



## Menu

# Resto déjeuner Chez Sonia

601 Rue de Martigny O, Saint-Jérôme, QC J5L 1Z6, Canada | (450) 560-9812

## Most Ordered



### Spécial 1

2 oeufs, 3 viandes, creton, petite crêpe / 2 eggs, 3 meats, creton, small pancake.

CA\$20.50



### Spécial 5

2 ufs, 1 viande, crêpe, banane, coulis chocolat, crème anglaise / 2 eggs, 1 meat, pancake, banana, chocolate coulis, crème anglaise.

CA\$20.50



### 2 oeufs, choix 1 viande / 2 Eggs, Choice 1 Meat

Two eggs over classic poutine, choice of bacon, balone, cretons, ham, or sausages nestled among crispy fries and cheese curds, crowned with rich gravy.

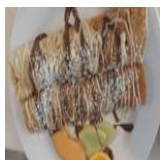
CA\$20.25



### 2 oeufs choix 1 viande / 2 Eggs & Choice Of 1 Meat

Two eggs, prepared your way: over hard, scrambled, sunny-side up, over easy, or over medium. Choice of one protein: bacon, balone, cretons, ham, or sausages.

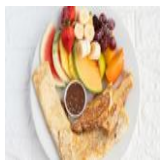
CA\$14.99



### Banane coulis de chocolat / Banana With Chocolate Coulis

/ .

CA\$18.50



### Pain doré avec fruits frais, crème anglaise / Golden Bread with Fresh Fruit, Custard

/ .

CA\$10.25

### Spécial 2

3 oeufs, 2 viandes, creton, / 3 eggs, 2 meats, creton,

CA\$20.50

## Menu Resto déjeuner Chez Sonia

### Oeuf, 1 viande, fromage / Egg, 1 Meat & Cheese

CA\$18.99

Egg, choice of one protein (bacon, baloney, cretons, ham, or sausage), and cheese sandwich.

### Bénédictine

CA\$22.50

2 oeufs pochés, jambon, sauce hollandaise, sur mc-muffin / 2 poached eggs, ham, hollandaise sauce, on mc-muffin.

### 2 petites crêpes, coulis chocolat / 2 Small Pancakes, Chocolate Sauce

CA\$9.99

Deux petites crêpes avec une sauce au chocolat riche. Les boissons proposées incluent du jus d'orange ou du lait.

## Les oeufs / Eggs



### 2 oeufs nature / 2 Plain Eggs

CA\$10.25

Two plain eggs, choice of over hard, scrambled, sunny-side up, over easy, or over medium.

### 2 oeuf rôti de porc / Roast Pork & Egg

CA\$14.99

Egg served with roast pork; choice of over hard, scrambled, sunny-side up, over easy, or over medium preparation.

### 2 oeufs boeufs haché/2 eggs with beef

CA\$14.99

Fresh fruit paired with one egg, choice of over hard, scrambled, sunny-side up, over easy, or over medium.



### 2 oeufs choix 1 viande / 2 Eggs & Choice Of 1 Meat

CA\$14.99

Two eggs, prepared your way: over hard, scrambled, sunny-side up, over easy, or over medium. Choice of one protein: bacon, balone, cretons, ham, or sausages.

## Les omelettes / Omelettes

### Western /

CA\$18.99

Jambon, piments, oignons. / Ham, peppers, onions.

## Menu Resto déjeuner Chez Sonia

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### Jambon ou bacon, fromage / Ham or Bacon and Cheese

CA\$18.99

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### Nature /

CA\$13.99

A simple blend of whisked eggs, gently cooked to create a tender, folded omelette.  

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### Champignon / Mushroom

CA\$15.99

Eggs whisked with sautéed mushrooms, typically includes a blend of cheeses.  

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### Mexicaine / Mexican

CA\$18.99

Piments, champignons, oignons, tomates, salsa. / Peppers, mushrooms, onions, tomatoes, salsa.  

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### Viande fumée, fromage suisse / Smoked Meat & Swiss cheese

CA\$20.50

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### Fromage / Cheese

CA\$16.99

Whisked eggs folded with a selection of cheeses, served as a fluffy omelette.  

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### Du jardin / From The Garden

CA\$18.99

Piments, champignons, oignons, tomates, origan. / Peppers, mushrooms, onions, tomatoes, oregano.  

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## Les sandwiches / Sandwiches

### Oeuf / Egg

CA\$9.50

Egg sandwich typically includes scrambled or fried eggs on bread, often accompanied by condiments like mayo.  

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## Menu Resto déjeuner Chez Sonia

### Western /

CA\$13.99

Jambon, piments, oignons. / Ham, peppers, onions.

### Oeuf fromage / Egg And Cheese

CA\$10.50

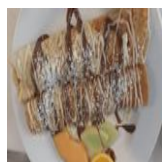
Scrambled or fried eggs paired with melted cheese on bread, reflecting a simple yet classic breakfast option.

### Oeuf fromage, choix 1 viande / Egg And Cheese, Choice Of 1 Meat

CA\$13.99

Egg and cheese sandwich with choice of bacon, bologna, pork spread, ham, or sausage.

## Les crêpes / Pancakes



### Banane coulis de chocolat / Banana With Chocolate Coulis

CA\$18.50

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### Nature / Plain

CA\$13.99

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### 3 galettes de sarrazin / 3 Buckwheat Pancakes

CA\$13.99

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### Fruits frais, crème anglaise / Fresh Fruit & Custard

CA\$18.99

Les fruits variés selon la saison

### Brisures de chocolat / Chocolate Chips

CA\$16.50

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## Menu Resto déjeuner Chez Sonia

### Jambon Fromage / Ham & Cheese

CA\$19.50

A traditional crepe filled with sliced ham and melted cheese, offering a simple yet satisfying combination.

### Bacon fromage / Bacon & Cheese

CA\$19.50

Hand-turned crepe filled with crispy bacon and melted cheese, combining both savory flavors in a delicate wrap.

## Club déjeuner / Breakfast Club

### Oeuf, 1 viande, fromage / Egg, 1 Meat & Cheese

CA\$18.99

Egg, choice of one protein (bacon, baloney, cretons, ham, or sausage), and cheese sandwich.



### Viande fumée / Smoked Meat

CA\$20.50

Layers of smoked meat, crispy bacon, fresh lettuce, tomato, and fried egg on toasted bread, served with seasoned potato cubes and a side of baked beans.

### Oeuf, rôti de porc / Egg, Roast Pork

CA\$19.50

Roast pork and a freshly prepared egg nestled between slices of bread, typically includes a selection of condiments to complement the flavors.

## Poutine à déjeuner / Breakfast Poutine

### Végétarien/vegetable

CA\$19.25

Sautéed vegetables, scrambled eggs, breakfast potatoes, cheese curds, and hollandaise sauce.



### 2 eufs, choix 1 viande / 2 Eggs, Choice 1 Meat

CA\$20.25

Two eggs over classic poutine, choice of bacon, baloney, cretons, ham, or sausages nestled among crispy fries and cheese curds, crowned with rich gravy.



### Viande fumée / Smoked Meat

CA\$21.25

Layers of smoked meat, cheese curds, and gravy over crispy fries.

# Menu Resto déjeuner Chez Sonia

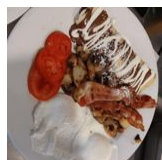
## Les spéciaux / Specials



### Spécial 1

2 oeufs, 3 viandes, creton, petite crêpe / 2 eggs, 3 meats, creton, small pancake.

CA\$20.50



### Spécial 5

2 oeufs, 1 viande, crêpe, banane, coulis chocolat, crème anglaise / 2 eggs, 1 meat, pancake, banana, chocolate coulis, crème anglaise.

CA\$20.50

### Spécial 2

3 oeufs, 2 viandes, creton, / 3 eggs, 2 meats, creton,

CA\$20.50

### Spécial 3

2 oeufs, 1 viande, 1 pain dore / 2 eggs, 1 meat, 1 french toast.

CA\$20.50

### Spécial 4

2 oeufs, viande fumée / 2 eggs, smoked meat.

CA\$20.50

## Les combos / The Combos

### Bénédictine

2 oeufs poché, jambon, sauce hollandaise, sur mc-muffin / 2 poached eggs, ham, hollandaise sauce, on mc-muffin.

CA\$22.50

### Pain doré nature / Plain Golden Bread

2 tranches pain miche / 2 slices bread loaf.

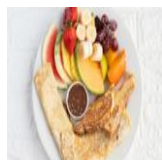
CA\$14.50

### Oeuf, jambon, suisse, patates / Egg, Ham, Swiss, Potatoes

Fruits frais / Fresh fruit.

CA\$19.50

## Menu Resto déjeuner Chez Sonia



**Pain doré avec fruits frais, crème anglaise / Golden Bread with Fresh Fruit, Custard**

### Lève-tôt

CA\$18.50

2 oeufs ,1 viande , grande crêpe, fruits frais, 2 eggs ,1 meat , big pancake fresh fruit.

### Duo

CA\$19.50

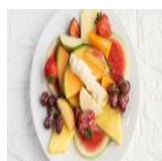
2 crêpes, 1 pain dore / 2 pancakes, 1 french toast.

### Assiette fruits frais / Fresh Fruit Plate

CA\$18.99

Crème anglaise / Custard. ERREUR DANS LA DESCRIPTION AUCUNE PAPAYE AUCUNE FRAISE MERCI

## Bagel ou Mc-muffin / Bagel or McMuffin



### Baguel fromage & FRUITS

CA\$12.99

A variety of fresh fruits including watermelon, pineapple, strawberries, grapes, banana, and melon slices, served with a bagel and cheese.

### Fromage à la crème / Cream Cheese

CA\$15.99

.Un bagel généreusement tartiné de fromage à la crème

### Oeuf, viande, fromage / Egg, Meat & Cheese

CA\$18.50

Egg sandwich featuring a choice of protein: bacon, bologne, pork spread, ham, or sausages. Served with melted cheese on a bagel or McMuffin.

## Repas / Meals

### Poitrine de poulet grille / Grilled Chicken Breast

CA\$19.99

Grilled chicken breast with a choice of french fries, mashed potatoes, rice, or salad as a side.

## Menu Resto déjeuner Chez Sonia

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### Brochette de poulet / Chicken Skewer

CA\$19.99

Chicken skewer served with choice of side: French fries, mashed potatoes, rice, or salad.

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### Filet de poisson / Fish Fillet

CA\$17.99

Fried fish fillet with choice of side: French fries, mashed potatoes, rice, or salad.

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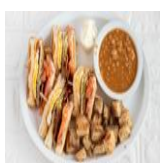
## Club sandwich

### Poulet grille / Grilled Chicken

CA\$19.50

Grilled chicken breast, typically paired with lettuce, tomato, and mayonnaise, served on a triple-layer sandwich.

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### Viande fumée / Smoked Meat

CA\$21.99

Layers of smoked meat, crispy bacon, fresh lettuce, juicy tomatoes, and fried egg, stacked between toasted bread slices. Served with a side of seasoned potato cubes and baked beans.

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### Rôti de porc / Pork Roast

CA\$19.50

Sliced pork roast with lettuce, tomato, and mayonnaise, typically includes a layer of cheese, served on a multi-layered sandwich.

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## Pita ou wrap / Pita or wrap

### B.L.T /

CA\$18.50

BLT with choice of pita or wrap, featuring bacon, lettuce, and tomato.

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### Fajitas au steak / Steak Fajitas

CA\$19.99

Steak Fajitas: Served in choice of pita or wrap, sautéed peppers and onions, slices of grilled steak.

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### Poulet grille / wrap

CA\$18.50

Grilled chicken in your choice of pita or wrap.

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# Menu Resto déjeuner Chez Sonia

## Fajitas au poulet / Chicken Fajitas

CA\$19.99

Chicken fajitas served in your choice of pita or wrap.

## Spaghetti

### Sauce à la viande maison / Homemade Meat Break

CA\$16.99

Spaghetti served with a homemade meat sauce, traditionally prepared with a blend of ground meats and seasoned tomato base.

### Pepperoni /

CA\$19.99

Spaghetti noodles topped with slices of pepperoni, typically includes a tomato-based sauce and a blend of cheeses.



### Viande fumée / Smoked Meat

CA\$20.50

Layers of smoked meat, crispy bacon, fresh lettuce, tomato, and cheese, served with baked beans and seasoned potato cubes.

## Casse croute / Crust Breaker

### Poutine /

CA\$12.50

Crispy fries topped with cheese curds and rich gravy, available in large, medium, or small sizes.

### 1 Hot Dog

CA\$3.99

A hot dog typically served on a bun, often accompanied by condiments such as mustard, ketchup, onions, and relish.

### Hamburger /

CA\$7.50

Gluten free.



### Cheeseburger /

CA\$8.50

Crispy bacon, melted cheese, fresh lettuce, and tomato slices on a juicy beef patty, served with golden fries and coleslaw.

## Menu Resto déjeuner Chez Sonia

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### Frites / French Fries

CA\$6.50

Deep-fried to a golden brown, these french fries are typically seasoned with a blend of spices for a satisfying crunch.

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### Frites sauce / French Fries with Sauce

CA\$6.99

Golden brown French fries served with a selection of sauces, typically includes a creamy and a tangy option.

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### Poutine au poulet / Chicken Poutine

CA\$16.99

French fries and cheese curds topped with chunks of chicken and smothered in gravy.

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### Poutine italienne / Italian Poutine

CA\$17.99

French fries topped with Italian meat sauce and a blend of shredded cheeses.

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## Assiette hamburger / Hamburger Plate

### Hamburger /

CA\$15.99

hamburger servi avec un choix de frites, ou de salade.

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### Au poulet / Chicken

CA\$15.99

Chicken hamburger, choice of side: french fries, mashed potatoes, or salad.

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### Hamburger steak /

CA\$16.50

Hamburger steak served with choice of French fries, mashed potatoes, or salad.

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### Cheeseburger /

CA\$16.99

Cheeseburger servi avec un choix de frites, ou de salade.

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## Menu Resto déjeuner Chez Sonia

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### Hamburger poulet chaud / Hot Hamburger

CA\$16.50

Hot hamburger served with side choice: french fries, mashed potatoes, or salad.

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## Salades / Salads

### Jardinière / Planter

CA\$13.99

A medley of fresh greens, typically accompanied by a variety of garden vegetables and dressed with a classic vinaigrette.

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### César /

CA\$15.99

Romaine lettuce tossed with Caesar dressing, topped with parmesan cheese and croutons.

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### César au poulet / Chicken Caesar

CA\$17.99

Grilled chicken, romaine lettuce, parmesan cheese, and croutons, typically dressed with Caesar dressing.

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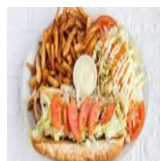
### Au thon / Tuna

CA\$17.99

Mixed greens with tuna, typically includes tomatoes, cucumbers, and a selection of dressings.

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## Sous-marin / Submarine (10")



### Steak pepperoni fromage / Pepperoni and Cheese steak

CA\$18.99

Juicy steak and pepperoni topped with melted cheese, fresh lettuce, and ripe tomato slices, served with crispy fries and a side of creamy dressing.

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### Rôti de porc / Pork Roast

CA\$18.99

Slow-cooked pork roast with a selection of vegetables, typically includes onions, peppers, and a savory sauce, served on a 10" submarine sandwich.

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### Végétarien / Vegetarian

CA\$18.99

Mushrooms, green peppers, onions, tomatoes, olives, and typically includes various other vegetables, assembled in a 10" submarine sandwich bread.

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## Menu Resto déjeuner Chez Sonia



### Poulet grill / Grilled Chicken

CA\$18.99

Grilled chicken breast with lettuce, tomatoes, and mayonnaise, served on a 10" submarine roll.



### Viande fumée / Smoked Meat

CA\$20.99

Layers of smoked meat, fresh tomatoes, crisp lettuce, and cheese in a submarine sandwich.

## Menu enfant / Children's Menu

### 1 Crêpe brisure de chocolat . Les boissons proposées incluent du jus d'orange ou du lait. ~~CA\$11.99~~

Chocolate chip pancake. Options include orange juice or milk.

### 1 pain doré, potates / 1 French Toast, Potatoes

CA\$9.99

Pain dore servi avec des pommes de terre. Choisissez entre du jus d'orange ou du lait comme boisson.

### Oeuf, 1 viande potates, roties / Egg, 1 Meat, Potatoes, Toast

CA\$9.50

Ouf (au choix : bien cuit, brouillé, au plat, sur le plat léger, sur le plat moyen), protéine (bacon, saucisse, cretons, jambon ou saucisses), pommes de terre, toast. Boisson : jus d'orange ou lait.

### 2 petites crêpes, coulis chocolat / 2 Small Pancakes, Chocolate Sauce

CA\$9.99

Deux petites crêpes avec une sauce au chocolat riche. Les boissons proposées incluent du jus d'orange ou du lait.

## Les extras / The Extras

### Bacon

CA\$5.50

Crispy thick-cut, smoked to perfection.

### Patates / Potatoes

CA\$3.99

Potatoes typically prepared as a breakfast side, often cubed and lightly seasoned for a simple yet satisfying addition to the morning meal.

# Menu Resto déjeuner Chez Sonia

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## Oeuf / Egg

CA\$3.50

Eggs prepared your choice: over hard, scrambled, sunny-side up, over easy, or over medium.

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## Saucisses / Sausages

CA\$4.50

Typically features seasoned pork links, often enjoyed as a hearty addition to a breakfast plate.

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## Fèves au lard / Baked Beans

CA\$4.99

Baked beans slowly cooked with a blend of spices, typically including bacon or pork for added flavor.

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## Creton/ Creton

CA\$4.99

A spread made from pork, typically seasoned with onions, cloves, and cinnamon, served as an accompaniment.

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## Toast /

CA\$3.99

Served as a slice of bread, lightly toasted. Available in varieties such as white, wheat, sourdough, or rye.

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## Rôti de porc / Pork Roast

CA\$5.50

Roasted pork, typically served as a hearty portion, often accompanied by a selection of vegetables or a simple garnish.

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## Fromage / Cheese

CA\$3.99

A selection of cheeses, typically including varieties such as Ameribella, Adarre Reserve, and Prairie Sunset, accompanied by assorted accoutrements.

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## Crêpe / (1 Piece)

CA\$8.50

A single crepe, lightly dusted with powdered sugar, typically served as a delightful addition to breakfast.

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## Pain dore / French Toast

CA\$8.50

Golden brown French toast, typically served with a dusting of powdered sugar and a side of maple syrup.

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## Menu Resto déjeuner Chez Sonia

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### **Sirop d'érable pure / Pure Maple Syrup**

**CA\$3.00**

Pure maple syrup, sourced directly to complement your breakfast selection.



### **Viande fumée / Smoked Meat**

**CA\$6.99**

Layers of smoked meat, crisp lettuce, fresh tomato, and cheese, served with seasoned potatoes and baked beans.

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### **Sauce hollandaise / Hollandaise Sauce**

**CA\$3.50**

A silky emulsion of egg yolks, melted butter, and lemon juice, seasoned to enhance its rich and creamy texture.

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### **Sauce anglaise / English Sauce**

**CA\$3.50**

Sauce Anglaise, also known as English sauce, is a custard-like sauce typically made with egg yolks, sugar, and milk, often flavored with vanilla.

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### **coulis de chocolat**

**CA\$3.50**

Chocolate sauce, commonly used as a topping or dip for breakfast items such as pancakes or waffles.

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### **EXTRA CREME OU LAIT**

**CA\$2.00**

Cream or milk: Typically includes your choice of extra cream or milk to complement your breakfast.

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### **Jambon / Ham**

**CA\$4.50**

A portion of ham, typically served as a flavorful addition to complement breakfast dishes.

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### **Balone / Baloney**

**CA\$4.50**

Sliced baloney, typically included as an addition to various breakfast dishes.

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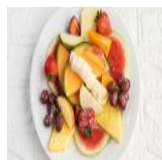
# Menu Resto déjeuner Chez Sonia

## Les à côtés / The Side Ones

### Fromage grill / Grilled Cheese

CA\$9.50

Melted cheese nestled between slices of butter-toasted bread.



### Petites assiette de fruits / Small Fruit Plate

CA\$12.99

Un assortiment vibrant de fruits du jour

### Bacon au fromage grillé / Grilled Cheese Bacon

CA\$10.99

Grilled cheese with crispy bacon, typically served on toasted bread with a blend of melted cheeses.

### B.L.T. patates / B.L.T. & Potatoes

CA\$10.99

Crispy potatoes served with bacon, lettuce, and tomato, combining the classic BLT flavors in a side dish format.

## Breuvages / Beverages

### Chocolat chaud / Hot Chocolate

CA\$3.25

Hot chocolate, often made with steamed milk and rich cocoa, traditionally topped with whipped cream or marshmallows.

### Café / Coffee

CA\$2.99

Rich, aromatic blend brewed to perfection



### Boisson gazeuse / Soft Drink

CA\$2.50

Selection of non-alcoholic drinks including cola, diet cola, and lemon-lime soda.

### Thé / Tea

CA\$2.99

A soothing beverage prepared by steeping dried leaves, typically served hot. Options may include black, green, or herbal varieties.

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### P Jus d'orange / Orange Juice

CA\$2.99

Orange juice, available in large, medium, or small sizes.

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### Bouteille d'eau / Bottle of Water

CA\$2.00

A simple and essential hydration option, this bottled water provides refreshment any time of day.

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### perrier

CA\$5.99

citron ou nature

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### Lait / Milk

CA\$3.99

Milk available in three sizes: grand/large, moyen/medium, petit/small.

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### Lait au chocolat / Chocolate Milk

CA\$5.99

Rich chocolate milk available in small, medium, or large sizes.

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