



DINE-IN

• MENU •

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 CROISSANT 540 CAL	13.5
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 cucumber, pickled onion, arugula on	
everything croissant, 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 & Yogurt

YOGURT GRANOLA PARFAIT (N) 470 CAL	12
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 CAL	9.75
• with honey walnuts, banana, maple syrup, and milk of your choice (N) 320-420 CAL	9.75
CHIA SEED PUDDING (V) (N) 590 CAL	9.5
coconut milk, maple syrup, chia seeds, seasonal compote	

From Our Bakery

CROISSANT 260 CAL	5
PAIN AU CHOCOLAT 310 CAL	5.5
PAIN AUX RAISINS 320 CAL	5.5
ALMOND CROISSANT (N) 530 CAL	6
CHOCOLATE ALMOND CROISSANT (N) 580 CAL	6.5
CHEESE DANISH 300 CAL	5.25
APPLE TURNOVER 250 CAL	5.25
NEW CINNAMON BABKA BRIOCHE (S)	5.5
CHIA SEED MUFFIN 450 CAL	5.5
BLUEBERRY MUFFIN (V) 490 CAL	5.5
QUINOA SPELT SCONES (N) 500 CAL	5.5
NEW CHOCOLATE CHIP SCONES (S)	5.5

Desserts

CHOCOLATE CHIP CROOKIE 490 CAL	7.25
NEW EARL GREY BLUEBERRY CROOKIE (S)	7.25
NEW ALMOND BUTTER & JAM CROOKIE (N) (S)	7.25
CHOCOLATE CHIP COOKIE 710 CAL	5.5
DOUBLE CHOCOLATE CHIP COOKIE 250 CAL	4.5
BELGIAN CHOCOLATE BROWNIE 580 CAL	6.5
MINI BROWNIE 170 CAL	3.5
MINI APRICOT CAKE (N) 140 CAL	3.5
MINI CARROT CAKE (V) 150 CAL	3.5
MINI BANANA CHOCOLATE CAKE (N) 160 CAL	3.5
COCONUT MACAROON (N) 230 CAL	3.5
LEMON TART 460 CAL	7.75
MIXED BERRY TART (N) 430 CAL	9
FRENCH CREAM DOUGHNUT 550 CAL	7

Tartines

Signature open-faced sandwiches, made on our sourdough wheat	
Substitute with superseed bread 230 CAL	+2
AVOCADO TOAST (V) 590 CAL	15.5
avocado mash, citrus-cumin salt, chia seeds, side of marinated kale	
• with an organic egg* +80 CAL	+3.5
• with smoked salmon* +50 CAL	+5.5
CHICKEN & MOZZARELLA MELT 460 CAL	17
fresh mozzarella, chicken, tomato-pepper jam, basil oil	
SMOKED SALMON* 540 CAL	18.25
butter, scallion, dill, served with a side of herb aioli	

Sandwiches

Served with a small green salad 90 CAL	
TARRAGON CHICKEN SALAD	15.5
CROISSANT 380 CAL	
with pickled onion and arugula	
TOMATO & MOZZARELLA 410 CAL	14
with basil oil, tomato, arugula, balsamic vinegar on olive ciabatta	
HAM & GRUYÈRE 430 CAL	15.5
with mustard and cornichons on a French roll	
ALL-BEEF HOT DOG 320 CAL	8
nitrate-free with Dijon mustard and cornichon relish on a potato bun	
NEW SOUP	

Soup

Served with our artisanal bread 200 CAL	
CHICKEN SOUP 170-280 CAL	7.5 / 9.5
with vegetables, farro, spicy harissa	
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	
BLACK LENTIL BOWL (V) (N) 480 CAL	17
balsamic beets, hummus, lentils, grape tomatoes, mixed greens, pistachio dukkah, vinaigrette, spicy tahini, served with our artisanal bread	
• with smoked salmon* +50 CAL	+5.5
QUICHE LORRAINE 540 CAL	16.5
buttery crust filled with savory custard, ham, Gruyère, leeks, served with a small green salad	
MUSHROOM & GRUYÈRE QUICHE 590 CAL	16.5
buttery crust filled with savory custard, roasted mushrooms, served with a small green salad	

Sides

BREAD 110-650 CAL	6
sourdough wheat, sourdough rye, baguette, superseed, or five grain & raisin	
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

Hot Beverages

Includes whole & non-fat dairy milk.	
• with oat milk or almond milk (N)	+1
• add vanilla syrup +30 CAL	+1
• add pistachio syrup (N) +100 CAL	+1

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	5

Specialty

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
NEW STICKY TOFFEE CHAI (S)	6.5 / 7.5
• make it dirty with a shot of espresso	+1.75

Cold Beverages

LA COLOMBE® DRAFT COLD BREW 0 CAL	6
LA COLOMBE® CANNED COLD BREW	