

Breakfast

Served until noon during the week
All day long during the weekend

Toasts and Bagels.....2.95

Baguette, seven grain, croissant or bagel toasted with butter and jam. Extra Jam (Bonne Maman) 0.50

Norwegian Bagel.....6.95

Toasted with smoked salmon, cream cheese, onions, capers

Le Cheval.....8.95

Open toasted sandwich with 2 fried eggs on top (a cheval) of ham and melted swiss served with baby mixed greens. Choice of bread: baguette or croissant or ciabatta

Fried or Soft Boiled Eggs (2)

Plain.....7.50

Make Your Own (up to 3 items - see list below) 8.50

With Smoked Salmon.....9.50

Omelettes or Scrambled Eggs (3)

Served with baby mixed greens salad, toasted baguette, butter and jam. Any substitution \$ 1.75

Plain.....8.50

Make Your Own (up to 3 items) (85¢ ea extra)...9.50

Ratatouille Omelette.....9.80

With Smoked Salmon.....10.50

Side Orders

Avocado.....2.00 Bacon.....2.00

Grilled Filet Chicken.....2.50 Smoked Salmon.....3.00

Any Domestic Cheese or Deli.....2.00

Any French Cheese or Charcuterie.....3.00

Ratatouille or Potato Gratin.....3.50

Items List Additional item 0.85 cents

Meats: Ham, Turkey, Smoked Turkey, Chicken, Bacon, Prosciutto.

Cheese: Swiss, Jack, Cheddar, Provolone, Feta, Mozzarella, Goat Cheese.

Veggies: Tomato, Spinach, Mushrooms, Onions, Basil, Avocado

Sandwiches

Served with French baguette filled w/ organic baby greens, tomato, mayo and Dijon mustard.

Domestic

Ham.....5.55 Turkey.....5.55

Smoked Turkey.....5.95 Pastrami (Turkey).....5.55

Grilled Filet Chicken..7.25 Roast Beef.....6.50

Tuna.....6.25 Veggie (Carrot, Avocado) 5.55

Smoked Salmon or Trout.....7.60

Swiss, Cheddar, Jack or Provolone.....5.45

Goat Cheese or Mozzarella.....5.80

Hard Boiled Eggs.....5.60

French (Imported meat and cheese)

Jambon de Paris (French Ham).....6.95

Saucisson (French Dry Salami).....6.95

Jambon Cru (Imported Prosciutto).....6.95

Pâte de Campagne (Country Pate).....6.95

Saucisson a l'Ail (Garlic Salami).....6.95

Mousse de Canard (Duck Mousse).....6.95

Brie.....6.45

Camembert.....7.75

Blue Cheese.....7.75

Paninis

Panini or ciabatta toasted with side organic baby greens.

Normandy Filet Chicken and Brie Cheese.....8.95

Mediterranean Prosciutto, Mozzarella, Tomato,

Pesto.....8.95

Parisian Ham and Swiss Cheese.....8.95

Veggie Ratatouille.....8.95

American Turkey, Cheddar and Tomato.....8.95

Norwegian Smoked Salmon, Cream Cheese and

Onions.....9.25

Don't Forget to Ask for Our Daily Specials.

Salads

With French baguette, vinaigrette dressing on the side.

La Salade du Chef (Chef's Salad).....	8.90
Organic baby greens, tomato, ham, gruyère, hard boiled eggs, olives onions	
La Nicoise (Nicoise Salad).....	8.90
Organic baby greens, tomato, tuna, hard boiled eggs, olives, onions, anchovy	
La Grecque (Greek Salad).....	8.90
Organic baby greens, tomato, cucumber, feta cheese, olives, onions	
Mozzarella Salad	8.90
Organic baby greens, sliced tomato, fresh mozzarella, onions, olives, pesto	
Warm Chicken Salad	8.90
Organic baby greens, tomato, sliced grilled chicken breast, olives, onions	
La Campagnarde (Country Salad).....	9.70
Organic baby greens, tomato, prosciutto, blue cheese, walnuts, onions, olives	
La 4 Saisons (Season Salad).....	9.55
Organic baby greens, tomato, beets, carrot, avocado, blue cheese, onions, olives	
Spinach Salad	9.75
Baby spinach, bacon, goat cheese and croutons	
La Norvegienne (Smoked Salmon or Smoked Trout).....	11.10
Organic baby greens, tomato, smoked salmon or trout (Michel Blanchet), olives, onions, lemon, capers	
La Favorite (Chef's Favorite).....	11.10
Prosciutto, sliced tomato and mozzarella plate with pesto sauce	

Side Orders

Baby Mixed Greens	2.95
Gourmet Greens (tomato, black olives and onions).....	3.95

Hot Dishes and Specialties

Served with French baguette and with organic baby greens.

Soup of the day (see specials).....	4.10
French Onion Soup	4.50
Provençal Fish Soup	5.20
Quiche Lorraine or Spinach Quiche or Mushrooms Quiche	7.60
Quiche du Jour or Tarte du Jour	8.15
Croque-Monsieur	7.45
(Hot sandwich on white bread with Gruyere and ham coated with Béchamel sauce)	
Mediterranean Croque	7.95
Hot sandwich with Prosciutto, fresh basil, tomato and grilled swiss cheese)	
Crepe du Jour	8.15
French Charcuterie Plate	13.60
Selection of Imported French cold cuts	
French Cheese Plate	14.50
Selection of 4 imported cheeses	
Bœuf Bourguignon et Gratin Dauphinois	11.70
Beef stew in red wine sauce, mushrooms, carrots, onions with potato gratin	
Poulet Basquaise et Riz au Safran	11.70
Chicken breast stew with tomato, onions and bell peppers sauce, saffron rice	
Blanquette de Poulet et Riz	11.70
Chicken stew in white sauce with carrots, mushrooms, onions	
Navarin d'Agneau et Petits Legumes	11.95
Lamb stew with carrots, turnips, green peas	
Ratatouille	7.25
Vegetable goulash, olive oil and herbs de Provence	
Lasagna Beef or Veggie	8.95