ALLERGENS



This following chart indicates the allergens present in the dishes. Despite all precautions taken, our meals may contain traces of wheat, eggs, fish, milk, peanuts, crustaceans, molluscs, soy, nuts, mustard, sesame, or sulphites.

MENU	Wheat	Milk	Eggs	Soybeans	Sulphites	Sesame	Peanuts	Nuts	Fish	Crustaceans/ Molluscs	Mustard
Cora Cocktails											
Strawberry, peach, pineapple and dragon fruit					●						
Strawberry, peach and mango											
Strawberry, blueberry, pineapple and blackberry											
Strawberry, mango, pineapple and raspberry					●						
Strawberry, mango, banana and dragon fruit											
Mango, pineapple and banana					●						
Peach, mango and pineapple											
Smoothies made with yogurt											
Raspberry Pina Colada		●			●						
Sweet Peach		●									
Mango-Banana		●									
Strawberry-Banana		●									
Kale-Mango		●									
Refreshing beverages											
Watermelon with sparkling water											
Watermelon with lemonade					●						
Lime refreshing beverage with sparkling water											
Lime refreshing beverage with lemonade					●						
Cherry with sparkling water											
Cherry with lemonade					●						
Bleu raspberry with sparkling water											
Bleu raspberry with lemonade					●						
Orange juice											
Hot chocolate		●		●							
Coffee											
Regular coffee											
Espresso											
Cappuccino		●									
Cappuccino bowl		●									
Mochaccino		●									
Mochaccino bowl		●									
Latte		●									
Latte bowl		●									
Canadian Maple latte		●									
Canadian Maple latte bowl		●									
Coffee Flavor - Vanilla											
Coffee Flavor - Caramel											
Coffee Flavor - Cookies and cream											
Coffee Flavor - Toasted hazelnut											
Iced Cappuccino	●	●					●	●			
Iced mochaccino		●									

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Iced coffee		●									
Tea											
Herbal tea											
Mocktails											
Spicy peach margarita											
Strawberry Daiquiri					●						
Mimosa											
Cora Caesar					●					●	
Fresh fruit											
Kale-mango smoothie bowl		●						●			
Large bowl of fresh fruit with toast		●		●							
Ode to oatmeal	●	●	●	●				●			
Samira wake-up											
Samira wake-up with Cheddar cheese		●									
Yogurt harvest crunch		●						●			
French Toast											
1990's harvest	●	●	●	●							
Strawberry avalanche	●	●	●								
Brioche for Elise	●	●	●		●			●			
Surprise with ham	●	●	●	●		●					
Surprise with bacon	●	●	●	●		●					
Fruit crêpes											
Gourmet crêpe	●	●	●	●				●			
Tasty strawberries - Custard	●	●	●	●							
Tasty strawberries - Cocoa-hazelnut	●	●	●	●				●			
Banana blast	●	●	●	●				●			
Avril 89 -Custard	●	●	●	●							
Avril 89 - Cocoa-hazelnut	●	●	●	●				●			
13-inch buckwheat crepe		●	●								
13-inch plain crepe	●	●	●	●							
13-inch cocoa crepe	●	●	●	●							
Pancakes											
Triple chocolate	●	●	●	●				●			
Strawberry-banana	●	●	●	●							
Blueberry fields	●	●	●	●							
Waffles											
S'mores Waffle	●	●	●	●				●			
Fresh fruits	●	●	●								
Strawberries	●	●	●								
Bananes custard and salted caramel	●	●	●	●							
Bananes cocoa-hazelnut custard	●	●	●	●				●			
Savoury crêpes											

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MENU	Wheat	Milk	Eggs	Soybeans	Sulphites	Sesame	Peanuts	Nuts	Fish	Crustaceans/ Molluscs	Mustard
Sunshine panini-crêpe with bacon	●	●	●	●							
Sunshine panini-crêpe with ham	●	●	●	●							
The Boss' favourite	●	●	●	●							●
Spinach and Cheddar	●	●	●	●							
Buckwheat blessing	●	●	●	●							●
Egg skillets											
Halloumi-chorizo sausage	●	●	●	●	●						●
Montreal smoked meat	●	●	●	●							●
10 star	●	●	●	●							●
Burger in a skillet	●	●	●	●							●
The Vegetarian	●	●	●	●					●		●
Sweet ' n salty											
Marshmallow cookie treat for Justin	●	●	●	●				●			●
Mountain of banana-chocolate waffle for Adam	●	●	●	●				●			●
Mountain of banana-caramel waffle for Adam	●	●	●	●							●
Paul wants it all	●	●	●	●							●
The Club's youngest	●	●	●	●				●			●
Strawberry avalanche for Fannie	●	●	●	●							●
Jessica born in 89	●	●	●	●							●
Jessica born in 89 cocoa-hazelnut	●	●	●	●				●			●
Rosemary's Sunday	●	●	●	●							●
Louis the undecided	●	●	●	●				●			●
Choice - pulled ham											
Choice - bacon											
Choice - ham		●		●							
Choice - Sausages	●	●		●							●
Choice - Turkey sausages	●	●		●							●
Choice - Black bean patty		●		●							
Choice - Plant-based breakfast sausage patty		●		●							
Ben et Dictine											
Pulled ham and asparagus (2 eggs)	●	●	●	●	●						●
Prosciutto and sun-dried tomatoes (2 eggs)	●	●	●	●	●						●
Smoked salmon and avocado (2 eggs)	●	●	●	●					●		●
Goat cheese (2 eggs)	●	●	●	●							●
Montreal smoked meat (2 eggs)	●	●	●	●							●
Ham (2 eggs)	●	●	●	●							●
Steak with cheesy and slightly spicy hollandaise sauce (2 eggs)	●	●	●	●							●
Tomatoes, bacon and green onions (2 eggs)	●	●	●	●							●
Ben's Duo											
Louis' ham ben	●	●	●	●				●			●

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Paul's smoked salmon and avocado ben	●	●	●	●					●		●
Spicy hollandaise sauce	●	●	●	●							
Teen's favourites!											
Breakfast tacos	●	●	●	●		●					●
Carnivore Poutine	●	●		●	●						●
Breakfast poutine	●	●	●	●							●
THE Club	●	●	●	●		●					●
Brunch burger	●	●	●	●		●					●
Burrito crêpe	●	●	●	●							●
Morning hot dogs	●	●	●	●							●
Eggs											
Cora's Special	●	●	●	●							●
Jo construction	●	●	●	●							●
Peggy's poached	●	●	●	●		●					
Gargantuan Breakfast	●	●	●	●							●
2 eggs, potatoes		●	●	●							●
Pulled ham											
Bacon											
Ham		●		●							
Frunkfurters	●	●		●							●
Turkey sausages	●	●		●							●
Black bean patty		●		●							
Plant-based breakfast sausage patty		●		●							
2 eggs, fruit		●	●	●							
Pickle lovers		●	●	●	●						●
Sweet'n savoury potatoes				●							●
Grated Cheddar Cheese		●									
Caramelized Onions		●		●							
Mushrooms		●		●							
Three Toppings		●		●							
Poutine style	●	●	●								
Omelettes											
Théo		●	●	●							●
Théo (egg white option)		●	●	●							●
Western		●	●	●							●
Western (egg white option)		●	●	●							●
Gigi		●	●	●							
Smoked salmon		●	●	●					●		●
Smoked salmon (egg white option)		●	●	●					●		●
Goat cheese, tomatoes, bacon		●	●	●							●
Goat cheese, tomatoes, bacon (egg white option)		●	●	●							●
10 star	●	●	●	●							●

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10 star (egg white option)	●	●	●	●							●
Spinach and cheddar		●	●	●							●
Spinach and cheddar (egg white option)		●	●	●							●
Crêpomelettes											
Spinach and cheddar	●	●	●	●							●
Chorizo sausage and goat cheese	●	●	●	●	●						●
Western-cheddar	●	●	●	●							●
Feast to share											
Potatoes	●	●		●							●
Gigi Omelet	●	●	●	●	●	●	●				
Spinach and Cheddar Omelet	●	●	●	●	●	●					
Theo Omelet	●	●	●	●	●	●					
Western Omelet	●	●	●	●	●	●					
Goat Cheese and Bacon Omelet	●	●	●	●	●	●					
10 Star Omelet	●	●	●	●	●	●					●
S'mores Waffles											
Fresh fruit Waffle	●	●	●								
Strawberry Waffle	●	●	●								
Cocoa-hazelnut Waffle	●	●	●	●				●			
Banana and Salted Caramel Waffle	●	●	●	●				●			
Plain Pancakes	●	●	●	●	●						
Blueberry Fields Pancakes	●	●	●	●	●						
Triple Chocolate Pancakes	●	●	●	●	●			●			
Pulled Ham											
Ham		●		●							
Bacon											
Sausages	●	●		●							●
Turkey Sausages	●	●		●							●
Plant-Based Breakfast Sausages	●	●		●							
The breakfast pizzas											
Home sweet home	●	●	●	●							
Home sweet home with pizza sauce	●	●	●	●							
Swicy halloumi	●	●	●	●	●						
Swicy halloumi with hollandaise sauce	●	●	●	●	●						
The Vespa	●	●	●	●	●						
The Vespa with hollandaise sauce	●	●	●		●						
Peach treat	●	●	●	●	●			●			
Salty sunrise	●	●	●	●	●				●		●
Salty sunrise with hollandaise sauce	●	●	●	●					●		●

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MENU	Wheat	Milk	Eggs	Soybeans	Sulphites	Sesame	Peanuts	Nuts	Fish	Crustaceans/ Molluscs	Mustard
Sandwiches & Co.											
2 avocado toast	●	●	●	●	●	●					●
2 avocado toast smoke salmon	●	●	●	●	●	●			●		●
Smoked meat waffle sandwich with salad	●	●	●	●	●						●
Smoked meat waffle sandwich with potatoes	●	●	●	●							●
Smoked meat panini with salad	●	●	●	●	●						●
Smoked meat panini with potatoes	●	●	●	●	●						●
Nacho grilled cheese with salad	●	●	●	●	●	●					●
Nacho grilled cheese with potatoes	●	●	●	●	●	●					●
Pizza grilleed cheese with salad	●	●	●	●	●						●
Pizza grilled cheese with potatoes	●	●	●	●	●						●
Bagel and lox with fruit	●	●	●			●			●		
Extras											
English cream Cora Style	●	●	●								
Hollandaise sauce	●	●	●	●							
Single portion of maple syrup											
Salted caramel		●									
Custard		●	●								
Cocoa-hazelnut custard		●	●	●				●			
Cocoa-hazelnut spread		●		●				●			
Ramekin of fruit											
An Egg		●	●	●							
Pulled ham											
Bacon											
Sausages	●	●		●							●
Turkey sausages	●	●		●							●
Ham		●		●							
Plant-based breakfast sausage patty	●	●		●							
Potatoes				●							●
Sweet'n savoury potatoes				●							●
Value menu											
Farmer’s breakfast pulled ham	●	●	●	●	●						●
Farmer’s breakfast bacon		●	●	●							●
Farmer’s breakfast ham	●	●	●	●	●						●
Farmer’s breakfast bologna	●	●	●	●	●						●
Farmer’s breakfast sausages	●	●	●	●							●
Farmer’s breakfast turkey sausages	●	●	●	●							●
Farmer’s breakfast plant-based breakfast sausage patty	●	●	●	●	●						●
Eggs, fruit and toast		●	●	●							
Good to go		●	●	●							●
Crêpe oh la la!	●	●	●								

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MENU	Wheat	Milk	Eggs	Soybeans	Sulphites	Sesame	Peanuts	Nuts	Fish	Crustaceans/ Molluscs	Mustard
Tropi-kale bowl	●	●			●			●			
Simply oatmeal	●	●	●	●	●			●			
Morning sandwich bacon	●	●	●	●							●
Morning sandwich ham	●	●	●	●							●
Little Adam	●	●	●	●				●			●
Ben goes to Holland	●	●	●	●							●
Lunch Menu											
Creamy Cauliflower and Leek Soup	●										
Chicken and Red Pepper Soup	●										
Carrot and Cantaloupe Soup	●										
Tomato and Vegetable Soup	●										
Chicken and Noodle Soup	●										
Beef, Vegetable and Tomato Soup	●										
Beef and Lentil Soup	●										
Minestrone Soup	●	●									
Pea Soup	●										
Italian panini with potaotes and salad	●	●	●	●	●						●
Italian panini with poutine	●	●	●	●	●						●
Tuna melt with potaotes and salad	●	●	●	●	●	●			●		●
Tuna melt with poutine	●	●	●	●	●	●			●		●
Chicken melt with potaotes and salad	●	●	●	●	●	●					●
Chicken melt with poutine	●	●	●	●	●	●					●
Midi Dolores with potaotes and salad	●	●	●	●	●	●					●
Midi Dolores with poutine	●	●	●	●	●	●					●
Lunch burger beef patty potaotes and salad	●	●	●	●	●						●
Lunch burger beef patty with poutine	●	●	●	●							●
Lunch burger chicken breast potaotes and salad	●	●	●	●	●						●
Lunch burger chicken breast with poutine	●	●	●	●							●
Lunch burger black bean patty potaotes and salad	●	●	●	●	●						●
Lunch burger black bean patty with poutine	●	●	●	●							●
Chicken and asparagus skillet potaotes and salad	●	●	●	●	●						●
Chicken and asparagus skillet poutine	●	●	●	●	●						●
Aurélie's salad	●	●	●	●	●						●
Aurélie's salad chicken breast	●	●	●	●					●		●
Aurélie's salad smoked salmon	●	●	●						●		
Aurélie's salad tuna	●	●	●						●		
Kid's menu											
Orange juice											
Apple juice											
Chocolate milk		●									
Hot chocolate		●		●							

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Milk		●									
French toast with fruits	●	●	●								
Waffle for Austin fruits and english cream	●	●	●								
Pancakes with fruits	●	●	●	●	●						
Blueberry pancakes with fruits	●	●	●	●	●						
Chocolate chip pancakes with fruits	●	●	●	●							
Crêpe banana and cocoa hazelnut	●	●	●	●				●			
Crêpe fruits and custard	●	●	●								
Crêpe filled with strawberries and cocoa-hazelnut spread	●	●	●	●				●			
Grilled cheese	●	●		●		●					●
Nicky's panini bacon	●	●	●	●							
Nicky's panini ham	●	●	●	●							
1 egg bacon		●	●	●							●
2 eggs bacon		●	●	●							●
1 egg ham		●	●	●							●
2 eggs ham		●	●	●							●
1 egg pulled ham		●	●	●							●
2 eggs pulled ham		●	●	●							●
1 egg sausage	●	●	●	●							●
2 eggs sausage	●	●	●	●							●
1 egg turkey sausage	●	●	●	●							●
2 eggs turkey sausage	●	●	●	●							●
1 egg plant-based breakfast sausage patty	●	●	●	●							●
2 eggs plant-based breakfast sausage patty	●	●	●	●							●
1 egg bacon chocolate chip pancake	●	●	●	●							●
2 eggs bacon chocolate chip pancake	●	●	●	●							●
Whole wheat bread (1 slice)	●			●		●					
White bread (1 slice)	●			●		●					
Multigrain bread (1 slice)	●			●		●					
Rye bread (1 slice)	●			●	●	●					
Bread											
Whole wheat bread (2 slices)	●			●		●					
Multigrain bread (2 slices)	●			●		●					
White bread (2 slices)	●			●		●					
Rye bread (2 slices)	●			●	●	●					
Gluten-free multigrain bread (2 slices)			●								