



Menu

Fresh MTL

Fresh MTL Bistro Santé Laval (Gold's Laval), 1164 Rue Desserte O, Laval, QC H7X 4C9, Canada | (514) 502-5776

Most Ordered

Avocado Club

CA\$13.25

596 Cal. Tortilla, poulet, tomate, avocat, bacon, cheddar, laitue et mayonnaise légère. / Tortilla, chicken, tomato, avocado, bacon, cheddar, lettuce and light mayonnaise.

King Cobb

CA\$17.99

415 Cal. Salade mixte, ouf tranché, bacon, avocat, tomate, fèves noires, chips croustillants, fromage de chèvre et vinaigrette miel Dijon. / Mixed salad, sliced egg, bacon, avocado, tomato, black beans, crispy crisps, goat cheese, and Dijon honey vinaigrette.

Energy Beet

CA\$9.99

Carottes, betterave rouge, pomme, orange, citron et gingembre. / Carrots, beetroot, apple, orange, lemon, and ginger.

Californien

CA\$16.99

294 Cal. Laitue romaine, tomate, fèves noirs, maïs, concombre, avocat, chips croustillant fromage cheddar, vinaigrette ranch / Romaine lettuce, tomato, black beans, corn, cucumber, avocado, cheddar cheese, ranch dressing

Avocado Steak

CA\$13.25

502 Cal. Tortilla, steak, avocat, oignon rouge, poivron rouge, fromage cheddar, roquette, mayonnaise épicée. / Tortilla, steak, avocado, red onion, red pepper, cheddar cheese, arugula, spicy mayonaise.

Steak & Bake

CA\$12.75

483 Cal. Tortilla southwest, steak, poivrons verts, champignons, jalapeños, cheddar, roquette et sauce chipotle. / Southwest tortilla, steak, green peppers, mushrooms, jalapeños, cheddar, arugula, and chipotle sauce.

Breakfast Deluxe

CA\$12.75

466 Cal. Tortilla, oeuf, avocat, bacon, oignon rouge, fromage cheddar, mayonnaise légère. / Tortilla, egg, avocado, bacon, red onion, cheddar cheese, light mayonaise

Menu Fresh MTL

Mac Wrap

CA\$12.75

444 Cal. Tortilla, steak, oignons rouges, cornichon, cheddar, laitue et sauce ranch épicée. / Tortilla, steak, red onions, pickles, cheddar, lettuce and spicy ranch sauce.

Mediterranean

CA\$16.99

347 Cal. Laitue romaine, quinoa, concombre, tomate, oignons rouges, olives kalamata, feta et vinaigrette grec. / Romaine lettuce, quinoa, cucumber, tomato, red onions, kalamata olives, feta, and Greek vinaigrette.

Crunchy Asian

CA\$16.99

359 Cal. Romaine, mangue, carotte, arachides, nouilles croustillantes, graines de sésame, oignons vert et vinaigrette aux sésames. / Romaine, mango, carrot, peanuts, crispy noodles, sesame seeds, green onions, and sesame vinaigrette.

Smoothies??

Smoothie Tropic Thunder

CA\$9.50

246 Cal. Mangues, ananas et jus d'orange. 24 oz, 246 cal. / Mangos, pineapple, and orange juice. 24 oz

Smoothie Crunchy Monkey

CA\$10.25

535 Cal. Protéine, banane, beurre d'arachides naturel et lait d'amande. 24 oz, 535 cal. / Protein, banana, natural peanut butter, and almond milk. 24 oz

Smoothie Morning Booster

CA\$10.25

354 Cal. Protéine vanille, bleuets, noyers, graines de lin, miel et lait d'amande. 24 oz, 354 cal. / Vanilla protein, blueberries, walnuts, linseed, honey, and almond milk. 24 oz

Smoothie Coffee Time

CA\$10.25

264 Cal. Protéine vanille, café, graines de chia, lait d'amande et cacao. 24 oz, 264 cal. / Vanilla protein, coffee, chia seeds, almond milk, and cocoa. 24 oz

Smoothie Go for Goji

CA\$10.25

288 Cal. Protéine vanille, baies goji, noix de coco, graines de lin et lait d'amande. 24 oz, 288 cal. / Vanilla protein, goji berries, coconut, flaxseed, and almond milk. 24 oz

Menu Fresh MTL

Smoothie Pink Lady

CA\$9.50

270 Cal. Fraises, banane et jus de mangue. 24 oz, 270 cal. / Strawberries, banana, and mango juice. 24 oz

Smoothie Cinnamon Roll

CA\$10.25

292 Cal. Protéine vanille, cannelle, pommes, miel et lait d'amande. 24 oz, 292 cal. / Vanilla protein, cinnamon, apples, honey, and almond milk. 24 oz

Smoothie Pina Colada

CA\$10.50

419 Cal. Protéines vanille, noix de coco, ananas, graines de chia, eau de coco 24oz / 419 Cal. Vanilla proteine, coconut flakes, pineapple, chia seeds, coconut water. 24 oz

Smoothie Breakfast in a Cup

CA\$10.25

612 Cal. Protéine vanille, banane, baies mixtes, avoine, beurre d'arachide naturel et lait d'amande. 24 oz / 612 Cal. Vanilla protein, banana, mixed berries, oats, natural peanut butter, and almond milk. 24 oz

Smoothie Chocolate Brownie

CA\$10.25

408 Cal. Protéine chocolat, dates, noix de grenoble, lait d'amande, cacao.24oz / 408 Cal. Chocolate protein, dates, walnuts, almond milk, cocoa powder. 24oz

Smoothie Maple Muscle

CA\$10.25

429 Cal. Protéine vanille, sirop d'érable bio, noix de grenoble, graines de chia, lait d'amande. 24oz / 429 Cal. Vanilla protein, organic maple syrup, walnuts, chia seeds, almond milk. 24 oz

Smoothie PB & Berry

CA\$10.25

459 Cal. Protéine vanille, baies mixtes, beurre d'arachides naturel, miel et lait d'amande. 24 oz, 459 cal. / Vanilla protein, mixed berries, natural peanut butter, honey, and almond milk. 24 oz

Smoothie Re-Fresh

CA\$10.25

222 Cal. Protéine vanille, chou frisé, mangues, gingembre, menthe et eau. 24 oz, 222 cal./ Vanilla protein, kale, mangoes, ginger, mint, and water. 24 oz

Smoothie Something Green

CA\$10.25

236 Cal. Protéine vanille, chou frisé, épinard, céleri, pommes et eau. 24 oz, 236 cal. / Vanilla protein, kale, spinach, celery, apples, and water. 24 oz

Menu Fresh MTL

Smoothie Power Crunch

CA\$10.25

536 Cal. Protéine, banane, granola, graines de chanvre et lait d'amande. 24 oz, 536 cal. / Protein, banana, granola, hemp seeds, and almond milk. 24 oz

Smoothie Boom Berry

CA\$10.50

299 Cal. Protéine vanille, fraises, sirop d'agave et eau de coco. 24 oz, 299 cal. / Vanilla protein, strawberries, agave syrup, and coconut water. 24 oz

Smoothie Avocado Dream

CA\$10.50

352 Cal. Protéine vanille, épinards, avocat, graines de chia et ananas. 16 oz, 352 cal. / Vanilla protein, spinach, avocado, chia seeds, and pineapple. 16 oz

Wraps ??

Steak & Bake

CA\$12.75

483 Cal. Tortilla southwest, steak, poivrons verts, champignons, jalapeños, cheddar, roquette et sauce chipotle. / Southwest tortilla, steak, green peppers, mushrooms, jalapeños, cheddar, arugula, and chipotle sauce.

Breakfast Deluxe

CA\$12.75

466 Cal. Tortilla, oeuf, avocat, bacon, oignon rouge, fromage cheddar, mayonnaise légère. / Tortilla, egg, avocado, bacon, red onion, cheddar cheese, light mayonnaise

Mac Wrap

CA\$12.75

444 Cal. Tortilla, steak, oignons rouges, cornichon, cheddar, laitue et sauce ranch épicée. / Tortilla, steak, red onions, pickles, cheddar, lettuce and spicy ranch sauce.

Steak N' Eggs

CA\$12.75

523 Cal. Tortilla, oeuf, steak, champignon, poivron rouge, fromage cheddar, mayonnaise légère. / Tortilla, egg, steak, mushroom, red pepper, cheddar cheese, light mayonnaise.

Pesto Wrap

CA\$12.75

573 Cal. Tortilla aux épinards, poulet, poivrons rouges rôties, olives, oignons rouges, fromage de chèvre et sauce pesto. / Spinach tortilla, chicken, roasted red peppers, olives, red onions, goat cheese, and pesto sauce.

Menu Fresh MTL

Beyond Wrap

CA\$13.25

570 Cal. Tortilla aux poivron rouge, Beyond Burger, tomate, oignons rouges, cornichon, fromage végétale, laitue et mayonnaise épicée végétale. / Roasted red pepper tortilla, Beyond burger, tomato, red onion, pickle, vegan cheese, lettuce and vegan spicy mayonaise.

César Wrap

CA\$12.75

574 Cal. Tortilla, poulet, tomate, bacon, mozzarella, laitue et sauce César. / Tortilla, chicken, tomato, bacon, mozzarella, lettuce and Caesar sauce.

Steak Sub

CA\$12.75

514 Cal. Tortilla blé entier, steak, champignons, oignons rouges, mozzarella et sauce ranch. / Whole wheat tortilla, steak, mushrooms, red onions, mozzarella, and ranch sauce.

MONTRÉAL

CA\$12.75

539 Cal. Tortilla aux poivrons rouges, poulet, tomate séchée, bacon, poivron rouge, fromage de chèvre, roquette et sauce buffalo. / Red pepper tortilla, chicken, dried tomato, bacon, red pepper, goat cheese, arugula and, buffalo sauce.

Thon Épice

CA\$12.75

535 Cal. Tortilla aux mandarins, thon, carottes, oignons rouges, tomates, fromage mozzarella, épinards, mayonnaise légère. / Mandarin tortilla, tuna, carrots, red onions, tomatoes, mozzarella cheese, spinach, light mayonaise.

Végétarien Wrap

CA\$11.75

Tortilla aux épinards, carottes, tomates, champignons, poivrons rouges rôtis, fromage de chèvres et épinards. / Spinach tortilla, carrots, tomatoes, mushrooms, roasted red peppers, goat cheese, and spinach.

Avocado Club

CA\$13.25

596 Cal. Tortilla, poulet, tomate, avocat, bacon, cheddar, laitue et mayonnaise légère. / Tortilla, chicken, tomato, avocado, bacon, cheddar, lettuce and light mayonnaise.

Avocado Steak

CA\$13.25

502 Cal. Tortilla, steak, avocat, oignon rouge, poivron rouge, fromage cheddar, roquette, mayonnaise épicée. / Tortilla, steak, avocado, red onion, red pepper, cheddar cheese, arugula, spicy mayonaise.

Menu Fresh MTL

Salades ??

Mediterranean

CA\$16.99

347 Cal. Laitue romaine, quinoa, concombre, tomate, oignons rouges, olives kalamata, feta et vinaigrette grec. / Romaine lettuce, quinoa, cucumber, tomato, red onions, kalamata olives, feta, and Greek vinaigrette.

Quinoa Sweet Potato

CA\$16.99

260 Cal. Salade mixte, patates douces, quinoa, noix de grenoble, roquette, échalottes, vinaigrette moutarde et miel. / Mix Salad, sweet potatoes, quinoa, walnuts, arugula, shallots, honey mustard dressing.

Kale Supreme

CA\$16.99

294 Cal. Chou fris , salade mixte Grained de Chanvre, oignons rouges, pomme, mangue, poivrons rouges et jaune, noyer et vinaigrette balsamic. / Kale, mix salad, Hemp Seeds, red onions, apple, mango, red and yellow peppers, walnut, and balsamic vinaigrette.

Kale Caesar avec Poulet

CA\$17.99

630 Cal. Choux fris e et laitue romaine, bacon fra chement hach , tomates cerises, poitrine de poulet hach e, chips croustillantes, vinaigrette C sar cr meuse. / Kale and romaine lettuce with freshly chopped bacon, parmesan, cherry tomatoes, chopped chicken breast, crispy crisps, and creamy Caesar dressing.

King Cobb

CA\$17.99

415 Cal. Salade mixte, ouf tranch , bacon, avocat, tomate, f ves noires, chips croustillants, fromage de ch vre et vinaigrette miel Dijon. / Mixed salad, sliced ??egg, bacon, avocado, tomato, black beans, crispy crisps, goat cheese, and Dijon honey vinaigrette.

Californien

CA\$16.99

294 Cal. Laitue romaine, tomate, f ves noirs, ma s, concombre, avocat, chips croustillant fromage cheddar, vinaigrette ranch / Romaine lettuce, tomato, black beans, corn, cucumber, avocado, cheddar cheese, ranch dressing

Crunchy Asian

CA\$16.99

359 Cal. Romaine, mangue, carotte, arachides, nouilles croustillantes, graines de s same, oignons vert et vinaigrette aux s sames. / Romaine, mango, carrot, peanuts, crispy noodles, sesame seeds, green onions, and sesame vinaigrette.

Jus Frais??

Jus D'orange Frais

CA\$10.49

Menu Fresh MTL

Pear Up

CA\$9.99

Poire, pomme, concombre et citron. / Pear, apple, cucumber, and lemon.

Green Goddess

CA\$9.99

Concombre, pomme, céleri, choux frisée et gingembre. / Cucumber, apple, celery, kale, and ginger.

Energy Beet

CA\$9.99

Carottes, betterave rouge, pomme, orange, citron et gingembre. / Carrots, beetroot, apple, orange, lemon, and ginger.

Ginger Shot

CA\$3.00

Boissons / Drinks

Water 500ml

CA\$2.00

Naya 500ml

Bubbly - Lime 330ml

CA\$2.50

0 Calories. Eau gazéifié saveur a la lime. / Lime flavoured carbonated water.

Perrier

CA\$3.50

Effervescent, crystal-clear sparkling water with a refreshing zest.

Collations Réfrigérées

Mid Day Squares

CA\$3.99

100% Vegan/Végétale, Sans Gluten, Raw Superfood

Collations / Snacks

Pemican Strips

CA\$7.00
