



Morning meetings...

Le Classique 6.95

Choice of viennoiserie or muffin
Fresh cut seasonal fruit

Le 'Perfect' Parfait 8.95

Yogourt parfait with fresh berries,
organic muesli and maple syrup
Fresh cut seasonal fruit

Le Gourmande 12.95

Freshly baked croissant with jams
Mild cheeses with dried fruits and nuts
Fresh cut seasonal fruit

The "Lunch-ins"...

Can be individually or group portioned.
Vinagrettes always served on the side.

Combo Classique 12.95

Choice of classic sandwiches
Choice of side salad
Choice of beverage *

Combo Deluxe 14.95

Choice of classic sandwiches
Choice of side salad
Choice of dessert
Choice of beverage *

Combo Santé 14.95

Choice of meal salad
Fresh cut seasonal fruit
Choice of beverage *

*choice of beverages include sodas, V8,
San Pellegrinos and water

Delivery for the old port is always free,
otherwise delivery is a flat-rate of 25\$.
For small orders taxi-delivery is available

Nos Classiques 6.95

Our all-dressed sandwich on choice of baguette
or miche (rye or whole wheat)

- vegetarian
- ham
- chicken
- proscuitto
- smoked turkey
- homemade roast beef
- homemade roast pork
- tuna
- egg salad

Les Connaisseurs 7.95

Gourmet sandwiches made on our delicious rye miche.

La Puglia seasoned grilled vegetables, brie, arugula
with a touch of homemade pesto

Wellington homemade roast beef, emmental cheese,
with grilled red peppers and honey dijon

Porco Rosso homemade roast pork, cheddar,
slices of apple, caramelized onions and maple butter

Le Bund smoked salmon, cream cheese, olive
tapenade and fresh microsprouts

All sandwiches may be cut and served as a platter, or
wrapped individually

Les Santé's 10.95

Served individually with vinagrettes served on the side

L'Oriental slices of homemade roast beef, marinated
carrots, red peppers, garnished with fresh lime juice,
and basil with a sesame dressing.

Caesar grilled chicken, gruyère cheese, tomatoes,
cucumbers and homemade croutons on a bed of
romaine lettuce

Niçoise tuna, hard-boiled egg, black olives, green
beans and cherry tomatoes on a bed of mixed
greens

Side salads 4.95

Prices are per 150g portion

- quinoa
- greek
- carrot + raisin
- pear + rockette
- broccoli + emmental
- pasta

A la carte

Assortment of viennoiseries or muffins 32.95
(price per dozen)

Selection of gourmet breads with jams 3.95
(price per portion)

Yogourt parfait with mixed berries,
organic muesli, and maple syrup 5.95

Cream cheese sesame bagel 4.95

Smoked salmon sesame bagel 7.49

Les Extras

Price per portion

Raw-cut vegetable platter 5.95

Fresh cut fruit platter 5.95

Cheese platter and dried fruits 5.95

Platter of assorted mignardises 95.95
(5 dozen per order)

Assortment of mini cakes/tartelettes 4.95

Homemade gourmet cookies 16.95
(per dozen)

Beverages

Coffee in thermos (10-12 cups) 18.95

Fruit juices 2.95

V8 1.95

Sodas (e.g. Coca-Cola, Sprite etc...) 1.75

San pellegrino or organic sodas 1.95

Bottled water 1.50

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