

Menu

Tropé

1464 Rue Mackay, Montréal, QC H3G 2H6, Canada | (514) 989-2356

Most Ordered



Bon Matin / Bon matin

CA\$12.00

Peanut butter, banana, vanilla protein, oats, hemp seeds, almond milk / Beurre d'arachide, banane, protéine vanille, avoine, chanvre, lait d'amande



Avocado Toast / Toast à l'avocat

CA\$16.00

Avocado, micro greens, lime, olive oil, sourdough / Avocat, micro-pousses, lime, huile d'olive, pain au levain



Halloumi & Pesto Crema / Halloumi & pesto crema

CA\$15.00

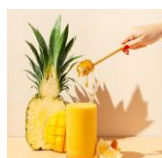
Halloumi, pesto crema, cucumber, tomato, pomegranate, olive oil, sourdough / Halloumi, pesto crema, concombre, tomate, grenade, huile d'olive, pain au levain



Labneh / Labneh

CA\$11.00

Whipped labneh, zaatar, cherry tomatoes, sourdough / Labneh fouetté, zaatar, tomates cerises, pain au levain



Golden Boost / Golden Boost

CA\$13.50

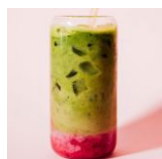
Pineapple, mango, passionfruit, lemon, ginger, turmeric, lion's mane, coconut milk / Ananas, mangue, fruit de la passion, citron, gingembre, curcuma, miel, crinière de lion, lait de coco.



Açai bowl / Bol d'açai

CA\$18.50

Açai, banana, blueberry, strawberry, almond milk, homemade granola, coconut chips, goji berry, almond butter / Açai, banane, bleuets, fraise, lait d'amande, granola maison, chips de coco, baie de goji, beurre d'amande



Iced Strawberry Dragonfruit Matcha / Matcha glacé aux fraises et pitaya

CA\$9.00

Iced strawberry dragon fruit matcha with oat milk and maple syrup / Matcha glacé aux fraises, pitaya, lait d'avoine et sirop d'érable

Menu Tropic



PB & J SMOOTHIE BOWL / PB & J BOL DE SMOOTHIE

CA\$19.00

Banana, blueberry, strawberry, raspberry, almond milk, vanilla protein, peanut butter. Topped with banana, blueberries, granola and peanut butter / Banane, bleuet, fraise, framboise, beurre d'arachide, lait d'amande, protéine vanille. Garni de granola, banane, bleuets et beurre d'arachide



Gigi / Gigi

CA\$14.50

Strawberry, raspberry, blueberry, dragon fruit, chia seeds, lemon, lime, aloe vera, collagen, honey, coconut water / fraise, framboise, bleuet, pitaya, citron, lime, aloe vera, collagène, graines de chia, miel, eau de coco



Iced vanilla and maple latte / Latte glacé vanille érable

CA\$7.00

House made pure maple and vanilla syrup. / Sirop d'érable et vanille pure fait maison

NEW MENU / NOUVEAUTÉS



ICED SHAKEN ESPRESSO / ICED SHAKEN ESPRESSO

CA\$8.00

Espresso, cinnamon, coconut sugar, oat milk. / Espresso, sucre de coco, cannelle, lait d'avoine.



APPLE CRUMBLE MATCHA / APPLE CRUMBLE MATCHA

CA\$9.00

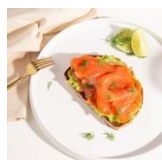
Organic ceremonial matcha, red apple, cinnamon, almond butter, maple syrup, oat milk. / matcha cérémonial bio, pomme rouge, cannelle, beurre d'amande, sirop d'érable, lait d'avoine.



CUPID'S CRUSH / CUPID'S CRUSH

CA\$15.00

Passion fruit, strawberry, pitaya, Greek yogurt, aloe vera, honey. / Fruit de la passion, fraise, pitaya, yogourt grec, aloe vera, miel.



SMOKED SALMON AVOCADO / SAUMON FUMÉ AVOCAT

CA\$24.00

Smoked salmon, avocado, lemon, lime, dill. / Saumon fumé, avocat, citron, citron vert, aneth.

Orange Creamsicle / Orange Creamsicle

CA\$18.00

Orange, mango, greek yogurt, collagen, Cymbiotika vitamin C, honey, orange zest. / Orange, mangue, yaourt grec, collagène, vitamine C Cymbiotika, miel, zeste d'orange.

Menu Tropé



KEY LIME PIE MATCHA / KEY LIME PIE MATCHA

CA\$9.00

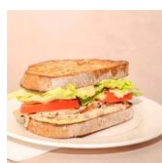
Organic ceremonial matcha, coconut cream, lemon, lime, maple syrup. / Matcha de cérémonie bio, crème de coco, citron, lime, sirop d'érable.



BURRATA / BURRATA

CA\$29.00

Burrata, hot honey, pistachios. / Burrata, miel épicé, pistaches.



CHICKEN CLUB SANDWICH / CHICKEN CLUB SANDWICH

CA\$17.00

Sourdough bread, iceberg lettuce, grilled chicken breast, tomatoes, spicy mayo sauce. / Pain au levain, laitue iceberg, tomates, poitrine de poulet rôti, sauce mayo épicée.

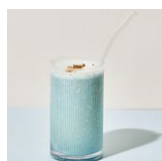


Muscle Up smoothie / Smoothie "Muscle Up"

CA\$14.50

Banana, blueberries, vanilla whey protein, oats, almond butter, hemp seeds, almond milk, maple syrup. / Banane, bleuets, protéine vanille whey, flocons d'avoine, beurre d'amande, graines de chanvre, lait d'amande, sirop d'érable.

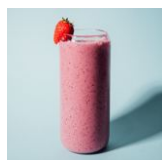
Smoothies / Smoothies



Cloud 9 / Cloud 9

CA\$12.50

Banana, dates, blue spirulina, bee pollen, coconut shreds, vanilla protein, coconut milk / Banane, dates, spiruline bleue, noix de coco râpée, pollen d'abeille, protéine vanille, lait de coco



PB & J / PB & J

CA\$14.50

Peanut Butter, banana, strawberry, blueberry, raspberry, vanilla protein, almond milk / Beurre d'arachide, banane, fraise, framboise, bleuet, protéine vanille, lait d'amande



Golden Boost / Golden Boost

CA\$13.50

Pineapple, mango, passionfruit, lemon, ginger, turmeric, lion's mane, coconut milk / Ananas, mangue, fruit de la passion, citron, gingembre, curcuma, miel, crinière de lion, lait de coco.

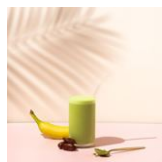


Tropé / Tropé

CA\$12.00

Banana, pineapple, mango, coconut shreds, spirulina, moringa, hemp seeds, honey, coconut milk / Banane, ananas, mangue, noix de coco râpée, spiruline, moringa, chanvre, miel, lait de coco

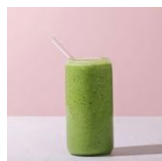
Menu Tropé



Matcha Goddess / Matcha Goddess

CA\$13.50

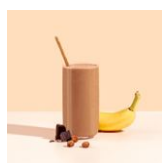
Matcha, banana, coconut butter, vanilla protein, dates, oat milk / Matcha, banana, beurre de coco, protéine vanille, dattes, lait d'avoine



Green Attitude / Green attitude

CA\$14.50

Spinach, kale, green apple, cucumber, pineapple, almond milk / Épinard, chou frisé, pomme verte, concombre, ananas, lait d'amande



Choco-noisette / CHOCO-NOISETTE

CA\$13.00

Banana, cacao, hazelnut, almond butter, dates, chocolate protein, almond milk / Banane, cacao, noisette, beurre d'amande, dattes, protéine chocolat, lait d'amande



Muscle Up smoothie / Smoothie "Muscle Up"

CA\$14.50

Banana, blueberries, vanilla whey protein, oats, almond butter, hemp seeds, almond milk, maple syrup. / Banane, bleuets, protéine vanille whey, flocons d'avoine, beurre d'amande, graines de chanvre, lait d'amande, sirop d'érable.



CUPID'S CRUSH / CUPID'S CRUSH

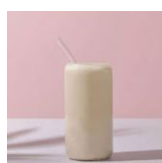
CA\$15.00

Passion fruit, strawberry, pitaya, Greek yogurt, aloe vera, honey. / Fruit de la passion, fraise, pitaya, yogourt grec, aloe vera, miel.

Orange Creamsicle / Orange Creamsicle

CA\$18.00

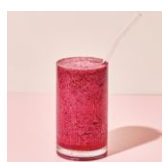
Orange, mango, greek yogurt, collagen, Cymbiotika vitamin C, honey, orange zest. / Orange, mangue, yaourt grec, collagène, vitamine C Cymbiotika, miel, zeste d'orange.



Bon Matin / Bon matin

CA\$12.00

Peanut butter, banana, vanilla protein, oats, hemp seeds, almond milk / Beurre d'arachide, banane, protéine vanille, avoine, chanvre, lait d'amande

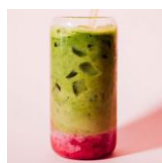


Gigi / Gigi

CA\$14.50

Strawberry, raspberry, blueberry, dragon fruit, chia seeds, lemon, lime, aloe vera, collagen, honey, coconut water / fraise, framboise, bleuets, pitaya, citron, lime, aloe vera, collagène, graines de chia, miel, eau de coco

Lattes / Lattes



Iced Strawberry Dragonfruit Matcha / Matcha glacé aux fraises et pitaya **CA\$9.00**

Iced strawberry dragon fruit matcha with oat milk and maple syrup / Matcha glacé aux fraises, pitaya ,lait d'avoine et sirop d'érable



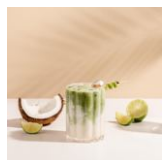
Super Matcha Latte / Super Matcha Latté **CA\$9.00**

Organic ceremonial matcha, oat milk, honey, lion's mane, reishi, bee pollen / Matcha cérémonial bio, lait d'avoine, miel, crinière de lion, reishi, polène d'abeille



APPLE CRUMBLE MATCHA / APPLE CRUMBLE MATCHA **CA\$9.00**

Organic ceremonial matcha, red apple, cinnamon, almond butter, maple syrup, oat milk. / matcha cérémonial bio, pomme rouge, cannelle, beurre d'amande, sirop d'érable, lait d'avoine.



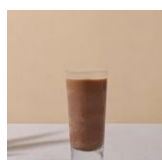
KEY LIME PIE MATCHA / KEY LIME PIE MATCHA **CA\$9.00**

Organic ceremonial matcha, coconut cream, lemon, lime, maple syrup. / Matcha de cérémonie bio, crème de coco, citron, lime, sirop d'érable.



Iced vanilla and maple latte / Latte glacé vanille érable **CA\$7.00**

House made pure maple and vanilla syrup. / Sirop d'érable et vanille pure fait maison



Tropé Latte / Tropé latte **CA\$9.00**

Reishi, chaga, lion's mane, cinnamon, nutmeg, cacao, coconut sugar, almond milk / Reishi, chaga, criniere de lion, cannelle, muscade, cacao, sucre de coco, lait d'amande

Bols



PB & J SMOOTHIE BOWL / PB & J BOL DE SMOOTHIE **CA\$19.00**

Banana, blueberry, strawberry, raspberry, almond milk, vanilla protein, peanut butter. Topped with banana, blueberries, granola and peanut butter / Banane, bleuets, fraise, framboise, beurre d'arachide, lait d'amande, protéine vanille. Garni de granola, banane, bleuets et beurre d'arachide



CHOCO-AÇAÍ / CHOCO-AÇAÍ **CA\$20.00**

Açaí, banana, blueberry, strawberry, honey, almond milk. Topped with banana, homemade granola, peanut butter, cacao powder, homemade chocolate sauce. / Açaí, banane, bleuets, fraises, miel, lait d'amande. Garniture : banane, granola maison, beurre d'arachide , poudre de cacao, sauce au chocolat maison.

Menu Tropé



Açaí bowl / Bol d'açaí

CA\$18.50

Açaí, banana, blueberry, strawberry, almond milk, homemade granola, coconut chips, goji berry, almond butter / Açaí, banane, bleuet, fraise, lait d'amande, granola maison, chips de coco, baie de goji, beurre d'amande

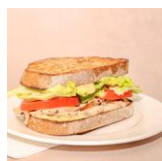


PASSION SMOOTHIE BOWL / PASSION BOL DE SMOOTHIE

CA\$18.50

Passionfruit, mango, pineapple, sea buckthorn berry, honey, coconut milk. Topped with strawberries, goji berries and pomegranate. / Fruit de la passion, mangue, ananas, baie d'argousier, miel, lait de coco. Garni de fraises, baies de goji et grenade.

Toasts / Toasts



CHICKEN CLUB SANDWICH / CHICKEN CLUB SANDWICH

CA\$17.00

Sourdough bread, iceberg lettuce, grilled chicken breast, tomatoes, spicy mayo sauce. / Pain au levain, laitue iceberg, tomates, poitrine de poulet rôti, sauce mayo épicée.



Labneh / Labneh

CA\$11.00

Whipped labneh, zaatar, cherry tomatoes, sourdough / Labneh fouetté, zaatar, tomates cerises, pain au levain



SMOKED SALMON AVOCADO / SAUMON FUMÉ AVOCAT

CA\$24.00

Smoked salmon, avocado, lemon, lime, dill. / Saumon fumé, avocat, citron, citron vert, aneth.



BURRATA / BURRATA

CA\$29.00

Burrata, hot honey, pistachios. / Burrata, miel épicé, pistaches.



Avocado Toast / Toast à l'avocat

CA\$16.00

Avocado, micro greens, lime, olive oil, sourdough / Avocat, micro-pousses, lime, huile d'olive, pain au levain

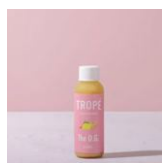


Halloumi & Pesto Crema / Halloumi & pesto crema

CA\$15.00

Halloumi, pesto crema, cucumber, tomato, pomegranate, olive oil, sourdough / Halloumi, pesto crema, concombre, tomate, grenade, huile d'olive, pain au levain

Wellness Shots / Shot Santé



The O.G / The O.G

CA\$5.00

Ginger, lemon, cayenne / Gingembre, citron, cayenne

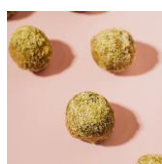


Bee Well / Bee Well

CA\$5.50

Ginger, lemon, honey, turmeric, black pepper / Gingembre, citron, miel, curcuma, poivre noir

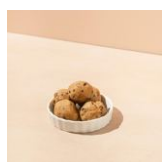
Grab & Go / À emporter



Matcha energy ball / Boule d'énergie matcha

CA\$4.00

Matcha, vanilla protein, honey, organic gluten-free rolled oats, coconut shreds / Matcha, protéine vanille, miel, flocons d'avoine sans-gluten, noix de cajou, noix de coco râpée.



Peanut butter energy ball / Peanut butter energy ball

CA\$3.00

Peanut butter, organic gluten-free rolled oats, dark chocolate chips, maple syrup. / Beurre d'arachide, flocons d'avoine sans-gluten bio, pépites de chocolat noir, sirop d'érable.



Eat love Organic almond butter cup / Cup au beurre d'amande biologique

CA\$6.00

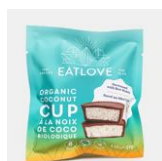
Rich organic almond butter encased in a smooth chocolate shell.



Eat love peanut butter / Eat love beurre d'arachide

CA\$6.00

Organic peanut butter cup with rich, creamy peanut butter filling, encased in a smooth chocolate shell.



Eat love coconut / Eat love noix de coco

CA\$6.00

Organic coconut cup sweetened with raw honey.



Nomz Hazelnut / Noisette

CA\$4.99

Almonds, dates, cocoa, hazelnuts, sea salt / Amandes, dattes, cacao, noisettes, sel de mer



Nomz Almond / Nomz Amande

CA\$4.99

Almonds, dates, cocoa, sea salt / Amandes, dattes, cacao, sel de mer



Nomz Coconut / Noix de coco

CA\$4.99

Almonds, dates, cocoa, coconut, sea salt / Amandes, dattes, cacao, noix de coco, sel de mer



PROTEIN COOKIE DOUGH-DOUBLE CHOCOLATE / PROTEIN COOKIE DOUGH-DOUBLE CHOCOLATE

CA\$4.99

24g of protein / 24g de protéine



PROTEIN COOKIE DOUGH- CLASSIC FLAVOR / PROTEIN COOKIE DOUGH- CLASSIC FLAVOR

CA\$4.99

24g of protein. / 24g de protéine.



HOLOS PROTEIN BAR-OATMEAL+CHOCOLATE CHIP / HOLOS PROTEIN BAR-OATMEAL+CHOCOLATE CHIP

CA\$5.99

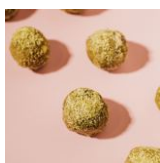
15g of protein. / 15g de protéines.



HOLOS PROTEIN BAR-COCOA+HAZELNUT / HOLOS PROTEIN BAR-COCOA+HAZELNUT

CA\$5.99

15g of protein. / 15g de protéines.



4 Matcha Energy Balls / 4 Boules d'énergie Matcha

CA\$13.00

4 Matcha energy balls ingredients: Matcha, vanilla protein, honey, organic gluten free rolled oats, cashews, coconut shreds / 4 boules d'énergie Matcha ingrédients: Matcha, protéine de vanille, miel, flocons d'avoine sans gluten & biologiques, noix de cajou, noix de coco râpée



Gluten-Free Blueberry Lemon Muffin / Muffin bleuets-citron sans gluten

CA\$4.95

Blueberries, lemon, almond flower, honey / Bleuets, citron farine d'amande, miel

Coffee & tea / Café et thé



Cappuccino / Cappuccino

Regular, almond, oat, coconut, or macadamia.

CA\$5.75



Latte / Latte

Creamy coffee with choice of regular, almond, oat, coconut, or macadamia milk.

CA\$5.75



Iced latte / Latté Glacé

Iced Latte / Latté Glacé Various milk options including regular, almond, oat, coconut, and macadamia.

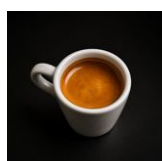
CA\$6.25



Iced Matcha Latte / Matcha Glacé

Iced matcha latte / matcha glacé - Served with choice of regular milk, almond milk, oat milk, coconut milk, or macadamia milk.

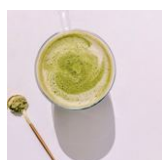
CA\$7.00



Double espresso / Double Espresso

A double shot of espresso, typically featuring a robust and intense coffee flavor, brewed by forcing hot water through finely ground coffee beans.

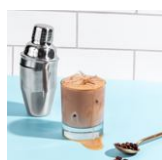
CA\$5.00



Matcha Latte / Matcha Latte

Organic ceremonial matcha latte / Latté au matcha cérémonial biologique

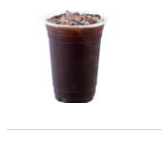
CA\$6.75



ICED SHAKEN ESPRESSO / ICED SHAKEN ESPRESSO

Espresso, cinnamon, coconut sugar, oat milk. / Espresso, sucre de coco, cannelle, lait d'avoine.

CA\$8.00



Iced Americano / Américano Glacé

Bold espresso combined with water over ice for a refreshing coffee experience.

CA\$5.00



Americano / Americano

Espresso shots topped with hot water for a classic, straightforward coffee experience.

CA\$5.00
