

DINE-IN

• M E N U •

Quality

Simplicity

Conviviality

Authenticity

Breakfast & Brunch EGG, CHEDDAR & AVOCADO 13.5 BREAKFAST SANDWICH* | 610 CAL with tomato-pepper jam, served with a small green salad • with bacon | +170 CAL +3.25 TOASTED HAM & GRUYÈRE 13.5 CROISSANT | 540 CAL served with a trio of mustard and a small green salad with an organic egg* | +80 CAL +3.5 SMOKED SALMON* & HERBED GOAT CHEESE 15 CROISSANT SANDWICH* | 460 CAL with tomato-pepper jam, served with a small green salad SCRAMBLED EGGS & GRUYÈRE 14.5 CROISSANT SANDWICH | 540 CAL served with a trio of mustard and a small green salad with smoked salmon* | +50 CAL +5.5 • with bacon | +170 CAL +3.25 with avocado | +70 CAL +3.25 DUTCH MINI-PANCAKES | 560 CAL 13.75 with banana, maple butter, powdered sugar WARM BELGIAN WAFFLE | 500 CAL 12.95 with fresh berries and chantilly cream Fruit, Grains & Jogurt YOGURT GRANOLA PARFAIT (N) 470 CAL Greek yogurt, granola, fresh fruit FRESH FRUIT SALAD (V) 90 CAL 8.5 selection of seasonal fruit ORGANIC STEEL-CUT OATMEAL (V) 9.5 • with fresh berries and milk of your choice | 180-280 CAL9.75 · with honey walnuts, banana, maple syrup, 9.75 and milk of your choice (N) | 320-420 CAL CHIA SEED PUDDING (V) (N) 590 CAL 9.5 coconut milk, maple syrup, chia seeds, seasonal compote BAKED APPLE CINNAMON OATS (N) (S) made with almond milk, maple syrup, chia seeds, vanilla, Greek yogurt, cinnamon, honey walnuts, mint, served with a side of milk of your choice

| | From Our Bakery | |
|---|------------------------------------------|----------|
| | CROISSANT 260 CAL | |
| | PAIN AU CHOCOLAT 310 CAL | 5. |
| | PAIN AUX RAISINS 320 CAL | 5. |
| | ALMOND CROISSANT (N) 530 CAL | |
| | CHOCOLATE ALMOND CROISSANT (N) 580 CAL | 6. |
| 4 | PUMPKIN TWIST (S) | 5.2 |
| 7 | CHEESE DANISH 300 CAL | 5.2 |
| | A DDI E TUDNOVED 250 CAL | 5.2 |
| 4 | PUMPKIN MUFFIN (S) | 5. |
| 7 | CHIA SEED MUFFIN 450 CAL | 5. |
| | BLUEBERRY MUFFIN (V) 490 CAL | 5. |
| | QUINOA SPELT SCONE (N) 500 CAL | 5. |
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| | | |
| • | Desserts | |
| | Desser(2 | |
| | CHOCOLATE CHIP CROOKIE 490 CAL | 7.2 |
| | GINGERBREAD PECAN CROOKIE (N) (S) | 7.2 |
| | EGGNOG SNICKERDOODLE CROOKIE (S) | 7.2 |
| | PEAR CARDAMOM FRANGIPANE CROISSANT (S) | , |
| | STAR LINZER COOKIE (S) | 4. |
| | SPICED GINGERBREAD CHOCOLATE | ٦. 4. |
| | CHIP COOKIE (\$) | т. |
| | • • • | |

PEAR GINGERBREAD LOAF SLICE (\$)

CHOCOLATE CHIP COOKIE | 710 CAL

MINI APRICOT CAKE (N) 140 CAL

COCONUT MACAROON (N) 230 CAL

FRENCH CREAM DOUGHNUT | 550 CAL

MINI CARROT CAKE (V) 150 CAL

MIXED BERRY TART (N) 430 CAL

MINI BROWNIE 170 CAL

LEMON TART | 460 CAL

nutritional information upon request.

DOUBLE CHOCOLATE CHIP COOKIE 250 CAL

MINI BANANA CHOCOLATE CAKE (N) 160 CAL

BELGIAN CHOCOLATE BROWNIE | 580 CAL

COLD OVERNIGHT OATS (V) (N) (S)

made with almond milk, maple syrup, chia seeds, vanilla,

topped with roasted cinnamon apple and blueberries

10

5.25

5.5

4.5

6.5

3.5

3.5

3.5

3.5

3.5

7.75

| ` | Tartines | |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| | Signature open-faced sandwiches, made on our sourdoug Substitute with superseed bread 230 CAL | gh wheat +2 |
| | AVOCADO TOAST (V) 590 CAL avocado mash, citrus-cumin salt, | 15.5 |
| | chia seeds, side of marinated kale with an organic egg* +80 CAL with smoked salmon* +50 CAL | +3.5 +5.5 |
| W | GOAT CHEESE & DELICATA SQUASH TOAST (States to be a possible of the season of the seas | 5) 16.5 |
| | CHICKEN & MOZZARELLA MELT 460 CAL fresh mozzarella, chicken, tomato-pepper jam, bas | 17 sil oil |
| | SMOKED SALMON* 540 CAL organic butter, scallion, dill, served with a side of heat | 18.25 erb aioli |
| : | Sandwiches | |
| | Served with a small green salad 90 CAL | |
| W | 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 ciabatta | 14 |
| | HAM & GRUYÈRE 430 CAL with mustard and cornichons on a French roll | 15.5 |
| | ALL-BEEF HOT DOG 320 CAL nitrate-free with Dijon mustard and cornichon relish on a potato bun | 8 |
| , | Soup | |
| | Served with our artisanal bread 200 CAL | |
| | CHICKEN SOUP 170-280 CAL with vegetables, farro, spicy harissa | 7.5 / 9.5 |
| | ORGANIC LENTIL SOUP (V) 230-460 CAL | 7.5 / 9.5 |
| : | Salads & Quiches | |
| | 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 |
| | QUICHE LORRAINE 540 CAL buttery crust filled with savory custard, ham, Gruyère, leeks, served with | 16.5 |

| spicy tahini, served with our artisanal bread • with smoked salmon* +50 CAL | +5.5 |
|-----------------------------------------------------------------------------------------------------------------------------------|------|
| QUICHE LORRAINE 540 CAL buttery crust filled with savory custard, ham, Gruyère, leeks, served with a small green salad | 16.5 |
| MUSHROOM & GRUYÈRE QUICHE 590 CAL buttery crust filled with savory custard, roasted mushrooms, served with a small green salad | 16.5 |
| Sides | |
| BREAD 110-650 CAL sourdough wheat, sourdough rye, baguette, superseed, or five grain & raisin | 6 |
| AVOCADO MASH 370 CAL | 7 |
| HUMMUS 390 CAL | 7 |
| BACON 150 CAL | 6.5 |
| PROSCIUTTO 110 CAL | 7 |
| HAM & GRUYÈRE 320 CAL | 9 |
| | |

| | Wine | & | Beer |
|--|------|---|------|
|--|------|---|------|

| MIMOSA | 13.5 |
|--------------------------------------|------|
| prosecco, orange juice | |
| PROSECCO MONTEFRESCO NV | 13 |
| ROSÉ SAINT ROCH 2023 | 12.5 |
| SAUVIGNON BLANC MASSEY DACTA 2022 | 12.5 |
| PINOT NOIR STRINGTOWN 2021 | 14.5 |
| STELLA ARTOIS LAGER | 8 |
| BLUE POINT BREWING HOPTICAL HAZE IPA | 9 |
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Hot Beverages

Includes whole & non-fat dairy milk.with oat milk or almond milk (N)

| add vanilla syrup +30 CALadd pistachio syrup (N) +100 CAL | +′ |
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| CLASSICS | |
| COFFEE 0 CAL | 4.75 |
| CAPPUCCINO 60-140 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 Ask your server about our tea selection | 5 |
| Mak your server about our tea serection | |

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 |
| 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 |

Cold Beverages

| LA COLOMBE® DRAFT COLD BREW 0 CAL | (|
|---------------------------------------------------------------------------------------|--------|
| LA COLOMBE® CANNED COLD BREW 15-100 flavors: vanilla latte, cold brew, triple latte | CAL 4. |
| ICED PUMPKIN SPICE LATTE (S) | 6.5 |
| ICED LATTE 30-110 CAL | (|
| ICED TEA 0 CAL | į |
| ICED GREEN TEA 0 CAL | į |
| ORANGE JUICE 120 CAL | 5.5 |
| APPLE JUICE 150 CAL | 5. |
| STILL OR SPARKLING WATER 0 CAL | 3.75 |

Homemade Zemonades

| LEMONADE 60 CAL | 5 |
|----------------------------|------|
| LEMONADE ICED TEA 40 CAL | 5 |
| MINT LEMONADE 60 CAL | 5.75 |

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2,000 calories a day is used for general nutrition, but calorie needs vary. Additional