

# BÉNÉDICTINE

## HEALTHY BREAKFAST & LUNCH



### EGGS

served with potatoes and toast

2 eggs with bacon or sausages	13.49
2 eggs with ham or bologna	13.49
2 eggs with pork roast	15.25
2 eggs with fruits (served without potatoes)	14.75
2 eggs with a crepe or French toast	14.25
The Country breakfast	14.95
2 eggs with bacon, ham and sausage	
The Smoked breakfast	15.95
2 eggs with bacon, sausage and beans	
Without egg	15.95
Bacon, bologna, ham and sausages	
Grandpa's breakfast	15.80
2 eggs with pork roast, greaves and beans	
The Healthy breakfast	16.49
2 eggs with cottage cheese and fruits (served without potatoes)	
The Driller's breakfast	19.95
2 eggs with bacon, ham, sausage, greaves, beans and crepe or French toast	
Steak & Eggs	24.95
Meat cassalette	19.95
Egg with bacon, bologna, ham, Hollandaise sauce, sausages, smoked sausages, pork roast, potatoes and cheddar	

### EGGS BENEDICT

Served with potatoes and a fresh fruits set-up

Ham	17.49	Ham, asparagus and Swiss cheese	19.40
Spinach and cheddar	18.30	Chicken, mushrooms and Swiss cheese	20.45
Ham and Swiss cheese	18.49	Smoked salmon	22.49
Asparagus and cheddar	18.49	Steak, mushrooms and Swiss cheese	21.95
Mushrooms and Brie cheese	18.95		

### OMELETS

Plain	12.95
Cheese	13.95
Western	16.25
Onions, bell peppers, tomatoes and shallot	
Spinach and cheddar	17.25
Ham and Swiss cheese	17.75

Meat	18.60
Bacon, ham, sausage, smoked sausage, pork roast and cheddar cheese	
Vegetarian	17.95
Vegetables and cheddar cheese	
3 cheeses	15.95
Swiss cheese, white cheddar and yellow cheddar	
Duo	17.95
Assortment of meats and vegetables	



Salmon and cream cheese	19.95
Salmon and Brie cheese	20.95
Crepe-wrapped omelet	19.25
Bacon, tomatoes, cheddar and Hollandaise sauce	

### PIZZA



Morning	15.49
Egg, bacon and Hollandaise sauce	
Bananas, chocolate and marshmallow	15.40
Western and cheddar	15.75
Vegetarian	15.95
Fruits and chocolate	16.30
Ham, asparagus and cheddar	16.95
Chicken, mushrooms and Swiss cheese	17.95
Steak	21.95
Smoked salmon, capers and onions	22.95

### SANDWICHS

BLT	14.95
Muffin sandwich	12.50
Western sandwich	15.25
Gilles' sandwich	15.49
Bologna, bacon and tomatoes	
Steeve's sandwich	15.95
Egg, lettuce, tomatoes and cheddar	
Pear and maple served with fruits	17.95
Club sandwich	15.95
The Bénédictine Sandwich	17.95
Egg, ham, Swiss cheese and fruits	

### GRILLED CHEESE

Bacon, tomatoes and cheddar	14.95
Nicole's grilled cheese	13.75
Ham, apples and Swiss cheese	
Apples, nuts and goat cheese	15.95
Ham, spinach, onions and cheddar	15.95
Tuna, lettuce, tomatoes and yellow cheddar	15.95
Steak, mushrooms and Swiss cheese	17.95
Smoked salmon, capers, onions and cream cheese	21.75



## CREPES

Plain, whole-wheat or buckwheat	13.95
Plain, whole-wheat or buckwheat with fruits	15.25
Plain, whole-wheat or buckwheat with meat	14.80
Choice of bacon, ham or sausage	
Three crepes	13.25
(plain, whole-wheat, buckwheat)	
Three crepes with fruits	14.25
Three crepes with meat	13.95
Choice of bacon, ham or sausage	

## SWEET CREPES

Raspberries and pastry cream*	15.60
Blueberries and pastry cream*	14.95
Stuffed pancake	14.95
Choice of bananas, blueberries or chocolate	
Vallée-de-l'Or crepe with pastry cream*	15.75
Pears and chocolate	16.95
Bananas and chocolate	15.60
Strawberry crepe with pastry cream*	16.95
Maple spread	18.50
Apples with caramel	17.95

## SALTY CREPES

Apples and cheddar	16.95
Spinach and cheddar	15.95
Ham and Swiss cheese	15.95
Ham, asparagus and Swiss cheese	16.95
The tree logs	16.95
Buckwheat crepe stuffed with sausage and cheddar, served with potatoes and a fruits set-up	

Served with whipped cream.

\*Replace the pastry cream with chocolate for \$ 2.

## WAFFLES

Plain	13.60
Bananas, chocolate and pastry cream	15.95
Fruits and custard sauce	16.25
Strawberries and pastry cream	16.95

Apples and caramel	16.95
Raspberries and pastry cream	16.25
Blueberry waffle with chocolate	16.75

## FRENCH TOAST

Cinnamon roll with custard sauce	8.50
Plain	13.25
Raisin French toast	13.95
The Treat	16.25
Bananas and pastry cream	
With meat	14.95
Choice of bacon, ham or sausage	
With fruits	15.50
Raisin French toast with fruits	16.25
Miner's brioche	17.95
Eggs, bacon and fruits	
The Bénédictine breakfast	17.50
French toast, ham, Swiss cheese and fruits	
The Golden muffin	17.95
Muffin soaked in French toast mixture served with fruits and sweet dips	



## FRUITS

Bananas with cream	5.95
Bagel, cream cheese and fruits	11.95
Yogurt with fruits	13.99
Served with Harvest Crunch and an English muffin	
Garnished bagel	14.99
Yogurt with strawberries	14.99
Served with Harvest Crunch and an English muffin	
The explosion	14.50
Fruits set-up, Müslix, plain yogurt and custard sauce	
The Bénédictine cup	16.95
Fruits set-up, bagel and cream cheese	
The extra-healthy Bénédictine cup	17.25
Fruits set-up, bagel, cottage cheese and fruit cocktail	
Fruits platter	21.95
Bagel with smoked salmon	19.75
Fruits, onions, capers, salmon and cream cheese	

An extra fee of \$ 2 will apply for any modification.

## CHILDREN'S MENU

1 egg with bacon, ham or sausage	11.49
Baby waffle	7.99
Baby crepe	7.99
French toast	6.75
Cereals	8.50
Special Nathan	8.50
Crepe, chocolate, peanut butter and bananas	

## SMALL APPETITES

Toasts and coffee	8.50
Toasts, cheese and coffee	8.50
Cereals and coffee	8.50
Oatmeal, toasts and coffee	8.35

Served with juice, milk, chocolate milk or strawberry milk

## BEVERAGES

Coffee, tea or herbal tea	2.99	Fruit cocktail	3.45 / 4.79
Espresso	2.60	Milkshake	5.95
Cappuccino	4.25	Orange juice	2.50 / 3.50
Latte cup	4.25	Squeezed orange juice	6.70
Latte bowl	5.75	Grapefruit juice	2.50 / 3.50
Mochaccino	6.25	Milk	4.00
Hot chocolate	3.15	Chocolate milk	4.25
Soft drink or iced tea	2.30	Strawberry milk	1.90 / 3.00



Consult your waiter regarding smoothies and milkshakes.

Smoothies	5.95
Grape nectar	2.70
Apple juice	4.25
Cranberry juice	4.25
Water bottle	2.30
Perrier	2.30