



# LA NOTE

## PETIT DEJEUNER- BREAKFAST ALL DAY (M-F 8am- 2:30pm)



### LES VIENNOISERIES-PASTRIES

#### CORBILLE DE PAIN 12.00

Basket of assorted breads (brioche, croissant and baguette, with butter and jam)

#### LE PANIER DU BOULANGER 12.00

Assorted pastry basket: plain croissant, Almond croissant, pain au chocolat, morning bun

CROISSANT 3.00 CROISSANT AUX AMANDES almond croissant 3.50

PAIN AU CHOCOLAT chocolate croissant 3.50 BOULE SUCREE morning bun 3.50

TARTINE one half French baguette with butter and jam 5.00 with goat cheese and honey 9.50

TARTINE MISTRAL one half toasted baguette, with goat cheese, basil, and roasted peppers 12.00

TOASTED CINNAMON BRIOCHE with lavender honey 6.50

SOUR CREAM COFFEE CAKE MAISON made with walnuts, brown sugar and cocoa swirls 5.00

### LES GRAINS ET LES FRUITS-COLD/HOT CEREAL AND FRUIT

BOWL OF SEMOLINA Finely ground durum wheat hot cereal, sprinkled with brown sugar 7.00 with beaten egg 8.50

BOWL OF BLUEBERRY OR RASPBERRY CREAMY OATMEAL served with sprinkled brown sugar 7.50

CEREALES DU MATIN Almond raisin granola, served with milk 7.00 Served with yogurt and raspberry coulis, add 4.75

SALADE DE FRUIT fresh fruit available seasonally (local crops only) A.Q

PAMPLEMOUSSE Two halves of grapefruit sprinkled with powdered sugar 4.00

### LES PANCAKES ET LE PAIN PERDU-PANCAKES AND FRENCH TOAST

#### CREME FRAICHE PANCAKES

un/single (1) 6.00 deux/short stack (2) 12.00 trois/full stack (3) 15.00

#### LEMON GINGERBREAD PANCAKES AND POACHED PEARS

un/single (1) 6.50 deux/short stack (2) 12.50 trois/full stack (3) 16.50

#### OATMEAL RASPBERRY PANCAKES

un/single (1) 6.00 deux/short stack (2) 12.00 trois/full stack (3) 15.00

LA NOTE PAIN PERDU 14.00 OR BRIOCHE PAIN PERDU 15.50

Three generous slices of semolina French Bread OR cinnamon brioche soaked in orange flower water batter, sprinkled with lavender honey

#### PAIN PERDU AU CHOCOLAT 15.50

Pressed Pain de Mie French toast filled with chocolate hazelnut spread, sprinkled with powdered sugar

#### COULIS DE FRAMBOISES ET MYRTILLES MAISON 3.50

Homemade pureed raspberry and blueberry compote to add to pancakes and pain perdu

\*\*\*\* French toast named "pain perdu" (meaning "lost bread") was traditionally prepared in the South of France on Easter feast days \*\*\*\*

### LES OEUF-EGGS

\*\*We serve 100% free range, no antibiotic, no hormone eggs from Glaum farms. Served with choice of whole wheat or sourdough\*\*

\*add Emmenthal cheese 2.75 \*add goat cheese 4.00 \*substitute baguette or levain toast, add 2.00 \*substitute Gluten Free toast add 3.25

LES OEUF MAISON Two eggs any style (except soft boiled), served with home fries 15.00

\*add bacon 4.50 \* add chicken apple sausage 4.50 \*add Grilled ham 4.50 \*add spicy Merguez sausage 5.00

LES OEUF LUCAS Two eggs lightly scrambled with goat cheese, chives, served with roasted tomatoes 16.00

OEUF A LA COQUE Two three minutes- boiled eggs served in their shell, with thinly sliced toast (for dipping), served with homefries 15.00

### LES OMELETTES-OMELET

All omelets are prepared with three eggs cooked soft style (homefries may be substituted for Provencales tomatoes)

OMELETTE AU FROMAGE Emmenthal cheese omelette, served with homefries and choice of toast 16.00

OMELETTE FROMAGE ET JAMBON Emmenthal cheese and ham omelette, served with homefries and choice of toast 16.95

OMELETTE DE POMMES DE TERRE Potato and caramelized onion omelette, served open face, with Provencales tomatoes 16.50

OMELETTE A LA CONFITURE Orange marmalade omelette served with one half grapefruit and croissant 15.00

### LE BON VIVANT!

COTE EST Two scrambled eggs, one pancake of your choice and a choice of bacon or homefries 16.00

COTE SUD Two eggs sunny side up, spicy merguez sausage, homefries and choice of toast 18.00

COTE OUEST Three egg omelette with ratatouille, served with homefries and choice of toast 16.00

COTE NORD Two eggs lightly scrambled with cream cheese, over toasted levain bread,

with homefries and tomatoes 15.00 with goat cheese 18.00

**SIDE ORDERS** One egg 2.25 Side of whole wheat or sourdough toast 3.95 Gluten free toast 4.50 Pure maple syrup 2.25 Lavender honey 3.00 chicken apple sausage 4.95 Three strips of bacon 4.50 Two spicy merguez sausages 5.75 Three slices of ham 4.75

Cup of yogurt 3.50 Yogurt and raspberry coulis 4.75 Side of Provencales tomatoes 6.50 Rosemary-garlic homefries 6.50

\*No substitutions please as each dish has been carefully crafted to ensure quality and consistency\*

# LA NOTE

**DEJEUNE -LUNCH (M-F 11am-2:30pm)**

## LES SALADES-SALADS

**SALADE VERTE** small 12.00 large 14.50 add goat cheese 3.50

Green leaf lettuce and organic spring mix tossed in our Dijon vinaigrette

**SALADE NICOISE** small 15.50 large 17.00 add grilled tuna 5.75

Shredded Albacore tuna, marinated beets, yellow corn, potatoes, shredded carrots, Nicoise olives (with pits) hard-boiled egg, and anchovies, over tossed greens in our house Dijon vinaigrette

**SALADE D'EPINARDS** 14.00 add chicken 4.75

Spinach, Gorgonzola cheese and walnuts, tossed in an orange and shallots vinaigrette with aioli croutons

**SALADE PAYSANNE** small 14.00 large 16.50

Orzo salad and thinly sliced French ham, hardboiled egg, yellow corn, over tossed greens in our house Dijon vinaigrette

## SOUP DU JOUR

Cup 6.50 Bowl 8.50

100 % vegetarian

## LES ASSIETTES DU MARCHE

**ASSIETTE DE CRUDITEES** 15.00

A platter of fresh shredded carrots, red beets, yellow corn and potato salad

**ASSIETTE DE CHARCUTERIE** 16.00

Assorted platter of pate, rosette de Lyon salami French ham and petits cornichons

**ASSIETTE DE FROMAGE** 16.00

Assorted French cheeses and red grapes

**MOITIE L'UN MOITIE L'AUTRE** 16.00

A combination platter of Charcuterie and Fromage

## LES CASSES-CROUTES-Sandwiches

**-All sandwiches are served with tossed greens in our house Dijon vinaigrette-**

**BAGUETTE JAMBON-BEURRE OU JAMBON-GRUYERE** 15.00 /16.50

Thinly sliced French ham and petits cornichons, on a lightly buttered half sweet baguette with/without Emmenthal cheese

**CROQUE MONSIEUR OU CROQUE MADAME:** 15.00 /16.50

Traditional French ham and cheese sandwich on pain de mie with bechamel (Madame: add a sunny side up egg on top)

**BAGUETTE A LA MERGUEZ** 18.00

Grilled spicy lamb sausage, with sun dried tomato pesto on one half baguette

**BAGUETTE AU BRIE** 16.00

French brie sandwich on lightly buttered one half baguette, (add roasted tomatoes 2.50)

**BAGUETTE AU PATE** 16.00

Mousse de pate and petits cornichons on one half baguette

**SAUCISSON SEC** 15.50

Dry French salami sandwich, with petits cornichons on lightly buttered one half baguette

**POULET GRILLE** 18.00

Organic, marinated grilled chicken breast with roasted red peppers, aioli and sun-dried tomato pesto on warm sweet roll

**THON GRILLE** 18.00

Grilled tuna steak with roasted tomatoes and aioli on a warm sweet roll

**PAN BAGNAT** 16.00

Albacore tuna salad, roasted tomatoes, hard boiled egg, black olives, anchovies and aioli on a warm sweet roll

## LES PLATS CHAUDS-Vegetable stew

**-Served over rosemary flavored couscous, sprinkled with Parmesan-**

**LA RATATOUILLE BORGHETTI** 17.00

Provençal style vegetable stew with eggplant, zucchini, tomatoes and savory herbs sprinkled with fresh grated Parmesan cheese, served over rosemary couscous

**RATATOUILLE MADAME** add 3.50

Served with 2 poached eggs

**RATATOUILLE A LA MERGUEZ** add 5.75

Served with 2 Spicy Lamb sausages

• Corkage fee \$15/bottle • Cake fee \$2.50/person •

Inquire about renting the entire restaurant

Patio is also available seasonally for private events for parties of 30 or more

**-WE ACCEPT VISA AND MASTERCARD-UP TO 3 CREDIT CARDS PER TABLE ONLY please -**