
• with oat milk or almond milk ( $\mathbf{N}$ )	+1
• add vanilla syrup   +30 CAL	+1
• add pistachio syrup (N)   +100 CAL	+1
CLASSICS	
COFFEE 0 CAL	4.75
CAPPUCCINO   60-130 CAL	5.5 / 6.5
LATTE   60-140 CAL	5.5 / 6.5
CAFÉ AU LAIT   40-110 CAL	5.5 / 6.5
ESPRESSO   0 CAL	4/5
AMERICANO   0 CAL	4.5 / 5.5
MACCHIATO 20-160 CAL	4.5 / 5
TEA 0 CAL	5
Ask your server about our tea selection	_
SPECIALTY	
PUMPKIN SPICE LATTE (S)	6/7
BELGIAN MOCHA   170-300 CAL	6.25 / 7.25
BELGIAN HOT CHOCOLATE   180-320 CAL	5.25 / 6
	( 05 / 7 05
MATCHA LATTE   60-140 CAL	6.25 / 7.25
HONEY LEMON GINGER   90-200 CAL	5.5 / 6.25
CHAI LATTE   80-380 CAL	6.25 / 7.25
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Cold Beverages	
COLD BREW COFFEE   0 CAL	6
ICED PUMPKIN SPICE LATTE (S)	6.5
ICED LATTE   30-110 CAL	6
ICED PISTACHIO MATCHA LATTE (N) 90-10	
ICED MATCHA LATTE   60-140 CAL	6.5
ICED TEA   0 CAL	5
ICED GREEN TEA   0 CAL	5
ORANGE JUICE   120 CAL	5.5
	5.5
APPLE JUICE 150 CAL	
<b>'</b>	3.75
APPLE JUICE   150 CAL STILL OR SPARKLING WATER   0 CAL	3.75
STILL OR SPARKLING WATER   0 CAL	
STILL OR SPARKLING WATER   0 CAL	
STILL OR SPARKLING WATER   0 CAL	ides
Homemade Zemono	3.75  des  5
STILL OR SPARKLING WATER O CAL  Homemade Zemono  LEMONADE   60 CAL	ides 5

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