



Menu

Café Ocean Bar

1781 Chem. Gascon, Terrebonne, QC J6X 4E3, Canada | (450) 824-1070

Most Ordered

Panini Ocean

CA\$24.00

Steak, pepperoni, champignons, oignons caramélisés, poivrons grillés marinés et mozzarella. Servi avec une portion de frites. / Steak, pepperoni, mushrooms, caramelized onions, marinated grilled peppers and mozzarella. Served with a portion of French fries.

Panini steak / Steak Panini

CA\$22.00

Salade, tomate, aubergines marinées (choix épicées ou douces) et mozzarella. Accompagnés d'une portion de frites. / Salad, tomato, marinated eggplant (choice spicy or mild) and mozzarella. Served with a portion of French fries.

Tortellini sauce rosée / Tortellini with Rosé Sauce

CA\$23.00

Cheese-filled tortellini coated in a creamy tomato-based rosé sauce, sprinkled with fresh herbs.

Luigine sauce Alfredo avec poulet grillé et bacon / Linguine Alfredo Sauce with Grilled Chicken and Bacon

CA\$21.50

Linguine coated in a creamy Alfredo sauce, topped with slices of grilled chicken and bits of bacon, garnished with herbs.

Ocean Angus burger au fromage et bacon / Ocean Angus Cheeseburger Bacon

CA\$19.50

100% bouf Angus, ¼ de livre, salade, tomate, bacon, fromage cheddar et oignons sur pain kaiser. Servi avec une portion de frites. / 100% Angus beef, ¼ pound, salad, tomato, bacon, cheddar cheese and onions on kaiser bread. Served with a portion of French fries.

Bâtonnets de fromage / Cheese Sticks

CA\$13.00

5 bâtonnets de fromage, servi avec sauce tomate. / 5 cheese sticks, served with tomato sauce.

Pizza pepperoni fromage / Pepperoni Cheese Pizza

CA\$22.00

Sauce tomate, pepperoni et mozzarella. / Tomato sauce, pepperoni and mozzarella.

Menu Café Ocean Bar

Nachos aux Trois Fromages

CA\$18.00

Servi avec crème sure et salsa. / Served with sour cream and salsa.

Poutine régulière / Regular Poutine

CA\$18.00

Frites, sauce maison et fromage en grains. / French fries, homemade sauce and cheese curds.

Burger Poulet Club / Burger Chicken Club

CA\$19.50

Poitrine de Poulet Grillée, Bacon, Laitue et Tomates. / Grilled Chicken Breast, Bacon, Lettuce and Tomatoes.

Salade entrée / Starter Salad

Salade grecque / Greek Salad

CA\$13.00

Concombre, tomate, oignons rouges et fromage feta. / Cucumber, tomato, red onions and feta cheese.

Salade du jardin / Garden Salad

CA\$10.00

Salade mixte, tomates, concombre, oignons rouges et vinaigrette maison. / Mixed salad, tomatoes, cucumber, red onions and homemade vinaigrette.

Salade César (entrée) / Caesar Salad (Starter)

CA\$12.00

Bacon, parmesan, croûtons et vinaigrettes César. / Bacon, parmesan, croutons and Caesar dressings.

Entrées chaudes / Hot Starters

Calmars Frits / Fried Calamari

CA\$22.00

Tender rings of calamari, lightly breaded and accompanied by lemon wedges and a duo of dipping sauces.

Ailes de poulet - 6 Morceaux : Chicken Wings - 6 Pieces

CA\$18.00

Six crispy chicken wings accompanied by a side of tangy barbecue sauce and creamy ranch dressing.

Menu Café Ocean Bar

Arancini

CA\$14.00

Crispy golden arancini over a tangy tomato sauce garnished with fresh greens.

Pain à l'ail

CA\$8.00

Freshly baked bread typically topped with garlic butter and herbs, then toasted to a golden perfection.

Polpettes

CA\$18.00

3 boulettes aux trois viandes servis avec une sauce tomate maison traditionnelle. / 3 meatballs with three meats served with a traditional homemade tomato sauce.

Crevettes tempura / Shrimp Tempura

CA\$18.00

8 morceaux accompagnés d'une sauce mayonnaise épicée. / 8 pieces served with a spicy mayonnaise sauce.

Ailes de poulet - 12 Morceaux : Chicken Wings - 12 Pieces

CA\$29.50

Servi avec une sauce ranch et BBQ. / Served with ranch and BBQ sauce.

Rondelle d'oignon / Oignon ring

CA\$10.75

Portion entre 10 et 12. / Portion between 10 and 12.

Croquettes de Morue (3) / Cod Croquettes (3)

CA\$20.50

Three golden-brown cod croquettes, accompanied by a tangy sauce.

Bâtonnets de fromage / Cheese Sticks

CA\$13.00

5 bâtonnets de fromage, servi avec sauce tomate. / 5 cheese sticks, served with tomato sauce.

Nachos aux Trois Fromages

CA\$18.00

Servi avec crème sure et salsa. / Served with sour cream and salsa.

Poutines et frites / Poutines and Fries

Gnocchi Poutine

CA\$25.00

A twist on a Canadian classic with pillowy gnocchi, cheese curds, and rich brown gravy, garnished with chopped green onions.

Poutine italienne / Italian Poutine

CA\$20.00

Sauce à la viande et fromage en grains. / Meat sauce and cheese curds.

Frites et sauce / French fries and Sauce

CA\$10.00

Crispy golden French fries generously drizzled with a rich, savory sauce.

Frites / French Fries

CA\$9.00

Golden and crispy French fries served with a side of creamy mayonnaise and tangy ketchup.

Poutine régulière / Regular Poutine

CA\$18.00

Frites, sauce maison et fromage en grains. / French fries, homemade sauce and cheese curds.

Poutine steak / Steak Poutine

CA\$24.00

Frites maison, steak, pepperoni, oignons caramélisés, poivrons grillés, sauce maison et fromage en grains. / Homemade French fries, steak, pepperoni, caramelized onions, grilled peppers, homemade sauce and cheese curds.

12" Pizza

Pizza prosciutto / Prosciutto Pizza

CA\$29.00

Prosciutto, roquette, flocons de parmesan, mozzarella et coulis de balsamique. / Prosciutto, arugula, parmesan flakes, mozzarella and balsamic coulis.

Pizza toute garnie / All Dressed Pizza

CA\$24.00

Sauce tomate, pepperoni, champignons, piments rouges et mozzarella. / Tomato sauce, pepperoni, mushrooms, red bell peppers and mozzarella.

Menu Café Ocean Bar

Pizza Saucisse Italienne et poivrons grillés / Pizza Italian sausage and grilled peppers CA\$28.00

Sauce Tomate, Saucisse italienne, poivrons grillés et Mozzarella. / Tomato sauce, Italian sausage, grilled peppers and Mozzarella .

Pizza Végétarienne/ Vegetarian Pizza CA\$21.00

Poivrons, champignons, oignons et mozzarella. / Peppers, mushrooms, onions and mozzarella.

Pizza steak jardinière / Steak Garden Pizza CA\$25.00

Sauce tomate, steak, mélange de légumes marinés et épicés et mozzarella. / Tomato sauce, steak, mix of marinated and spicy vegetables and mozzarella.

Pizza saucisse et rapini / Sausage and Rapini Pizza CA\$28.00

Sauce tomate, saucisse, rapini et mozzarella. / Tomato sauce, sausage, rapini and mozzarella.

Pizza pepperoni fromage / Pepperoni Cheese Pizza CA\$22.00

Sauce tomate, pepperoni et mozzarella. / Tomato sauce, pepperoni and mozzarella.

Fromaggio CA\$20.00

Sauce tomate et mozzarella. / Tomato sauce and mozzarella.

10" Panini

Panini Ocean CA\$24.00

Steak, pepperoni, champignons, oignons caramélisés, poivrons grillés marinés et mozzarella. Servi avec une portion de frites. / Steak, pepperoni, mushrooms, caramelized onions, marinated grilled peppers and mozzarella. Served with a portion of French fries.

Panini Poulet / Chicken Panini CA\$21.00

Garnie de salade, tomate, aubergine marinée et fromage mozzarella. accompagnés d'une portion de frites. / garnished with salad, tomato, marinated eggplant and mozzarella cheese. served with a portion of french fries.

Menu Café Ocean Bar

Panini steak / Steak Panini

CA\$22.00

Salade, tomate, aubergines marinées (choix épicées ou douces) et mozzarella. Accompagnés d'une portion de frites. / Salad, tomato, marinated eggplant (choice spicy or mild) and mozzarella. Served with a portion of French fries.

Panini saucisse italienne / Italian Sausage Panini

CA\$21.00

Salade, tomate, aubergines marinées (choix épicées ou douces) et mozzarella. Accompagnés d'une portion de frites. / Salad, tomato, marinated eggplant (choice spicy or mild) and mozzarella. Served with a portion of French fries.

Salade repas / Meal Salad

Salade César - poulet grillé / Caesar Salad - Grilled Chicken

CA\$21.50

Poulet grillé, bacon, parmesan, croûtons et vinaigrette César. / Grilled chicken, bacon, parmesan and croutons and Caesar vinaigrette.

Salade au thon / Tuna Salad

CA\$20.00

Concombre, oignons rouges, tomates, mayonnaise et vinaigrette maison. / Cucumber, red onions, tomatoes, mayonnaise and homemade vinaigrette.

Salade Grec au Poulet Grillé/ Grilled Chicken Greek Salad

CA\$22.50

Grilled chicken atop a blend of lettuce, tomatoes, cucumbers, red onions, feta cheese, and Kalamata olives, dressed in a classic Greek vinaigrette.

Salade jardinière au steak / Steak Garden Salad

CA\$21.00

Salade mixte avec aubergines marinées et mozzarella. / Mixed salad with marinated eggplant and mozzarella.

Salade Jardinière au poulet grillé / Grilled Chicken Garden Salad

CA\$22.50

Concombre, oignons rouges, tomates et vinaigrette maison. / Cucumber, red onions, tomatoes and homemade vinaigrette.

Burgers

Hamburger Steak

CA\$17.00

(2 boulettes), oignons caramélisés, sauce brune servis avec frites. / (2 patties), caramelized onions, brown sauce served with fries.

Menu Café Ocean Bar

Ocean Angus burger au fromage et bacon / Ocean Angus Cheeseburger Bacon CA\$19.50

100% bouf Angus, ¼ de livre, salade, tomate, bacon, fromage cheddar et oignons sur pain kaiser.
Servi avec une portion de frites. / 100% Angus beef, ¼ pound, salad, tomato, bacon, cheddar cheese and onions on kaiser bread. Served with a portion of French fries.

Burger Poulet Club / Burger Chicken Club CA\$19.50

Poitrine de Poulet Grillée, Bacon, Laitue et Tomates. / Grilled Chicken Breast, Bacon, Lettuce and Tomatoes.

Pâtes / Pasta

Penne Gigi / Penne Gigi CA\$23.50

Penne pasta tossed with mushrooms, diced tomatoes, and a creamy sauce, garnished with fresh herbs.

Spaghetti sauce bolognaise / Spaghetti with Bolognese Sauce CA\$22.00

Spaghetti tossed with a rich meat sauce, garnished with chopped parsley.

Lasagne / Lasagna CA\$23.00

Layered pasta sheets with tomato sauce, ground meat, and melted cheese, garnished with fresh arugula.

Gnocchi aux Fromage Fondant / Mlting Cheese Gnocchi CA\$22.00

Soft gnocchi in a rich tomato sauce, garnished with fresh herbs and melted cheese.

Spaghetti sauce tomate et basilic / Spaghetti with Tomato Sauce and Basil CA\$20.00

Al dente spaghetti tossed in a rich tomato sauce, garnished with fresh basil.

Tortellini sauce rosée / Tortellini with Rosé Sauce CA\$23.00

Cheese-filled tortellini coated in a creamy tomato-based rosé sauce, sprinkled with fresh herbs.

Menu Café Ocean Bar

Luigine sauce Alfredo avec poulet grillé et bacon / Linguine Alfredo Sauce with Grilled Chicken

Linguine coated in a creamy Alfredo sauce, topped with slices of grilled chicken and bits of bacon, garnished with herbs.

CA\$21.50

Breuvages / Beverages

Thé glacé / Ice Tea

CA\$2.75

A chilled, lemon-flavored iced tea, lightly sweetened and ready to refresh.

Coke

CA\$2.75

Cola with a distinct, classic flavor, served chilled.

7 Up

CA\$2.75

A crisp, lemon-lime flavored carbonated soft drink.

Boisson énergisante / Energy Drink

CA\$7.00

A canned energy drink designed to boost mental and physical performance.

Brio

CA\$3.25

A bitter-sweet Italian soda with a unique herbal flavor profile.

Bouteille d'eau / Bottle of Water

CA\$3.25

A clear, refreshing bottle of water to complement your meal.

Café latté / Latte Coffee

CA\$4.25

A blend of espresso and steamed milk, topped with a layer of frothy foam.

Menu Café Ocean Bar

Cappuccino

CA\$4.25

A frothy blend of espresso and steamed milk, dusted with a touch of cocoa powder.

Espresso

CA\$3.25

A rich, concentrated coffee with a deep, robust flavor.

Coke diète / Diet Coke

CA\$2.75

A sugar-free cola with a light, crisp taste.

Eau gazeuse / Sparkling Water

CA\$4.75

A refreshing sparkling water with a crisp carbonation.

Desserts - Les Délices Lafrenai

Mousse au Chocolat / Chocolat Mousse

CA\$9.25

Silky chocolate mousse topped with a glossy chocolate glaze and delicate chocolate pieces.

Gâteau au Fromage & fruit des champs / Cheesecake and field berries

CA\$9.25

A slice of cheesecake topped with a generous assortment of fresh field berries.

Tiramisu

CA\$9.25

A layered Italian dessert with mascarpone cheese, espresso-soaked ladyfingers, and dusted with cocoa powder.
