





Calories (kcal)

Fat (g)

Saturated (g)

Trans (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Fibre (g)

Sugars (g)

Protein (g)

Potassium (mg)

Calcium (mg)

Iron (mg)

## Beverages

Raspberry-Blueberry smoothie	300	3.5	2	0.1	15	85	60	3	52	7	125	225	0.2
Strawberry-Banana smoothie	320	3.5	2	0.1	15	85	68	3	60	7	125	250	1.25
Mango-Banana smoothie	310	3.5	2	0.1	15	85	66	2	60	7	125	225	0.75
Kale-Mango Smoothie	350	4	2	0.1	15	105	73	5	63	9	400	300	1.5
Cora orange juice	180	0.5	0.1	0	0	15	43	2	34	3	700	40	0.4
Regular coffee	0	0.1	0	0	0	0	0	0	0	0	0	0	0
Cappuccino cup	35	1.5	1	0.1	5	30	3	0	3	2	100	75	0.1
Cappuccino bowl	70	2.5	1.5	0.1	10	60	7	0	7	4	200	150	0.1
Espresso	0	0	0	0	0	0	0	0	0	0	0	0	0
Mochaccino cup	110	3	2	0.1	15	100	16	0	13	4	0	150	0.4
Mochaccino bowl	200	6	3	0.1	25	190	30	0	27	8	0	250	0.75
Café latte cup	70	2.5	1.5	0.1	10	60	6	0	7	4	200	150	0
Café latte bowl	130	5	3.5	0.2	20	125	13	0	13	9	350	300	0.1
Maple café latte	130	2.5	1.5	0.1	10	65	24	0	22	4	250	175	0.1
Maple café latte (soy)	130	1.5	0.3	0	0	55	22	0	18	3	225	200	0.5
Tea or herbal tea	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot chocolate	100	2	1.5	0	5	125	20	1	18	2	0	250	0.75
Milk	180	7	4.5	0.3	30	170	17	0	18	12	500	450	0.1
Chocolate milk	230	4	2	0	20	260	39	0	36	10	650	350	1
Soy beverage	140	4	0.5	0	0	140	11	0	7	8	400	450	1.25



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## Fresh fruit

Kale-mango smoothie bowl	740	22	10	0.2	25	180	122	10	85	20	550	500	4
Blueberry-raspberry smoothie bowl (GS)	790	32	7	0	0	90	117	12	76	12	600	300	3.5
Déjeuner Magie with yogurt	700	14	6	0.3	40	450	131	13	64	18	1050	200	5
Déjeuner Magie with English cream	750	17	8	0.4	60	450	138	13	69	17	1150	175	5
Yogourt croque-nature	720	13	4	0.2	0	95	140	12	91	21	1250	450	3.5
Gruau du dimanche <sup>1</sup>	510	16	7	0.3	45	75	81	6	40	12	350	175	3
Regular oatmeal <sup>1</sup>	440	12	6	0.3	30	50	76	4	50	7	250	50	1.75
Reveil Samira	400	2	0	0	0	35	99	13	72	6	1600	125	2
Add Brie	180	13	9	0.4	60	370	3	1	0	12	0	200	0.1
Add cheddar	250	19	13	0.5	70	320	4	0	0	14	0	400	0
Add Swiss	100	8	5	0.3	25	65	0	0	0	8	0	300	0.3
Add cottage	120	2	1	0.2	15	470	9	0	9	18	0	200	0
Add cream cheese	80	7	4.5	0.3	25	125	2	0	2	2	0	40	0
Déjeuner d'Annie <sup>1</sup>	480	8	2.5	0.2	185	780	75	8	41	31	850	300	3
Large bowl of fresh fruit <sup>1</sup>	170	1	0.2	0	0	15	44	5	31	3	750	40	1
Yogourt croquant aux fruits (GS)	700	18	2.5	0.1	0	85	124	12	67	19	950	400	3

## French Toast

Avanlanche de fraises	620	14	3	0.2	120	600	106	10	50	18	650	175	5.5
Le déjeuner-surprise with ham	570	17	6	0.2	240	880	85	6	42	25	900	300	11
Le déjeuner-surprise with bacon	630	22	8	0.2	250	810	85	6	42	26	900	300	11
Récolte 90	1020	30	11	1	255	1580	162	10	78	33	850	175	9.5
Seventh of July	1180	33	15	1	240	670	190	9	74	32	1100	350	8
2 french toast (plain)	470	14	3	0.2	120	600	70	4	22	16	300	150	4.5
2 french toast with bacon	640	26	7	0	165	1420	72	4	22	30	300	150	4.5
2 french toast with sausages	810	43	13	0.3	170	1250	81	4	24	25	300	150	5
2 french toast with turkey sausages	620	22	5	0.2	165	1330	77	4	24	28	300	250	5
2 french toast with ham	650	18	5	0	205	3140	77	4	28	46	300	150	5.5
2 french toast with fruit	630	14	3	0.2	120	620	110	8	49	19	1000	175	5

(GS) Gluten sensitive option

<sup>1</sup>Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.

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Sugars (g)

Protein (g)

Potassium (mg)

Calcium (mg)

Iron (mg)

## Waffles

Fresh fruit	750	12	5	0.2	60	1360	150	7	5	15	900	450	4.5
Strawberries	730	12	5	0.2	60	1340	142	10	68	15	700	450	5
Bananas and cocoa-hazelnut custard	1000	21	9	0.5	80	1370	194	8	93	18	1350	450	4.5
Bananas and salted caramel	1010	19	9	0.4	85	1470	201	8	101	17	1300	450	4.5

## Fruit crêpes

Avril 89 with custard	760	16	8	0.5	160	280	138	8	69	22	1200	350	4.5
Avril 89 with custard (ss)	630	13	7	0.4	120	220	117	7	60	18	1100	225	3.5
Avril 89 with cocoa-hazelnut spread	980	35	12	1	100	250	154	10	82	21	1300	250	6.5
Avril 89 with cocoa-hazelnut spread (ss)	680	21	8	0.5	75	180	114	8	60	15	1100	175	4.5
Lucie la framboise	770	22	12	0.5	130	350	133	17	74	18	650	300	4.5
Bananes-choco	1080	35	12	1	100	240	179	10	88	21	1600	225	6
Bananes-choco (ss)	870	27	10	0.5	75	170	151	9	76	16	1500	175	4.5
Fraises savoureuses with custard	730	17	9	0.5	165	280	123	10	54	23	950	400	5.5
Fraises savoureuses with custard (ss)	560	13	7	0.4	120	200	97	9	44	17	850	300	4
Fraises savoureuses with cocoa-hazelnut spread	910	35	12	1	100	240	134	12	66	20	1000	250	7
Fraises savoureuses with cocoa-hazelnut spread (ss)	600	21	7	0.5	75	160	94	10	44	14	800	200	5



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Protein (g)

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## Savoury crêpes

3 crêpes made of regular flour	870	18	7	0.4	200	430	147	7	30	33	950	350	8
2 crêpes made of regular flour (SS)	610	12	5	0.3	130	300	106	6	26	22	800	250	5.5
3 crêpes made of buckwheat-sorghum flour	780	17	8	0.4	195	280	136	12	35	31	1650	350	7
2 crêpes made of buckwheat-sorghum flour (SS)	550	12	5	0.3	130	190	99	9	29	21	1250	250	5
Add bacon	170	12	4.5	0	45	820	2	0	1	14	0	0	0.4
Add sausages	330	28	10	0.1	50	630	11	0	2	9	0	10	1
Add turkey sausage	190	9	3	0.1	60	950	9	0	3	16	0	150	1.25
Add ham	130	3	1.5	0	55	1690	4	0	4	20	0	0	0.75
3 crêpes made of regular flour with fruit	940	18	7	0.4	200	430	167	9	42	33	1200	350	8.5
2 crêpes made of regular flour with fruit (SS)	690	12	5	0.3	130	290	126	8	38	23	1050	225	6
3 crêpes made of buckwheat-sorghum flour with fruit	860	18	8	0.4	195	270	156	14	47	32	1900	350	7
2 crêpes made of buckwheat-sorghum flour with fruit (SS)	630	12	5	0.3	130	120	118	11	41	22	1500	250	5
Spinach and cheddar	900	44	28	1.5	220	790	88	7	26	44	1050	1000	4.5
Spinach and cheddar (SS)	620	28	18	1	145	520	67	5	24	29	850	650	3
Panini-crêpe passe-partout with ham	840	34	16	0.5	485	1470	91	7	38	45	1100	500	5.5
Panini-crêpe passe-partout with bacon	860	39	17	0.5	475	940	91	7	36	41	1100	500	5
Sarrasin-surprise	1240	64	31	1	230	1210	130	11	56	46	1600	800	5
Sarrasin-surprise (SS)	850	37	18	0.5	145	720	109	10	53	30	1400	500	4
Le favori du grand patron <sup>1</sup>	1260	71	33	1	580	1630	96	5	27	60	850	800	6.5
Le favori du grand patron <sup>1</sup> (GS)	1050	53	28	1	575	1970	86	7	30	63	1200	800	5.5

## Crêpomelettes

Chorizo and goat cheese	1150	56	19	0.5	480	1940	116	11	32	48	1100	350	9
Spinach and cheddar	1140	59	23	1	475	1190	113	8	30	42	1000	600	6.5
Western-cheddar	1210	59	23	1	505	2100	120	9	36	53	1100	550	6.5

(SS) Smaller serving

(GS) Gluten sensitive option

<sup>1</sup>Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.

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Calories (kcal) Fat (g) Saturated (g) Trans (g) Cholesterol (mg) Sodium (mg) Carbohydrate (g) Fibre (g) Sugars (g) Protein (g) Potassium (mg) Calcium (mg) Iron (mg)

## Pancakes

3 strawberry-banana pancakes	1090	18	8	0.4	65	2360	215	9	83	21	1300	350	8
2 strawberry-banana pancakes (SS)	850	15	6	0.3	55	1590	170	9	73	16	1200	300	5.5
3 Blueberry fields pancakes	1130	31	15	1	140	2460	191	4	73	23	600	500	7
2 Blueberry fields pancakes (SS)	880	27	14	1	130	1690	142	3	60	18	500	400	5
3 triple chocolate pancakes	1480	45	21	0.5	50	2290	256	10	122	23	1200	350	9.5
2 triple chocolate pancakes (SS)	1240	41	19	0.5	40	1550	210	9	111	18	1050	300	7.5
3 pancakes	800	12	4	0.1	25	2330	161	5	48	17	850	300	7
2 pancakes (SS)	570	8	3	0.1	20	1560	115	4	38	12	750	225	5
3 pancakes with bacon	980	24	9	0.1	75	3150	163	5	49	31	75	300	7.5
2 pancakes with bacon (SS)	740	20	7	0.1	65	2380	117	4	39	26	750	225	5.5
3 pancakes with sausages	1150	41	14	0.2	75	2980	171	5	51	26	850	300	8
2 pancakes with sausages (SS)	910	38	13	0.2	65	2210	126	4	41	21	750	225	5.5
3 pancakes with turkey sausages	960	21	6	0.2	70	3060	168	5	50	29	850	400	8
2 pancakes with turkey sausages (SS)	730	17	5	0.2	65	2290	122	4	40	24	750	350	6
3 pancakes with ham	900	14	5	0.1	70	3600	164	5	51	32	850	300	7.5
2 pancakes with ham (SS)	660	10	4	0.1	60	2830	118	4	42	27	750	225	5.5
3 pancakes with fruit	890	12	4	0.1	25	2330	181	7	61	18	1200	300	7.5
2 pancakes with fruit (SS)	650	9	3	0.1	20	1560	136	7	51	13	1050	225	5.5

## Eggs

Spécial Cora <sup>1</sup>	1100	49	15	0.2	440	3100	115	7	35	51	700	200	6.5
Jo construction <sup>1</sup>	1030	63	19	0.2	595	1740	74	6	25	44	650	150	5
Déjeuner Gargantua-QC <sup>1</sup>	1450	64	20	1	480	4060	152	14	47	69	650	350	10

## Our sweet'n salty

Rosemary's Sunday <sup>1</sup>	1190	43	12	0.2	405	2820	161	9	46	43	850	300	8
Louis l'indécis <sup>1</sup>	1130	53	16	0.5	445	1390	123	9	43	42	800	225	6.5
Le tout-inclus pour Paul <sup>1</sup>	970	40	11	0.2	410	1920	115	7	39	38	500	300	5
Notre déjeuner pour le Club <sup>1</sup>	1090	46	15	0.3	470	1770	128	6	59	40	550	200	5.5

(SS) Smaller serving

<sup>1</sup>Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.



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Sugars (g)  
Protein (g)  
Potassium (mg)  
Calcium (mg)  
Iron (mg)

## Bread

Whole wheat bread with margarine (2 slices)	250	7	1.5	0.1	0	500	39	4	2	9	0	75	2.25
Multigrain bread with margarine (2 slices)	280	7	2	0	0	360	39	5	5	9	0	50	2.25
White bread with margarine (2 slices)	250	6	1.5	0.1	0	340	41	2	4	8	0	75	2.5
Rye bread with margarine (2 slices)	210	6	1	0.1	0	390	33	2	1	6	0	50	2
Bagel with margarine	280	4	0.5	0	10	270	50	2	5	9	100	0	3.5
Gluten-free multigrain bread (2 slices)	150	5	0.5	0	0	290	25	1	3	2	50	50	0.4

## Eggs with fruit

1 egg, fresh fruit <sup>1</sup>	280	9	2.5	0.1	170	120	45	5	31	9	850	75	1.75
2 eggs, fresh fruit <sup>1</sup>	350	14	4	0.1	340	180	46	5	32	14	900	100	2.25
3 eggs, fresh fruit <sup>1</sup>	410	19	5	0.1	510	230	46	5	32	20	950	125	3

## Eggs with accompaniment

1 egg, potatoes <sup>1</sup>	460	19	3.5	0.1	170	400	61	6	21	13	550	100	2.5
2 eggs, potatoes <sup>1</sup>	520	23	5	0.1	340	460	62	6	22	19	600	125	3
3 eggs, potatoes <sup>1</sup>	590	28	7	0.2	510	520	62	6	22	24	650	150	4
Add bacon	170	12	4.5	0	45	820	2	0	1	14	0	0	0.4
Add ham	130	3	1.5	0	55	1690	4	0	4	20	0	0	0.75
Add sausages	330	28	10	0.1	50	630	11	0	2	9	0	10	1
Add frankfurters	500	41	15	1	165	1900	14	0	0	19	0	175	2.5
Add turkey sausages	190	9	2.5	0.1	60	950	9	0	3	16	0	150	1.25
Add bologna	360	31	11	0	60	1030	0	0	0	12	350	50	2.5
Add cretons	140	10	4	0	35	380	3	0	1	9	0	20	0.75
Add baked beans	200	5	1.5	0	5	540	32	5	11	9	50	75	2.5
Add black bean patty	120	7	1	0	0	320	13	3	2	4	0	30	1

<sup>1</sup>Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.



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## Eggs Ben et Dictine

Ham (1 egg)	760	31	8	0.2	200	1240	101	10	38	24	900	200	4
Ham (2 eggs)	1110	53	15	0.3	400	2210	122	11	45	40	1100	300	5.5
Ham (3 eggs)	1430	72	22	0.4	600	3130	143	11	51	55	1300	350	7.5
Spinach, onions, mushrooms and goat cheese (1 egg)	810	36	10	0.3	190	850	105	11	39	21	1050	225	4
Spinach, onions, mushrooms and goat cheese (2 eggs)	1180	61	18	0.5	385	1420	131	13	47	34	1400	350	6
Spinach, onions, mushrooms and goat cheese (3 eggs)	1530	84	26	0.5	575	1920	156	15	55	47	1750	450	7.5
Brie cheese, mushrooms (1 egg)	810	36	12	0.3	215	940	102	10	37	25	950	300	3.5
Brie cheese, mushrooms (2 eggs)	1220	64	23	0.5	430	1640	124	12	43	42	1200	500	5.5
Brie cheese, mushrooms (3 eggs)	1600	90	34	1	645	2280	146	13	48	59	1450	700	7
Smoked salmon (1 egg)	780	33	9	0.2	200	970	100	10	37	25	900	200	3.5
Smoked salmon (2 eggs)	1150	58	16	0.4	400	1680	121	11	43	42	1100	300	5
Smoked salmon (3 eggs)	1490	79	23	0.5	600	2320	141	12	48	58	1300	400	6.5
Tomatoes, bacon and green onions (1 egg)	840	38	11	0.2	210	1200	102	10	38	26	1000	200	4
Tomatoes, bacon and green onions (2 eggs)	1240	65	20	0.3	415	2110	125	11	45	43	1250	300	6
Tomatoes, bacon and green onions (3 eggs)	1620	90	28	0.5	625	2960	147	13	51	60	1550	400	8

## Omelettes

Western <sup>1</sup>	700	31	9	0.3	550	1460	71	8	28	37	850	175	4.5
Western <sup>1</sup> (egg-white option)	490	10	2	0	35	1470	70	8	27	34	700	100	2.5
Théo <sup>1</sup>	870	48	17	0.5	565	800	75	10	28	38	1000	450	4.5
Théo <sup>1</sup> (egg-white option)	670	23	10	0.4	50	800	73	10	27	35	850	400	2.5
Spinach and cheddar <sup>1</sup>	760	40	16	0.5	565	720	66	7	23	35	750	450	4
Spinach and cheddar <sup>1</sup> (egg-white option)	570	21	10	0.4	50	750	65	7	22	32	600	400	2.25
Goat cheese, tomatoes, bacon <sup>1</sup>	820	43	15	0.5	580	1240	68	7	25	41	800	175	4.5
Goat cheese, tomatoes, bacon <sup>1</sup> (egg-white option)	630	25	9	0.3	60	1270	66	7	23	38	650	125	2.5
10 étages <sup>1</sup>	1060	62	24	1	625	1750	78	9	27	49	1000	500	5.5
10 étages <sup>1</sup> (egg-white option)	870	44	18	0.5	110	1770	76	9	26	46	900	500	3.5
Gigi (GS) gluten-free bread included	600	22	7	0.4	30	780	82	2	39	27	1200	200	2.25
Smoked salmon <sup>1</sup>	700	32	8	0.3	550	1130	66	8	24	38	750	175	4
Smoked salmon <sup>1</sup> (egg-white option)	530	16	2.5	0.1	30	1170	65	8	23	35	600	100	2.25

(GS) Gluten sensitive option

<sup>1</sup>Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.





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## Sandwiches

Bagel beaufish with potatoes	860	28	8	0.4	60	1350	120	10	32	33	750	150	6
Bagel beaufish with fruit	750	19	7	0.4	60	1060	121	11	56	29	1200	150	5.5
Midi Dolores with potatoes	980	49	8	0.4	525	1430	103	11	24	33	650	200	6
Midi Dolores with fruit	870	40	7	0.3	525	1140	105	12	49	29	1150	225	5.5
Croque-thon with potatoes	1050	49	11	0.5	90	1790	107	13	28	51	750	350	5.5
Croque-thon with fruit	950	40	10	0.5	90	1500	108	14	53	47	1250	400	5
Croque-poulet with potatoes	1000	47	10	0.5	95	1670	104	11	24	45	500	450	4.5
Croque-poulet with fruit	900	39	9	0.5	95	1390	106	12	49	41	1000	450	4
Western omelette burger with potatoes	1070	48	18	0.5	440	2110	113	9	30	48	800	450	6.5

## Egg skillets

Western <sup>1</sup>	670	29	13	0.5	250	1550	69	7	26	35	650	400	3
Théo <sup>1</sup>	670	28	12	0.5	215	610	71	10	26	26	800	400	3
10 étages <sup>1</sup>	870	49	19	0.5	275	1590	73	8	25	37	850	400	4
Chorizo-ham <sup>1</sup>	880	51	15	0.3	270	2180	69	7	26	37	850	150	4

<sup>1</sup>Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.



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Iron (mg)

## Little extras

English cream Cora-Style	150	7	4.5	0.3	45	60	17	0	14	3	100	100	0.1
Custard	160	4.5	3	0.2	50	60	26	0	21	4	150	125	0.2
Cocoa-hazelnut custard	390	20	7	0.5	0	65	50	2	43	5	250	125	1.5
Cocoa-hazelnut spread	850	51	16	1	0	80	98	5	87	7	550	150	4
Salted caramel	440	13	9	0.3	50	490	77	0	75	2	75	100	0.5
Bol of fresh fruit	210	1	0.2	0	0	15	51	6	36	3	900	50	1
Single portion of maple syrup	70	0.1	0	0	0	2	18	0	16	0	50	30	0
Ramekin of fruit	80	0.4	0.1	0	0	10	19	2	15	1	350	30	0.4
Bologna	360	31	11	0.2	60	1040	1	0	0	13	400	75	3
Ham	130	3	1.5	0	55	1700	5	0	4	20	50	20	1
Sausages	340	28	10	0.1	50	640	12	0	3	10	50	30	1
Bacon	180	12	4.5	0	45	820	3	0	1	14	50	20	0.5
Turkey sausages	150	8	2	0.1	45	720	8	0	2	13	50	125	1
Frankfurters	530	43	15	1	165	2210	16	2	1	21	50	200	3
Baked beans	200	4.5	1.5	0	5	540	32	5	11	9	50	75	2.5
Cretons	150	11	4	0	35	390	4	0	1	10	50	40	1
Potatoes	240	8	1	0	0	270	37	4	2	6	0	40	1.25
Hollandaise sauce	330	27	10	0.2	30	730	13	0	8	4	300	100	0.3
Cheddar cheese	250	19	13	0.5	70	320	4	0	0	14	0	400	0
Brie cheese	180	13	9	0.4	60	370	3	1	0	12	0	200	0.1
Cottage cheese	120	1.5	1	0.2	15	470	9	0	9	18	0	200	0
Cream cheese	90	7	5	0.3	25	130	3	1	3	2	100	50	0.2
Swiss cheese	100	8	5	0.3	25	65	0	0	0	8	0	300	0.3
Egg	90	7	2	0.1	170	85	0	0	0	5	50	20	0.75
Grated cheddar	160	13	9	0.4	45	220	2	0	0	10	0	300	0
Sautéed mushrooms	30	2.5	0.5	0	0	30	1	0	0	1	100	0	0.1
Caramelized onions	70	4.5	1	0	0	45	8	1	4	1	100	20	0.2
Three toppings	270	20	10	0.5	45	290	12	2	5	11	250	300	0.2
Make your potatoes a poutine	380	31	16	0.4	80	710	7	0	4	16	200	500	0.1



Calories (kcal)

Fat (g)

Saturated (g)

Trans (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Fibre (g)

Sugars (g)

Protein (g)

Potassium (mg)

Calcium (mg)

Iron (mg)

### Teen's favourites!

Poutine déjeuner	1330	90	33	1	345	2660	84	7	18	46	550	700	4
Brunch burger	1240	69	24	0.5	500	2090	83	6	14	70	850	350	15.5
Hot-dogs matin	1060	58	22	1	225	2760	92	6	10	44	150	450	6
Crêpe burrito	1240	62	25	1	510	1730	124	11	19	49	500	650	8
LE Club	1320	67	18	0.5	175	2950	105	12	16	75	278	600	6.5

### Lunch menu

Pâté au poulet à découvrir	680	23	6	0.1	180	1250	77	6	8	45	650	150	5.5
Salade Broadway	600	33	15	0.5	300	1600	36	6	16	41	800	450	3.5
Ile au saumon*	550	24	10	0.5	130	870	59	6	11	27	500	200	3
Le hamburger steak - 1 patty	680	32	9	0.1	100	970	55	7	10	43	800	125	5.5
Le hamburger steak - 2 patties	970	48	16	0.1	205	1270	57	7	10	77	1250	150	9
Cassolette de la gourmandise*	910	56	21	1	160	2300	65	5	10	37	350	400	3.5

### Choice of accompaniment

House salad with ranch dressing	180	17	1.5	0.2	10	220	8	3	5	2	400	50	1
House salad with balsamic dressing	230	23	1.5	0.5	0	35	7	3	4	2	400	40	0.75
Potatoes	240	8	1	0	0	270	37	4	2	6	0	40	1.25

\*Add one choice of accompaniment.



Calories (kcal)

Fat (g)

Saturated (g)

Trans (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Fibre (g)

Sugars (g)

Protein (g)

Potassium (mg)

Calcium (mg)

Iron (mg)

## Early Birds

Daily oatmeal <sup>1</sup>	440	12	6	0.3	30	50	76	4	50	7	250	50	1.75
2 eggs, bacon <sup>1</sup>	550	29	8	0.1	375	1030	42	5	5	28	300	100	3.5
2 eggs, ham <sup>1</sup>	510	22	6	0.1	380	1690	44	5	8	33	300	100	3.5
2 eggs, bologna <sup>1</sup>	690	44	12	0.3	450	1340	45	5	5	30	300	125	5
2 eggs, sausage <sup>1</sup>	640	40	11	0.2	370	840	48	5	6	24	300	100	3.5
2 eggs, turkey sausages <sup>1</sup>	520	26	6	0.2	370	900	45	5	6	26	300	175	3.5
2 crêpes, bacon	640	21	8	0.3	160	890	82	4	11	31	500	250	5.5
2 crêpes, ham	600	14	6	0.3	165	1540	83	4	14	35	500	250	5.5
2 crêpes, bologna	760	32	12	0.4	235	1170	84	4	11	33	500	250	7
2 crêpes, sausages	660	24	10	0.3	150	580	85	4	12	25	500	250	5.5
2 crêpes, turkey sausages	590	15	6	0.3	155	730	84	4	12	29	500	300	5.5
2 eggs, 2 strips of bacon and 2 blueberry pancakes <sup>1</sup>	770	26	8	0.2	380	2100	106	4	29	29	550	250	6.5
Yogurt, banana, strawberries and harvest crunch bowl	450	10	4	0.1	10	80	86	8	54	11	750	225	2
Tomato, bacon and green onion omelette <sup>1</sup>	590	32	9	0.2	385	1050	45	5	7	29	400	125	3.5
Morning panini-crêpe with ham	880	39	16	0.5	80	1700	83	6	11	48	400	500	5.5
Morning panini-crêpe with bacon	900	44	18	0.5	470	1160	81	6	9	44	400	500	5.5

<sup>1</sup>Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.



Calories (kcal)

Fat (g)

Saturated (g)

Trans (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Fibre (g)

Sugars (g)

Protein (g)

Potassium (mg)

Calcium (mg)

Iron (mg)

## Kid's menu

Crêpe with bananas and cocoa-hazelnut spread	560	18	7	0.4	55	130	92	5	45	11	800	125	3
Crêpe with fruit and custard	390	8	4.5	0.2	75	140	69	3	31	11	500	175	2.25
Crêpe with strawberries and cocoa-hazelnut spread	480	18	7	0.4	55	130	70	6	34	11	500	150	3.5
Pancakes with fruit	570	8	2.5	0.1	20	1540	116	3	37	11	550	175	4.5
Blueberry pancakes with fruit	600	8	3	0.1	20	1540	123	5	41	11	550	175	5
Chocolate chip pancakes with fruit	730	16	8	0.1	20	1540	139	5	56	12	550	200	5.5
Waffle with fruit and english cream Cora-sytle	330	5	2	0.1	15	660	68	3	30	6	350	175	2
Grilled cheese	410	20	8	0.3	25	970	42	4	6	15	75	250	1.5
Nicky's panini with ham	490	18	7	0.3	245	1000	59	4	23	25	550	250	3.5
Nicky's panini with bacon	490	20	8	0.3	25	730	59	4	22	23	550	250	3
French toast with fruit	620	17	7	0.4	295	490	96	4	64	21	800	300	3.5
1 egg and bacon <sup>1</sup>	430	22	5	0.1	195	760	40	4	4	19	125	75	2.5
1 egg and sausage <sup>1</sup>	570	35	10	0.1	205	780	46	4	5	18	125	75	3
1 egg and ham <sup>1</sup>	340	12	2.5	0.1	30	1140	41	4	5	16	75	50	2
1 egg and turkey sausage <sup>1</sup>	450	21	4.5	0.1	200	840	44	4	5	20	125	150	3
1 egg, bacon and a blueberry pancake <sup>1</sup>	590	24	6	0.1	200	1260	72	5	12	22	225	10	4
1 egg, bacon and a chocolate chip pancake <sup>1</sup>	640	27	8	0.1	200	1260	77	5	17	23	225	125	4
Add 1 egg	90	7	2	0.1	170	85	0	0	0	5	50	20	0.75
Orange juice	140	0	0.1	0	0	10	32	1	25	2	550	30	0.3
Apple juice	130	0	0	0	0	0	31	1	28	0	0	30	0
Apple-grape juice	130	0	0	0	0	20	32	0	30	1	0	50	0.4
Glass of milk	140	5	3.5	0.2	20	130	13	0	14	9	400	350	0.1
Chocolate milk	170	3	1.5	0	15	200	29	0	27	8	500	300	0.75
Whole wheat bread with margarine (1 slice)	140	5	1	0.1	0	270	20	2	1	5	0	30	1.25
Multigrain bread with margarine (1 slice)	150	6	1.5	0	0	200	19	2	2	5	0	30	1
White bread with margarine (1 slice)	140	5	1.5	0.1	0	190	21	1	2	4	0	30	1.25
Rye bread with margarine (1 slice)	120	5	1	0.1	0	210	17	1	1	3	0	30	1

<sup>1</sup> Plate served with 1 slice of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.