

bistro laurent

Menu

BREAKFAST

Breakfast will be served till 11.00am every day but Monday and all day on weekends

Pancakes	
Traditional Buttermilk Pancake	7.50
<i>Light and fluffy served with real Maple Syrup (sorry Aunt Jemima!)</i>	
<i>Add up organic blueberries, raspberries, chocolate chips or Nutella for \$1.00</i>	
Honey Wheat Pancakes	8.50
<i>Healthy and Tasty. Add up organic blueberries, raspberries, chocolate chips or Nutella for \$1.00</i>	
Corn Meal and Organic Blueberries Pancakes	8.75
<i>A hint of lemon, lots of juicy blueberries... a treat</i>	
French Toast	7.95
<i>Traditional "Pains Perdus" or "Lost Breads"...chopped Croissants, raisins, cranberries in our sweet farm eggs batter...nothing like the ones you know! Laurent's Grand-Ma's favourite breakfast.</i>	
Waffles	
Belgian Waffle	7.75
<i>Our very own batter with a hint of orange blossom water and fresh yeast... crispy yet soft. Add blueberries, raspberries, Nutella, or banana nuts for \$1.00</i>	
Buttermilk and Cornmeal Waffle	7.75
<i>A treat with a Southern flair...</i>	
The Eggs	
<i>We use farm-fresh eggs to serve you as healthy and as delicious an egg as possible. Some of our eggs are from Americana chickens layers of a gorgeous blue-green shelled egg said to be lower in cholesterol.</i>	
Eggs special	6.25
<i>2 Xtra large eggs, 2 links or 2 bacon slices, our breakfast potatoes</i>	
The Croissant Sandwich	6.95
<i>2 scrambled eggs in a grilled croissant with ham and swiss cheese. Add tomatoes for 0.50</i>	
The Breakfast Pita	8.50
<i>A grilled pita stuffed with 2 scrambled eggs, fresh organic spinach, Feta cheese. Served with salad, fruit or potatoes. Add smoked turkey for 0.50</i>	
The Morning Quesadilla	8.50
<i>A fresh tortilla filled with a chorizo, Mexican cheese and scrambled eggs combo. Served with salad, fruit or potatoes</i>	
The Benedicte	9.50
<i>A croissant, Canadian bacon or spinach, 2 poached eggs, our Hollandaise sauce. Heaven sings! Substitute smoked salmon for an extra \$1.00</i>	
La Crêpe du Matin	8.50
<i>A French crêpe filled with scrambled eggs, ham, swiss cheese and tomatoes. Served with salad, fruit or potatoes</i>	
Granola with Fresh Fruit	6.50
<i>(add yogurt for \$1.50)</i>	
The Omelettes	8.95
<i>Served with potatoes, fresh fruit or organic greens. To jump start the day in taste and health. Egg white add \$2.00</i>	
The Complète	
<i>Avocado, ham or smoked turkey breast, tomatoes, mushrooms, brie.</i>	
The Parisienne	
<i>Ham and swiss cheese... tout simplement!</i>	
The Veggie	
<i>Tomatoes, caramelized onions, fire roasted bell peppers, mushrooms, spinach, swiss or goat cheese.</i>	
The Greek Omelette	
<i>Tomatoes, fresh organic spinach, feta, kalamata olives, caramelized onions, bell peppers.</i>	
The Espagnole	
<i>Tomatoes, chorizo, potatoes, caramelized onions and swiss cheese</i>	
The Salmon Omelette	9.75
<i>Smoked Salmon, tomatoes, caramelized onions, cream cheese, cilantro.</i>	
The Perso	9.75
<i>Design your own. 3 ingredients maximum. Any extra add \$1.00</i>	

KIDS MENU

Pancakes	5.00
Pasta	5.00
Chicken Nuggets & Fries	5.00
Milk	1.50
Orange Juice	2.00

A LA CARTE SIDE

1 Egg	1.50
2 Eggs	2.50
Toast (2)	1.00
Fruit	2.50
Potatoes	2.50
French Fries or Sweet Potatoes Fries	2.50
Salad	2.50
Brie	2.50
Sandwich on Crossant add	1.00

LUNCH

Lunch will be served from 11.00am every day but Monday. No lunch on Sundays: See breakfast menu

La Soupe du Jour	4.25
<i>A daily soup with fresh ingredients</i>	

The Salads

<i>All our salads are created using organic mixed greens or organic baby spinach. They come with our in-house-made salad dressings: our balsamic vinaigrette, our raspberry vinaigrette or our caesar dressing.</i>	
The Waldorf	5.25
<i>Spring mix and organic spinach topped with walnuts and grapes</i>	
The Tutti Frutti	8.25
<i>Mixed Greens, grilled pineapple, apples, grapes, tomatoes, avocados. Recommended with our raspberry vinaigrette. Add chicken \$1.75</i>	
The Smoked Salmon and Poached Pears Salad	8.95
<i>Lightly poached pears wrapped with Atlantic smoked salmon on a bed of greens. Topped with roasted nuts.</i>	
The Biquet	8.95
<i>Goat cheese, grilled chicken, seasonal fresh berries, grilled pecan,</i>	

The Sandwiches

<i>Fresh Bread and superb ingredients with a low-fat approach... We grill, do not fry and use yogurt instead of mayo in the chicken and tuna salads...Served with choice of salad, fruit or fries. On croissant add \$1.50</i>	
The Bistrot Club	8.75
<i>Baguette with a cilantro mayo, smoked turkey breast, turkey bacon, avocado</i>	
The Veggie	8.75
<i>Baguette or all wheat bread with a sundried tomatoes-garlic remoulade, tapenade, tomatoes, grated zucchini, grilled eggplant and fresh spinach.</i>	
The Jambon-Beurre	8.50
<i>A bistrot classic... ham and swiss cheese on buttered baguette.</i>	
The Tuna Salad Sandwich	8.75
<i>Tongol Tuna, yogurt, tapenade, lemon juice on wheat bread with tomatoes and spinach. Low, low cal and sooooo good!</i>	
The Chicken Curry Salad Sandwich	8.75
<i>Chicken breast chopped and mixed with peas, carrots, creamy yoghurt, pine nuts, sundried tomatoes, cranberries and curry.</i>	
Le Hamburger	8.50
<i>1/2lb grilled Angus beef patty, Emmenthaler cheese, greens, tomatoes, honey mustard dressing served with a choice of fries or sweet potato fries. Add avocado, bacon, sautéed crimini mushrooms or grilled veggies for \$1.50 each</i>	
La Quiche	8.50
<i>Your choice of one of our famous quiche. Quiche Lorraine (ham and swiss) or leeks and goat cheese quiche or spinach quiche or onion and sundried tomatoes, side of salad, fruit or fries</i>	
La Crêpe Classique	8.75
<i>Ham, swiss cheese, side of salad, fruit or fries</i>	
La Crêpe Italiene	9.50
<i>Prosciutto, parmesan, tomatoes, garlic, basil, sundried tomatoes, side of Salad, fruit or fries</i>	

BEVERAGES

Coke, Diet Coke, Seven Up, Diet Seven Up	1.75
Iced Tea & Lemonade (Free refill)	2.25
Perrier	2.00
Orangina	2.50
Bottled water	1.75
Fresh orange juice	3.00
Cranberry or apple juice	2.00
Smoothies	
Matcha Green Tea	3.75
add berries	4.50
Hot drinks	
Hot tea (black, green, herbal)	1.95
Hot Cocoa	3.00
Coffee (free refill)	2.00
Espresso	2.25
Add a shot	1.25
Americano	2.50
Café au lait	2.95
Café latte	2.95
Cappuccino	2.95
Café Mocha	3.25
add whipped cream	0.50