



# LA NOTE

**PETIT DEJEUNER- BREAKFAST ALL DAY (M-F 8am- 2pm)**



## LES VIENNOISERIES-PASTRIES

### CORBELLE DE PAIN 15.00

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

### LE PANIER DU BOULANGER 18.00

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

**PASTIRES DU JOUR 4.50** Choice of the selection du jour: plain, almond or chocolate, savory croissant, morning bun, Danish, scone

**TARTINE** one half French baguette with butter and jam **6.00 with goat cheese and honey 12.00**

**TARTINE MISTRAL** one half toasted baguette, with goat cheese, basil, and roasted peppers **15.00**

**TARTINE SAUMON** one half toasted baguette, with goat cheese, capers, smoked salmon, and roasted tomatoes **22.00**

**TOASTED CINNAMON BRIOCHE** with lavender honey **6.50**

**COFFEE CAKE** walnuts, brown sugar and cocoa swirls **5.50**

## 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 **9.00**

**BOWL OF BLUEBERRY OR RASPBERRY CREAMY OATMEAL** served with sprinkled brown sugar **8.50**

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

**PAMPLEMOUSSE** Two halves of grapefruit sprinkled with powdered sugar **5.00**

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

### CREME FRAICHE PANCAKES

un/single (1) **8.00** Deux/short stack (2) **15.00** trois/full stack (3) **18.00**

### LEMON GINGERBREAD PANCAKES AND POACHED PEARS

un/single (1) **8.50** Deux/short stack (2) **15.50** trois/full stack (3) **18.50**

### OATMEAL RASPBERRY PANCAKES

un/single (1) **8.00** Deux/short stack (2) **15.00** trois/full stack (3) **18.00**

**LA NOTE PAIN PERDU 16.00** OR **BRIOCHE PAIN PERDU 18.50**

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

### PAIN PERDU AU CHOCOLAT 18.00

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

### COULIS DE FRAMBOISES ET MYRTILLES MAISON 3.75

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 OEUFS-EGGS

**\*\*Served with choice of whole wheat or sourdough, or gluten free toast\*\***

\*add Emmenthal cheese **3.00** /\*add goat cheese **4.00** /\*substitute baguette or levain toast, add **3.00** / \*substitute Gluten Free toast add **3.50**

**LES OEUFS MAISON** Two eggs any style (except soft boiled), served with home fries **16.00**

\*add bacon **5.00** / \*add chicken apple sausage **6.00** /\*add Grilled ham **5.50** / \*add spicy Merguez sausage **7.00** /\*add smoked salmon **16.00**

**LES OEUFS LUCAS** Two eggs lightly scrambled with goat cheese, chives, served with roasted tomatoes **18.00**

**OEUF A LA COQUE** Two three minutes- boiled eggs served in their shell, with thinly sliced toast (for dipping), served with homefries **18.00**

## 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 **18.00**

**OMELETTE FROMAGE ET JAMBON** Emmenthal cheese and ham omelette, served with homefries and choice of toast **20.00**

**OMELETTE DE POMMES DE TERRE** Potato and caramelized onion omelette, served open face, with Provencales tomatoes **18.00**

**OMELETTE A LA CONFITURE** Orange marmalade omelette served with one half grapefruit and croissant **18.00**

## LE BON VIVANT!

**COTE EST** Three scrambled eggs, one pancake of your choice and a choice of bacon or homefries **20.00**

**COTE SUD** Two eggs sunny side up, spicy merguez sausage, homefries and choice of toast **22.00**

**COTE OUEST** Three egg omelette with ratatouille, served with homefries and choice of toast **20.00**

**COTE NORD** Two eggs lightly scrambled with cream cheese, over toasted levain bread, with homefries and tomatoes **18.00** with goat cheese **22.00**

**COTE SAUMON** Three eggs lightly scrambled, choice of cheese, smoked salmon over toasted levain bread, \*with cream cheese **22.00** \*with goat cheese **25.00**

**SIDE ORDERS** One egg **2.50** Side of whole wheat or sourdough toast **4.50** Gluten free toast **5.00** Pure maple syrup **4.00**

Lavender honey **3.50** chicken apple sausage **6.00** Three strips of bacon **6.00** Two spicy merguez sausages **7.00** Three slices of ham **6.00**

Cup of yogurt **5.00** Yogurt and raspberry coulis **5.00** Side of Provencales tomatoes **7.00** Rosemary-garlic homefries **7.00**

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

# LA NOTE

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

## LES SALADES-Salads

**SALADE VERTE** side 7.50/ small 14.50 large 17.00 /add goat cheese 4.00

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

**SALADE NICOISE** small 18.00 / large 20.00 /add grilled tuna 7.00

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** 16.00 add chicken 7.00

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

**SALADE PAYSANNE** small 15.00 large 18.00

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

**SOUP DU JOUR**  
Cup 7.00 Bowl 9.00  
100 % vegetarian

## LES ASSIETTES DU MARCHE -20.00

### ASSIETTE DE CRUDIÈRES

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

### ASSIETTE DE CHARCUTERIE

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

### ASSIETTE DE FROMAGE

Assorted French cheeses and red grapes

### MOTTE L'UN MOTTE L'AUTRE

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 16.00/18.00

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

### CROQUE MONSIEUR OU CROQUE MADAME: 18.00 /20.00

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 22.00

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

### BAGUETTE AU BRIE 18.00

French brie sandwich on lightly buttered one half baguette, (add roasted tomatoes 3.00)

### BAGUETTE AU PATE 18.00

Mousse de pate and petits cornichons on one half baguette

### SAUCISSON SEC 18.00

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

### POULET GRILLE 22.00

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

### THON GRILLE 22.00

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

### PAN BAGNAT 20.00

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

### BAGNAT AU STEAK HACHE PERSILLADE 20.00

Grilled Niman Ranch organic ground beef, mixed with minced garlic and parsley, served with aioli

\* Add Emmenthal cheese 4.00 / add caramelized onions 4.00 /add Bleu d'Auvergne (French blue cheese) 4.50

## LES PLATS CHAUDS-Vegetable stew

-Served over rosemary flavored couscous, sprinkled with Parmesan-

### LA RATATOUILLE BORGHETTI 22.00

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

### RATATOUILLE MADAME add 6.00

Served with 2 poached eggs

### RATATOUILLE A LA MERGUEZ add 6.50

Served with 2 Spicy Lamb sausages

• Corkage fee \$15/bottle • Cake fee \$3.00/person •

•20% service charge added to parties of 6 or more-

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 -