

BREAKFAST CRÊPES

★★★★100% GLUTEN FREE★★★★



Premium Ham, Egg & Cheddar **6.00**
 {substitute: Bacon, Egg & Cheddar or Just Egg & Cheddar}

SOY CHORIZO **6.00**
 Spicy Soy Chorizo, Egg & Cheddar (optional Sinaloa Sauce)

PAN-AM **6.25**
 Turkey Sausage, Egg, Cheddar & 100% Maple syrup

MUSHI MUSHI **6.25**
 Mushrooms, caramelized Onions, Egg, Boursin Cheese & Organic Baby Spinach

BAM JAM STRAWBERRY - BLUEBERRY - RASPBERRY **6.50**
 Ham, Bacon, Egg, Cheddar, Cream Cheese & Jam of Choice

LOX **6.95**
 Nova Lox Salmon, Cream Cheese, Tomatoes, Red onions (optional Organic Baby Spinach)

ADD PREMIUM TOPPINGS	bacon	1.00	roasted mushrooms	0.50
	avocado	0.75	caramelized onions	0.50



SIGNATURE LUNCH

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Turkey or Chicken, Bacon, Cheddar, Avocado
 Tomatoes, Organic Baby Spinach and Chipotle mayo

CRÊPE **8.55**
 PITA ^{DF} **9.05**

SMOKEHOUSE **8.75** **8.75**
 Pulled Chicken meat, Caramelized Onions, Smoked Bacon & Smoked Gouda & Organic Baby Spinach

CAPRESE **8.85** **8.85**
 Fresh Mozzarella, Tomatoes, Organic Baby Spinach & Fresh Basil Pesto

ATLANTIS **9.25** **9.25**
 Smoked Salmon, Boursin, Tomatoes, Cucumbers, Red onions & Organic Baby spinach

TUNA ROLL **8.25** **8.25**
 Tuna salad, Avocado, Bean & Corn Salsa, Tomatoes, Red onions, Organic Baby Spinach

CHICKEN CRANBERRY **7.95** **7.95**
 Chicken salad w/ cranberry & candied pecan, Tomatoes, Red onions & Organic Baby Spinach

BRIE O'FIG **7.95** **N/A**
 Brie, Fig & Pomegranate Chutney, crisp Apples & Organic Baby Spinach

ADD PREMIUM TOPPINGS	egg	1.00	roasted mushrooms	0.50
	bacon	1.50	caramelized onions	0.50
			avocado	1.00

SPECIALTY CRÊPE

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CRÊPE GRATIN **8.50**
 Ham, Gruyère cheese & Crème Fraiche

BUILD YOUR OWN

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1 SELECT YOUR STYLE



2 PICK A PROTEIN OR NOT!

CHICKEN 8.25 <small>(PULLED MEAT BREAST/THIGHS)</small>	CHIX SALAD 8.25 <small>(HOME-PREPARED/HALAL)</small>
HAM 8.25 <small>(PREMIUM BAKED HAM)</small>	SOY CHORIZO 8.25 <small>(VEGETARIAN/SPICY)</small>
TURKEY 8.25 <small>(PREMIUM) BRAISED</small>	NO MEAT 7.35 <small>(FREE PREMIUM VEGGIES)</small>
TUNA SALAD 8.00 <small>(MADE W/ALBACORE)</small>	EXTRAS: Meat \$2

3 ADD DAIRY & VEGGIES

ADD CHEESE

cheddar <small>(MILD)</small>	pepperjack <small>(SHARP/FLM/SPICY)</small>
gruyere <small>(SHARP)</small>	smoked gouda <small>(SMOXY)</small>
Brie +\$1 <small>(RICH)</small>	mozzarella +\$1 <small>(FRESH)</small>

FREE VEGGIES

baby spinach	tomatoes
cucumbers	red onions
bean/corn salsa	mixed olives

ADD PREMIUM TOPPINGS	egg	1.00	roasted mushrooms	0.50
	bacon	1.50	caramelized onions	0.50
			avocado	1.00

POTAGES & SOUPS

100% GLUTEN FREE

LA SOUPE 16oz **6.25**
 Gluten Free, Vegetarian & Dairy Free Options



SWEET CRÊPES

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Banana, Nutella & Candied Pecans

6.75

L'ORIGINAL 5.00
Butter & Sugar PLAIN-LEMON-CINNAMON

ROOLO 5.50
Pick 1 flavor NUTELLA-SEASALT CARAMEL-STRAWBERRY-RASPBERRIES-BLUEBERRY

DOUBLE ROOLO 6.25
Pick 2 flavors NUTELLA-SEASALT CARAMEL-PEANUT BUTTER-VANILLA BEAN CREAM
STRAWBERRY-RASPBERRIES-BLUEBERRY

APPLE CRISP 6.75
slow roasted apples, seasalt caramel, vanilla bean cream & crunchy toffee

STRAWBERRY DREAM 6.75
strawberries, vanilla bean cream, strawberry reduction & toasted almonds

ADD PREMIUM TOPPINGS

FRUITS \$1.00 EACH
{ BANANA }
{ STRAWBERRIES }
{ ROASTED APPLES }
{ SEASONAL }

FLAVORS 75¢ EACH
{ NUTELLA } { STRAWBERRY }
{ S. CARAMEL } { RASPBERRY }
{ PEANUT B. } { BLUEBERRY }

TOPPINGS FREE
{ TOASTED ALMONDS }
{ CANDIED PECANS }
{ WALNUTS }
{ CRUNCHY TOFFEE }

WHIPPED CR. FREE

OFFICE LUNCH?

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Deliveries from 10AM till 4PM
Pick up from 9:30AM till 4PM (call to order)

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