



Menu

Coco Frutti Rock-Forest

Coco Frutti Rock-Forest, 4857 Boul Bourque #16, Sherbrooke, QC J1N 2G6, Canada | (819) 572-8999

Most Ordered

Extra bacon

Extra bacon

CA\$6.05

Extra sausages

Extra sausages or ham

CA\$5.45

3 eggs with 1 choice:

Served with home style potatoes, fresh fruit and toast.

CA\$14.25

1 egg with 1 choice of meat:

Served with home style potatoes, fresh fruit and toast.

CA\$12.05

Construction

Three eggs, beans or creton, bacon, ham, and sausages, fresh fruit, home style potatoes, and toast

CA\$21.95

The Popular

2 eggs, choice of meat, with half a waffle topped with strawberries and bananas, strawberry coulis and hazelnut chocolate, served with home style potatoes

CA\$20.85

2 eggs with 1 choice of meat:

Served with home style potatoes, fresh fruit and toast.

CA\$13.15

Menu Coco Frutti Rock-Forest

The Niagara Falls

CA\$20.85

2 eggs, choice of meat, and crepe or french toast topped with bananas and hazelnut chocolate.
Served with home style potatoes, fresh fruit and toast.

CASSEROLE: Meat Lover's

CA\$23.05

Sausages, ham, bacon, potatoes, cheese, hollandaise sauce, 2 eggs & fresh fruits

Brunch Coco

CA\$25.25

Two eggs, beans, creton, fresh fruit, home style potatoes, bacon, ham, sausages, toast, crepe & french toast

Eggs

Construction

CA\$21.95

Three eggs, beans or creton, bacon, ham, and sausages, fresh fruit, home style potatoes, and toast

3 eggs with 1 choice:

CA\$14.25

Served with home style potatoes, fresh fruit and toast.

2 eggs with 1 choice of meat:

CA\$13.15

Served with home style potatoes, fresh fruit and toast.

Steak and Eggs

CA\$27.45

2 eggs, 8 oz steak served with baked beans served with home style potatoes, fresh fruits, and toast.

Two eggs with smoked sausage and crepe

CA\$17.55

Served with home style potatoes, fresh fruit and toast.

Menu Coco Frutti Rock-Forest

Super 2 : Magog

CA\$23.05

2 eggs with a half waffle topped with bananas, strawberries, and marshmallows covered in hazelnut-chocolate spread and English cream, along with a choice of meat served with home style potatoes, fresh fruits, and toast.

Brunch Coco

CA\$25.25

Two eggs, beans, creton, fresh fruit, home style potatoes, bacon, ham, sausages, toast, crepe & french toast

1 egg with 2 choice of meat:

CA\$14.25

Served with home style potatoes, fresh fruit and toast.

2 eggs

CA\$12.05

Served with home style potatoes, fresh fruit and toast.

2 eggs with 2 choice of meat:

CA\$15.35

Served with home style potatoes, fresh fruit and toast.

3 eggs

CA\$13.15

Served with home style potatoes, fresh fruit and toast.

3 eggs with 2 choice:

CA\$16.77

Served with home style potatoes, fresh fruit and toast.

2014

CA\$20.85

Two eggs, choice of meat, crepe or french toast, beans, creton, fresh fruit, home style potatoes, and toast

Two eggs with smoked meat and crepe

CA\$17.55

Served with home style potatoes, fresh fruit and toast

Menu Coco Frutti Rock-Forest

Super 1 : Rock Forest

CA\$21.95

2 eggs with smoked beef sausage and a banana crepe topped with hazelnut-chocolate spread and white chocolate served with home style potatoes, fresh fruits, and toast.

Super 3 : Old Port

CA\$25.25

A small meat skillet with one egg and hollandaise sauce, served with a half waffle, bananas, chocolate sauce, and peanut butter served with home style potatoes, fresh fruits, and toast.

1 egg with 1 choice of meat:

CA\$12.05

Served with home style potatoes, fresh fruit and toast.

1 egg

CA\$9.85

Served with home style potatoes, fresh fruit and toast.

Omelettes

OMELETTE : Smoke meat, shallots with Swiss cheese

CA\$23.05

5 eggs, potatoes, fresh fruit & toast included.

OMELETTE : Western King

CA\$21.17

Peppers, onions, ham, cheddar cheese. 5 eggs, potatoes, fresh fruit & toast included.

OMELETTE : Québécoise

CA\$21.17

Tomatoes, spinach, bacon, sausage, cheddar cheese. 5 eggs, potatoes, fresh fruit & toast included.

OMELETTE : Bacon or Sausage and cheddar cheese

CA\$21.17

5 eggs, potatoes, fresh fruit & toast included.

Menu Coco Frutti Rock-Forest

OMELETTE : Sabz

CA\$18.97

Spinach and cheddar cheese. 5 eggs, potatoes, fresh fruit & toast included.

OMELETTE : Meat lover's

CA\$22.55

Bacon, ham, sausage, Swiss cheese

OMELETTE : Ham and Swiss cheese

CA\$20.85

5 eggs, potatoes, fresh fruit & toast included.

OMELETTE : Healthy

CA\$18.65

Tomatoes, onions, peppers, cheddar cheese. 5 eggs, potatoes, fresh fruit & toast included.

OMELETTE : Western

CA\$20.07

Peppers, onions, and ham omelette (5 eggs) served with home style potatoes, fresh fruits, and toast.

OMELETTE : Veggie

CA\$18.97

Vegetarian omelette (5 eggs) served with home style potatoes, fresh fruits, and toast.

OMELETTE : Veggie King

CA\$20.85

Vegetarian and cheddar cheese. 5 eggs, potatoes, fresh fruit & toast included.

OMELETTE : Mushrooms, shallots, onion & brie

CA\$21.17

5 eggs, potatoes, fresh fruit & toast included.

OMELETTE : Smoked salmon, shallots, and onions

CA\$26.35

Smoked salmon, shallots, and onions omelette (5 eggs) served with home style potatoes, fresh fruits, and toast.

Menu Coco Frutti Rock-Forest

OMELETTE : Tomatoes and Avocado

CA\$21.95

Tomatoes, avocado, and mozzarella cheese omelette (5 eggs) served with home style potatoes, fresh fruits, and toast.

OMELETTE : The Exceptional

CA\$23.05

Sun-dried tomatoes, spinach, bacon, avocado, and cheddar cheese omelette (5 eggs) served with home style potatoes, fresh fruits, and toast.

OMELETTE : Yellow cheese

CA\$16.45

5 eggs, potatoes, fresh fruit & toast included.

OMELETTE : Plain

CA\$14.85

5 eggs, potatoes, fresh fruit & toast included.

Friends & Family

The Niagara Falls

CA\$20.85

2 eggs, choice of meat, and crepe or french toast topped with bananas and hazelnut chocolate. Served with home style potatoes, fresh fruit and toast.

The Blainville

CA\$21.95

2 eggs, choice of meat, and crepe: apple cheddar or pear cheddar. Served with home style potatoes, fresh fruit and toast.

The FireStone

CA\$21.45

2 eggs, choice of meat, and crepe or french toast topped with custard, bananas, strawberries, blueberries and raspberries. Served with home style potatoes, fresh fruit and toast.

The Joliette

CA\$20.85

2 eggs, choice of meat, and crepe or french toast topped with custard and fresh fruit. Served with home style potatoes, fresh fruit and toast.

Menu Coco Frutti Rock-Forest

Pancakes, French toast or Waffles

FRENCH TOAST Banana-Chocolate

CA\$19.75

Served with bananas and creamy hazelnut-chocolate

Pancakes Banana-Chocolate

CA\$19.75

Served with bananas and creamy hazelnut-chocolate

Pancakes Strawberry-Banana

CA\$22.27

Served with English cream

FRENCH TOAST Strawberry-Banana

CA\$22.27

Served with English cream

Waffles Banana-Chocolate

CA\$19.75

Served with bananas and creamy hazelnut-chocolate

Waffles Strawberry-Banana

CA\$22.27

Served with English cream

FRENCH TOAST Plain

CA\$14.85

3 slices decorated with fresh fruit

FRENCH TOAST Raisin Bread

CA\$15.35

3 slices of raisin bread decorated with fresh fruit

Menu Coco Frutti Rock-Forest

FRENCH TOAST Mount Everest

CA\$20.85

Topped with a mountain of fruit served with English cream

Waffles Plain

CA\$14.85

Decorated with fresh fruits

Waffles Mont Everest

CA\$20.85

Topped with a mountain of fruits and English cream

Pancakes Mont Everest

CA\$20.85

Topped with a mountain of fruits and English cream

Pancakes Plain

CA\$14.85

Decorated with fresh fruits

Crepes

CREPES Bacon & Cheddar cheese

CA\$18.97

CREPES Banane-Chocolate

CA\$19.75

Crepe stuffed with bananas and home style pastry cream, drizzled with melted hazelnut-chocolate

CREPES Frutti

CA\$20.35

Crepe stuffed with a delightful variety of fresh fruits and home style pastry cream

Menu Coco Frutti Rock-Forest

Rainbow

CA\$25.25

Crepe with bananas, kiwis, strawberries, and blueberries, served with English cream, hazelnut-chocolate spread, and strawberry coulis

CREPES Plain

CA\$14.57

CREPES Buckwheat

CA\$14.25

Three buckwheat crepes served with molasses

CREPES Delicious

CA\$20.85

Apple, cheddar cheese, maple syrup.

Crepe Magic

CA\$25.25

Crepe stuffed with bananas, blueberries, raspberries, strawberries, and marshmallows, topped with hazelnut-chocolate spread and white chocolate

CREPES Three cheeses

CA\$17.05

CREPES Asparagus, ham and Swiss cheese

CA\$19.25

Eggs Benedict

BENEDICT: Coco

CA\$21.95

2 poached eggs, sautéed mushrooms, shallots & brie on English muffin topped with hollandaise sauce. Served with home style potatoes, fresh fruit, toast. Choose to have your eggs benedict on English muffin, crepes or french toast.

Menu Coco Frutti Rock-Forest

BENEDICT: Sweet 'N Salty

CA\$23.05

1 poached egg with bacon and cheddar, topped with Hollandaise sauce with choice of meat, accompanied by two crepes topped with fruit and hazelnut chocolate. Served with home style potatoes, fresh fruit, toast. Choose to have your eggs benedict on English muffin, crepes or french toast.

BENEDICT: European

CA\$21.95

2 poached eggs, tomatoes, bacon and cheddar topped with Hollandaise sauce and choice of meat. Served with home style potatoes, fresh fruit, toast. Choose to have your eggs benedict on English muffin, crepes or french toast.

BENEDICT: Tex-Mex

CA\$20.85

2 poached eggs, onions, tomatoes, guacamole, peppers and cheddar cheese, topped with Hollandaise sauce and Sriracha. Served with home style potatoes, fresh fruit, toast. Choose to have your eggs benedict on English muffin, crepes or french toast.

BENEDICT: Zen

CA\$26.35

2 poached eggs with smoked salmon, red onions, and avocado, topped with hollandaise sauce. Served on an English muffin with home style potatoes, and fresh fruits.

BENEDICT: Heart Healthy

CA\$25.25

2 poached eggs and smoked salmon on a bagel, topped with Hollandaise sauce. Served with home style potatoes, fresh fruit, toast. Choose to have your eggs benedict on English muffin, crepes or french toast.

BENEDICT: Smoked Meat

CA\$23.05

2 poached eggs, on English muffin with smoked meat, onion & Swiss cheese topped with hollandaise sauce. Served with home style potatoes, fresh fruit, toast. Choose to have your eggs benedict on English muffin, crepes or french toast.

BENEDICT: The Shy

CA\$17.55

2 poached eggs and ham, topped with hollandaise sauce. Served on an English muffin with home style potatoes, and fresh fruits.

BENEDICT: Bacon

CA\$20.85

2 poached eggs, bacon, melted cheese topped with hollandaise sauce. Served with home style potatoes, fresh fruit, toast. Choose to have your eggs benedict on English muffin, crepes or french toast.

BENEDICT: Palm Beach

CA\$23.05

2 poached eggs with bacon, sun-dried tomatoes, and avocado, topped with hollandaise sauce. Served on an English muffin with home style potatoes, and fresh fruits

Menu Coco Frutti Rock-Forest

BENEDICT: Classic

CA\$20.35

2 poached eggs, ham, Swiss cheese, topped with hollandaise sauce and choice of meat. Served on an English muffin with home style potatoes, and fresh fruits.

BENEDICT: Florentine

CA\$20.35

2 poached eggs, spinach and cheddar, topped with Hollandaise sauce, and your choice of meat. Served with home style potatoes, fresh fruit, toast. Choose to have your eggs benedict on English muffin, crepes or french toast.

The Special Plates

The Popular

CA\$20.85

2 eggs, choice of meat, with half a waffle topped with strawberries and bananas, strawberry coulis and hazelnut chocolate, served with home style potatoes

Healthy Golden Sandwich

CA\$19.75

French toast sandwich with ham, Swiss cheese, and an egg, served with a mountain of fresh fruits, home style potatoes, and home style English cream

Mirna Plate

CA\$21.95

A small crepe filled with strawberries and strawberry coulis, a small crepe filled with bananas and chocolate coulis, and a small crepe filled with apples and caramel coulis

Special Crepes

CA\$21.95

One ham and Swiss cheese crepe, one bacon and cheddar cheese crepe, and one spinach and cheddar cheese crepe, served with a mountain of fresh fruits and home style potatoes

California

CA\$21.95

2 eggs, avocado, tomatoes, and red onions on multigrain bread or bagel, served with a bowl of fresh fruits

Healthy breakfast

CA\$18.65

Un oeuf au choix, fromage cottage et bol de fruits, bagel ou rôties

Menu Coco Frutti Rock-Forest

The Atlantic Excellence

CA\$24.15

Plate of smoked salmon served with salad, capers, onions, bagel, cream cheese, and fresh fruits

Our Popular Casseroles

CASSEROLE: Avocado and bacon

CA\$24.15

Half avocado, bacon, potatoes, onions, peppers, tomatoes, choice of cheese, hollandaise sauce, 2 eggs, fresh fruits and toast.

CASSEROLE: Deluxe

CA\$23.05

Red and green peppers, tomatoes, spinach, onions, mushrooms, sausages, ham, bacon, potatoes, cheese, hollandaise sauce, 2 eggs, fresh fruits and toast.

CASSEROLE: Supreme

CA\$25.25

Smoked salmon, onions, mushrooms, potatoes, capers, hollandaise sauce & 2 eggs, fresh fruits and toast

CASSEROLE: Meat Lover's

CA\$23.05

Sausages, ham, bacon, potatoes, cheese, hollandaise sauce, 2 eggs & fresh fruits

CASSEROLE: Vegetarian

CA\$20.35

Vegetable, potatoes, cheese, hollandaise sauce, 2 eggs, fresh fruits and toast

Healthy Fruits

Yogourt: Himalaya

CA\$18.65

Mountain of fruit in a plain yogurt - English cream mix, topped with Muslix and Granola. Served with bagel or toast.

Yogourt: Fresh fruit

CA\$13.47

Served with bagel or toast.

Menu Coco Frutti Rock-Forest

Yogourt: Classic

CA\$18.65

Vanilla or plain yogurt, mixed fruits, and Grano. Served with bagel or toast.

Yogourt: Field Fruits

CA\$20.85

Bananas, blueberries, raspberries, strawberries, plain yogurt, and home style English cream. Served with a bagel or toast.

Sandwiches

Croque-Monsieur

CA\$17.55

Egg, ham, tomatoes, lettuce, and Swiss cheese. Served with home style potatoes and fresh fruits.

Club Coco Frutti

CA\$19.75

Breakfast club sandwich with tomatoes, lettuce, yellow cheese and your choice of meat. Served with home style potatoes and fresh fruits

Sandwich Norvégie

CA\$25.25

Smoked salmon on a bagel with cream cheese topped. Served with home style potatoes and fresh fruits

BLT with Egg

CA\$16.45

On an English muffin or bagel, one egg, bacon, tomatoes, lettuce. Served with home style potatoes and fresh fruits

For the Little Ones

Kids: crepe topped with Banana-chocolate

CA\$10.95

crepe, or French toast, or Waffle topped with Banana-chocolate

Kids: crepe topped with fruit

CA\$10.95

crepe, or French toast, or Waffle topped with fruit

Menu Coco Frutti Rock-Forest

Kids: French toast topped with Banana-chocolate CA\$10.95

Kids: Plain Waffle CA\$9.85

Kids: Waffle topped with fruit CA\$10.95

Kids: Plain crepe CA\$9.85

Plain crepe, or French toast, or Waffle

Kids: Plain French toast CA\$9.85

Kids: French toast topped with fruit CA\$10.95

Kids: Half waffle CA\$13.15

Topped with bananas and marshmallows, covered with hazelnut-chocolate sauce.

Kids: Waffle topped with Banana-chocolate CA\$10.95

Kids: hazelnut chocolate chip crepe topped with strawberries and bananas CA\$13.15

hazelnut chocolate chip crepe topped with strawberries and bananas

Menu Coco Frutti Rock-Forest

Kids: Yellow cheese omelette

CA\$9.07

Omelette yellow cheese

Kids: 1 egg with 1 choice

CA\$9.85

Choose from: bacon, ham, sausages, cretons, baked beans, bologna, or turkey bacon.

Kids: Cereal with toast

CA\$7.65

Cereal or oatmeal with toast

Extras

Extra bacon

CA\$6.05

Extra bacon

Extra sausages

CA\$5.45

Extra sausages or ham

Extra beef smoked sausage

CA\$7.15

beef smoked sausage

Extra whole avocado

CA\$7.97

whole avocado

Extra cretons

CA\$4.67

Extra cretons or bologna

Menu Coco Frutti Rock-Forest

Assorted field fruits cup

CA\$9.07

Assorted field fruits cup

Coffee

CA\$3.25

Toast and coffee

CA\$7.97

Toast and coffee

Toast, coffee, and cheese (1 slice)

CA\$9.85

Toast, coffee, and cheese (1 slice)

Toast, coffee, and cheese (2 slices)

CA\$10.17

Toast, coffee, and cheese (2 slices)

Oatmeal and toast

CA\$8.75

Oatmeal and toast .

Extra egg

CA\$4.35

Extra egg

Extra smoked meat

CA\$7.15

smoked meat

Extra smoked salmon

CA\$14.57

smoked salmon

Menu Coco Frutti Rock-Forest

Extra half avocado

half avocado

CA\$5.77

Extra ham

CA\$5.45

Extra bologna

CA\$4.67

Fruits bowl

Fruits bowl

CA\$9.07

Fruits cup

Fruits cup

CA\$6.55

Smoothies & Milk Shakes

Milk Shake Banana Split

Bananas, chocolate, and strawberry sauce Milk Shake made with vanilla ice cream.

CA\$7.65

SMOOTHIES: Southlake

Bananas, mangoes, raspberries, pineapple juice, yogurt, and honey

CA\$6.87

Milk Shake Strawberry

Strawberries and strawberry sauce Milk Shake made with vanilla ice cream.

CA\$7.65

Menu Coco Frutti Rock-Forest

Milk Shake Oreo

CA\$7.65

Chocolate chips and Oreo cookies Milk Shake made with vanilla ice cream.

SMOOTHIES: Roanoke

CA\$6.87

Mangoes, raspberries, apple juice, yogurt, and honey

Milk Shake Chocolat

CA\$7.65

Chocolate chips and chocolate sauce Milk Shake made with vanilla ice cream.

SMOOTHIES: (B&B)

CA\$6.87

Bananas, blueberries, pineapple juice, yogurt and honey

SMOOTHIES: Joliette

CA\$6.87

Bananas, mangoes, orange juice, yogurt, and honey Berry Splash:

Coffee & Beverages

Juices: Orange large

CA\$5.45

Hot chocolate

CA\$3.85

Hot chocolate

Juices: Orange small

CA\$4.35

Menu Coco Frutti Rock-Forest

Herbal tea **CA\$3.25**

Espresso **CA\$4.35**

Espresso

Cappuccino **CA\$5.45**

Cappuccino

Latté **CA\$5.77**

Latté

Latte - Bowl **CA\$6.33**

Milk **CA\$3.85**

Milk

Sparkling water **CA\$4.13**

Bottled water

Freshly squeezed Grapefruit juice: Small **CA\$6.55**

Freshly squeezed Orange or grapefruit juice: Small

Fresh squeezed orange juice (small) **CA\$6.55**

Menu Coco Frutti Rock-Forest

Freshly squeezed Grapefruit juice Large

CA\$7.65

Freshly squeezed Orange or grapefruit juice Large

Fresh squeezed orange juice (large)

CA\$7.65

Juices: Pineapple small

CA\$3.25

Juices: Pineapple, apple, orange, cranberry, tomato: Small

Juices: Apple small

CA\$4.35

Juices: Cranberry small

CA\$4.35

Juices: Grape small

CA\$4.35

Juices: Tomato small

CA\$4.35

Juices: Pineapple large

CA\$5.45

Juices: Pineapple, apple, orange, cranberry, tomato Large:

Juices: Apple large

CA\$5.45

Menu Coco Frutti Rock-Forest

Juices: Cranberry large

CA\$5.45

Juices: Grape large

CA\$5.45

Juices: Tomato large

CA\$5.45

Coffee

CA\$3.25

Tea

CA\$3.25

Tea and tisane
