



Nutrition Facts

DV : Recommended Daily Value

g: gram mg: milligram

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Smoothies																				
Aloha with almond milk	283ml	220	1	2	0	0	0	0	35	1	51	17	4	16	47	2	10	150	10	6
Aloha with yogurt	283ml	250	1	2	0.5	0	3	5	40	2	57	19	3	12	52	4	8	150	10	6
Avocado with almond milk	283ml	290	13	20	1.5	0	8	0	45	2	44	15	6	24	34	2	4	120	10	10
Avocado with yogurt	283ml	330	13	20	2	0	10	5	50	2	50	17	6	24	40	4	2	120	10	8
Blueberry with almond milk	283ml	240	1	2	0.1	0	1	0	40	2	57	19	5	20	42	2	2	160	15	10
Blueberry with yogurt	283ml	270	1	2	0.5	0	3	5	45	2	63	21	5	20	48	4	0	160	10	8
"Fraisinette" with almond milk	283ml	260	1	2	0.1	0	1	0	40	2	64	21	5	20	51	2	8	190	10	10
"Fraisinette" with yogurt	283ml	300	1	2	0.5	0	3	5	45	2	69	23	5	20	56	4	6	190	10	8
Watermelon with almond milk	283ml	230	1	2	0	0	0	0	35	1	56	19	2	8	49	1	10	130	10	10
Watermelon with yogurt	283ml	260	1	2	0.5	0	3	5	40	2	62	21	2	8	55	3	8	130	10	8
Ruby Red with almond milk	283ml	200	1	2	0	0	0	0	35	1	48	16	7	28	37	1	2	150	10	10
Ruby Red with yogurt	283ml	240	1.5	2	0.5	0	3	5	40	2	54	18	6	24	43	3	0	150	10	8
Beverages																				
Soft drink (Coca-Cola)	355ml	140	0	0	0	0	0	0	25	1	39	13	0	0	39	0	0	0	0	0
Deluxe hot chocolate	302g	200	9	14	8	0.1	41	0	140	6	30	10	1	4	26	1	0	0	2	4
S'mores hot chocolate no cookie	332g	320	13	20	11	0.1	56	0	160	7	47	16	2	8	38	2	0	0	4	6
Fruit cocktail	300ml	150	0	0	0	0	0	0	50	2	38	13	0	0	36	0	0	0	2	0
Vegetable cocktail no cracker	240ml	45	0	0	0	0	0	0	650	27	10	3	2	8	3	1	15	100	2	2
Pineapple juice (small)	142ml	70	0	0	0	0	0	0	10	1	16	5	0	0	15	0.3	0	60	2	2
Pineapple juice (large)	256ml	120	0	0	0	0	0	0	15	1	30	10	0	0	28	1	0	100	4	4
Cranberry juice (small)	142ml	70	0	0	0	0	0	0	5	1	18	6	0	0	16	0	0	40	2	2
Cranberry juice (large)	256ml	120	0	0	0	0	0	0	10	1	32	11	0	0	30	0	0	70	2	2
Grapefruit juice (small)	142ml	60	0	0	0	0	0	0	5	1	14	5	0	0	13	0	2	60	2	2
Grapefruit juice (large)	256ml	100	0	0	0	0	0	0	10	1	26	9	0	0	24	0	4	100	2	2

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Apple juice (small)	142ml	60	0	0	0	0	0	0	5	1	15	5	0	0	14	0	0	10	2	2
Apple juice (large)	256ml	110	0	0	0	0	0	0	10	1	28	9	0	0	26	0	0	20	2	2
Orange juice (small)	142ml	70	0	0	0	0	0	0	10	1	16	5	0	0	12	1	0	60	2	2
Orange juice (large)	256ml	120	0	0	0	0	0	0	15	1	29	10	0	0	22	2	0	100	2	2
Freshly squeezed orange juice	256ml	130	0.5	1	0.1	0	1	0	3	1	29	10	1	4	23	2	6	230	2	4
2% Milk (small)	142ml	70	3	5	1.5	0.1	8	10	70	3	7	2	0	0	7	5	6	0	15	0
2% Milk (large)	256ml	130	5	8	3	0.1	16	20	125	5	12	4	0	0	12	9	10	0	30	0
1% Milk chocolate (small)	142ml	100	1.5	2	1	0.1	6	5	125	5	16	5	0	0	16	5	6	0	15	2
1% Milk chocolate (large)	256ml	170	2.5	4	1.5	0.1	8	10	220	9	29	10	0	0	29	9	10	0	25	4
Almond milk (small)	142ml	20	1.5	2	0	0	0	0	60	3	1	1	1	4	0	1	6	0	15	4
Almond milk (large)	256ml	35	3	5	0	0	0	0	105	4	1	1	1	4	0	1	10	0	30	6
Specialty Coffees no sugar added																				
Café au lait (cup)	245ml	110	4	6	2.5	0.1	13	15	100	4	10	3	0	0	10	7	8	0	25	0
Café au lait (bowl)	490ml	220	8	12	5	0.2	26	30	200	8	21	7	0	0	19	15	15	0	50	0
Iced coffee	445ml	110	4	6	2.5	0.1	13	15	110	5	10	3	0	0	10	7	8	0	25	0
Cappuccino (cup)	145ml	60	2	3	1	0	5	10	55	2	6	2	0	0	5	4	4	0	10	0
Cappuccino (bowl)	290ml	110	4	6	2.5	0.1	13	15	110	5	11	4	0	0	10	7	8	0	25	0
Espresso single	45ml	4	0.1	1	0	0	0	0	5	1	1	1	0	0	0	0.1	0	0	0	0
Espresso double	90ml	10	0.2	1	0.1	0	1	0	15	1	2	1	0	0	0	0.1	0	0	0	0
Mochaccino (cup)	211ml	90	3	5	2	0	10	10	90	4	12	4	0	0	10	4	4	0	15	2
Mochaccino (bowl)	422ml	180	6	9	3.5	0.1	18	15	180	8	23	8	1	4	20	8	8	0	25	2
A little bit more ... (extra)																				
Bacon (4 slices)	40g	210	18	28	7	0	35	40	520	22	0	0	0	0	0	12	0	0	0	2
Bowl of fresh fruit	350g	180	1	2	0.2	0	1	0	40	2	46	15	6	24	29	3	25	120	2	6
Chorizo (1)	125g	240	19	29	6	0	30	65	720	30	2	1	0	0	0	15	4	2	2	6
English cream	57ml	180	15	23	9	0.5	48	55	30	1	10	3	0	0	10	2	0	0	70	0
Cretons	40g	110	8	12	3	0	15	20	360	15	2	1	0	0	0	6	0	0	0	4
Famous home fries	200g	420	18	28	3.5	0.1	18	0	860	36	58	19	5	20	0	7	0	0	4	15
Baked beans	126g	160	1.5	2	0.3	0	2	0	500	21	30	10	7	28	10	7	0	0	8	25
Cream cheese	50g	130	12	18	8	0.4	42	40	210	9	4	1	0	0	4	3	15	0	6	0
Brie cheese (3 slices)	50g	170	13	20	8	0.5	43	40	380	16	2	1	0	0	0	10	15	0	25	0

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Cheddar cheese (3 slices)	50g	200	17	26	10	0.5	53	50	330	14	2	1	0	0	0	12	15	0	35	0
4% Cottage cheese	57g	50	2.5	4	1.5	0	8	10	130	5	2	1	0	0	2	6	2	0	4	0
Goat cheese	28g	90	7	11	4.5	0.3	24	20	140	6	1	1	0	0	0	7	2	0	10	2
Swiss cheese (3 slices)	69g	250	21	32	12	0.5	63	60	240	10	2	1	0	0	0	18	25	0	60	0
Potato pancakes (12) & sour cream	184g	660	50	77	14	0.3	72	45	670	28	44	15	1	4	3	9	15	4	10	15
Ham (2 slices)	90g	90	3	5	1.5	0	8	35	810	34	3	1	0	0	0	13	0	0	0	2
Chipotle mayonnaise	42ml	150	11	17	2	0	10	5	390	16	10	3	0	0	10	1	0	6	0	0
Hollandaise sauce	57ml	150	14	22	3.5	0	18	5	270	11	4	1	0	0	3	2	15	0	2	0
Sausages (2)	112g	450	41	63	14	0.1	71	70	940	39	6	2	0	0	0	13	0	0	0	10
Maple syrup	45ml	170	0	0	0	0	0	0	10	1	41	14	0	0	41	0	0	0	4	0
Benedicts (with applesauce)																				
Bacon & caramelized apples on bagel with fresh fruit	803g	1240	61	94	20	0.5	103	435	1100	46	138	46	11	44	61	42	80	150	40	50
Bacon & caramelized apples on bagel with home fries	700g	1500	79	122	24	0.5	123	435	1920	80	154	51	10	40	35	47	50	40	40	60
Bacon & caramelized apples on English muffin with fresh fruit	764g	1040	55	85	20	0.4	102	430	1220	51	107	36	9	36	56	37	80	150	35	30
Bacon & caramelized apples on English muffin with home fries	661g	1300	73	112	23	0.5	118	430	2050	85	124	41	8	32	30	42	50	40	35	40
Florentine on bagel with fresh fruit	755g	1070	49	75	18	0.5	93	425	820	34	125	42	11	44	48	39	120	160	60	60
Florentine on bagel with home fries	652g	1330	67	103	21	0.5	108	425	1640	68	142	47	10	40	22	44	90	60	60	70
Florentine on English muffin with fresh fruit	716g	870	43	66	17	0.5	88	420	940	39	95	32	9	36	44	34	120	160	50	35
Florentine on English muffin with home fries	613g	1130	60	92	20	0.5	103	420	1770	74	111	37	8	32	18	39	90	60	50	45
Avocado on bagel with fresh fruit	773g	1150	58	89	15	0.2	76	405	850	35	129	43	15	60	48	37	60	150	20	50
Avocado on bagel with home fries	670g	1410	75	115	18	0.2	91	405	1670	70	146	49	15	60	22	41	40	50	20	60
Avocado on English muffin with fresh fruit	734g	950	52	80	14	0.1	71	400	970	40	98	33	13	52	44	32	60	150	15	30
Avocado on English muffin with home fries	631g	1210	69	106	17	0.2	86	400	1800	75	115	38	13	52	18	36	40	50	15	40
Avocado lox on bagel with fresh fruit	814g	1180	56	86	18	0.5	93	440	1260	53	133	44	11	44	55	33	80	150	25	50
Avocado lox on bagel with home fries	711g	1440	73	112	22	0.5	113	440	2080	87	149	50	11	44	29	37	60	45	25	60
Avocado lox on English muffin with fresh fruit	775g	980	50	77	18	0.5	93	435	1380	58	102	34	9	36	51	27	80	150	20	30
Avocado lox on English muffin with home fries	672g	1240	67	103	21	0.5	108	435	2210	92	119	40	9	36	25	32	60	45	20	40
Philly on bagel with fresh fruit	918g	1320	65	100	20	0.5	103	445	1570	65	138	46	13	52	57	52	90	150	40	60
Philly on bagel with home fries	815g	1580	82	126	24	0.5	123	445	2400	100	155	52	13	52	31	57	70	40	45	70
Philly on English muffin with fresh fruit	879g	1120	59	91	20	0.5	103	440	1700	71	108	36	11	44	52	47	90	150	35	40
Philly on English muffin with home fries	776g	1380	76	117	23	0.5	118	440	2520	105	124	41	11	44	26	52	70	40	40	45

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Sriracha on bagel with fresh fruit	833g	1340	71	109	24	0.5	123	480	1770	74	129	43	10	40	50	56	80	140	60	60
Sriracha on bagel with home fries	730g	1600	89	137	28	0.5	143	480	2600	108	146	49	10	40	24	60	50	35	60	70
Sriracha on English muffin with fresh fruit	794g	1140	65	100	24	0.5	123	475	1900	79	99	33	8	32	45	50	80	140	50	35
Sriracha on English muffin with home fries	691g	1400	83	128	27	0.5	138	475	2720	113	115	38	8	32	19	55	50	35	50	45
Traditional on bagel with bacon and fresh fruit	703g	1060	50	77	15	0.2	76	415	970	40	122	41	10	40	48	38	60	140	20	50
Traditional on bagel with ham and fresh fruit	743g	940	35	54	9	0.1	46	410	1170	49	125	42	10	40	48	37	60	140	20	50
Traditional on bagel with bacon and home fries	600g	1320	67	103	18	0.2	91	415	1800	75	139	46	9	36	22	43	35	35	20	60
Traditional on bagel with ham and home fries	640g	1200	53	82	12	0.2	61	410	2000	83	141	47	9	36	22	42	35	35	20	60
Traditional on English muffin with bacon and fresh fruit	664g	860	44	68	14	0.1	71	410	1100	46	92	31	8	32	44	33	60	140	15	30
Traditional on English muffin with ham and fresh fruit	704g	740	29	45	8	0.1	41	400	1300	54	94	31	8	32	44	32	60	140	15	30
Traditional on English muffin with bacon and home fries	561g	1120	61	94	17	0.2	86	410	1920	80	108	36	7	28	18	37	35	35	15	40
Traditional on English muffin with ham and home fries	601g	1000	46	71	12	0.1	61	400	2120	88	110	37	7	28	18	37	35	35	15	40
Western on bagel with fresh fruit	848g	1160	54	83	16	0.3	82	450	1290	54	131	44	11	44	53	46	70	150	25	60
Western on bagel with home fries	745g	1420	71	109	20	0.4	102	450	2120	88	147	49	10	40	27	51	45	40	30	70
Western on English muffin with fresh fruit	809g	960	47	72	16	0.3	82	445	1420	59	100	33	9	36	48	41	70	150	20	40
Western on English muffin with home fries	706g	1220	65	100	19	0.3	97	445	2250	94	117	39	8	32	22	46	45	40	25	50
Avocado toast																				
Avocado lox	788g	880	45	69	9	0.1	46	395	1430	60	92	31	21	84	34	27	50	160	15	40
Avocado & cream cheese	787g	950	53	82	15	0.5	78	405	690	29	98	33	22	88	39	30	70	180	20	45
Avocado, bacon & goat cheese	604g	1200	72	111	19	0.5	98	405	1700	71	103	34	19	76	5	42	25	35	25	50
"Délice" avocado	704g	760	38	58	7	0.1	36	365	470	20	90	30	20	80	33	25	50	160	15	40
Crêpes, Pancakes, Waffles & French Toast																				
Classics - Strawberry banana & chocolate crêpe	539g	1000	44	68	24	0.5	123	65	980	41	141	47	13	52	70	17	2	100	80	25
Classics - Fruit & cream crêpe	674g	790	24	37	12	0.5	63	80	1390	58	132	44	10	40	56	19	25	140	100	35
Classics - Caramel apple crêpe	619g	1020	42	65	19	0.1	96	15	1220	51	159	53	7	28	94	11	30	30	20	20
Classics - Strawberry banana & chocolate waffle	574g	1160	60	92	27	0.5	138	150	1110	46	145	48	12	48	64	15	25	100	100	25
Classics - Fruit & cream waffle	589g	730	33	51	13	0.5	68	135	910	38	102	34	7	28	44	11	45	140	100	25
Classics - Apple caramel waffle	619g	1110	54	83	21	0.1	106	80	1180	49	153	51	5	20	88	8	50	30	30	20
Classics - Strawberry banana & chocolate French toast	651g	1240	50	77	26	0.5	133	300	670	28	176	59	13	52	88	28	20	100	90	30
Classics - Fruit & cream French toast	702g	880	27	42	13	0.5	68	300	630	26	142	47	8	32	69	25	40	140	100	35
Classics - Apple caramel French toast	731g	1260	48	74	21	0.2	106	245	910	38	193	64	7	28	112	22	50	30	25	30

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Classics - Strawberry banana & chocolate pancake	794g	1510	53	82	27	0.5	138	95	2570	107	230	77	17	68	89	34	2	100	110	60
Classics - Fruits & cream pancake	844g	1150	30	46	14	0.5	73	100	2540	106	197	66	13	52	70	32	25	140	120	60
Classics - Apple caramel pancake	874g	1530	51	78	21	0.1	106	45	2820	118	248	83	11	44	113	29	30	30	50	60
Ham & asparagus crêpe	811g	1080	47	72	16	0.5	83	105	2850	119	127	42	10	40	39	47	60	110	60	40
Apple & cheddar crêpe	696g	1380	71	109	27	0.4	137	50	1470	61	174	58	11	44	98	27	45	30	50	30
Three musketeers crêpe	867g	1460	76	117	28	0.5	143	145	3060	128	157	52	12	48	44	45	40	120	60	50
Philly waffle	693g	950	45	69	15	0.5	78	295	2050	85	98	33	8	32	33	39	60	90	40	35
Brie & blueberry French toast	601g	1210	45	69	21	0.5	108	425	1220	51	163	54	8	32	97	46	40	15	70	50
Crispy French toast & caramelized apples	614g	1040	31	48	8	0.1	41	245	750	31	175	58	9	36	94	25	30	45	25	35
The ultimate pancake with bacon	814g	1270	52	80	19	0.5	98	450	3100	129	155	52	11	44	46	51	50	100	60	60
The ultimate pancake with ham	874g	1210	42	65	15	0.5	78	455	3520	147	158	53	11	44	46	55	50	110	60	60
Old-fashioned Skillets (with home fries and 2 white toast)																				
Maple syrup 1 egg	632g	1410	76	117	25	0.3	127	250	2690	112	134	45	7	28	40	47	60	50	45	40
Maple syrup 2 eggs	682g	1480	81	125	26	0.4	132	435	2760	115	135	45	7	28	41	53	70	50	50	45
Bacon & avocado 1 egg	637g	1290	76	117	25	0.5	128	270	2290	95	110	37	13	52	11	44	45	80	45	40
Bacon & avocado 2 eggs	687g	1360	81	125	27	0.5	138	455	2350	98	110	37	13	52	11	50	60	80	45	45
BBQ 1 egg	705g	1510	93	143	30	0.1	151	310	3170	132	121	40	7	28	21	51	80	6	60	45
BBQ 2 eggs	755g	1580	98	151	31	0.1	156	495	3230	135	122	41	7	28	22	57	90	6	60	50
Vegetarian 1 egg	572g	1050	56	86	19	0.5	98	235	2060	86	106	35	8	32	12	33	50	60	40	40
Vegetarian 2 eggs	622g	1120	61	94	20	0.5	103	415	2130	89	107	36	8	32	12	39	60	60	45	45
Mexican 1 egg	783g	1320	69	106	22	0.4	112	280	2690	112	127	42	15	60	16	48	45	45	50	50
Mexican 2 eggs	845g	1410	76	117	24	0.5	123	465	2750	115	129	43	16	64	16	54	50	50	50	60
Three meats 1 egg	514g	1220	70	108	25	0.5	128	290	2640	110	101	34	6	24	7	46	30	4	40	40
Three meats 2 eggs	564g	1290	75	115	27	0.5	138	475	2700	113	102	34	6	24	8	51	40	4	45	45
Breakfast Sandwiches (avec with home fries and fresh fruit)																				
Breakfast club with bacon	744g	1170	53	82	19	0.5	98	425	2220	93	132	44	9	36	35	44	80	110	40	50
Breakfast club with Philly steak	827g	1150	46	71	16	0.5	83	435	2140	89	134	45	10	40	36	50	80	110	40	50
Bagel BLT etc.	604g	970	41	63	11	0.1	56	220	970	40	126	42	10	40	32	31	50	100	15	50
Bagel cream cheese	528g	880	34	52	14	0.5	73	60	720	30	127	42	10	40	35	19	45	90	20	45
Breakfast burrito	829g	1250	60	92	20	0.4	102	415	1950	81	138	46	21	84	31	44	60	130	45	50
Deluxe cheeseburger with French fries	582g	1730	99	152	26	1	135	315	3670	153	155	52	11	44	19	55	20	100	25	60

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Deluxe cheeseburger with house salad	572g	1320	91	140	26	1	135	325	2980	124	75	25	6	24	21	49	90	40	25	50
Breakfast melt	691g	1000	53	82	16	0.5	83	235	1230	51	105	35	15	60	29	36	60	140	50	35
Breakfast quesadilla	796g	1240	59	91	21	0.5	108	440	2850	119	131	44	13	52	34	50	60	110	40	45
Grilled sandwich	641g	990	46	71	17	0.5	88	255	1740	73	109	36	10	40	27	42	60	110	50	35
Sicilian	611g	830	38	58	11	0.3	57	225	1340	56	98	33	10	40	28	31	50	130	20	40
Eggs (with home fries, applesauce and 2 with toast)																				
Big Ben	644g	1370	78	120	24	0.2	121	480	3270	136	113	38	7	28	16	53	25	30	10	50
"Ça croustille" with caramel	790g	1450	55	85	16	0.2	81	520	2190	91	197	66	14	56	48	45	35	80	25	60
"Ça croustille" with hazelnut chocolate	790g	1510	62	95	18	0.2	91	520	2160	90	194	65	14	56	53	46	35	80	20	60
Classics - 2 eggs with bacon	477g	1030	52	80	15	0.2	76	405	1960	82	105	35	7	28	15	35	25	15	10	40
Classics - 2 eggs with cretons and baked beans	605g	1100	45	69	11	0.1	56	385	2310	96	138	46	13	52	26	37	25	15	15	70
Classics - 2 eggs with fresh fruit and home fries	787g	1010	35	54	8	0.1	41	365	1480	62	151	50	12	48	44	26	50	140	10	45
Classics - 2 eggs with fresh fruit and tomato	667g	600	17	26	5	0.1	26	365	630	26	96	32	9	36	46	20	60	160	10	30
Classics - 2 eggs with ham	537g	930	38	58	10	0.1	51	405	2340	98	108	36	7	28	15	38	25	15	10	40
Classics - 2 eggs with sausages	549g	1270	76	117	22	0.2	111	440	2390	100	111	37	7	28	15	36	25	15	10	50
Apple crêpe combo	864g	1830	100	154	32	0.5	163	475	3240	135	185	62	10	40	58	52	50	35	35	60
Sweet cream crêpe	654g	1420	70	108	27	0.5	138	435	2450	102	156	52	9	36	46	41	40	30	25	50
"Deux fois bleu" with chocolate	876g	1880	73	112	24	0.2	121	430	3810	159	256	85	12	48	74	57	25	25	50	90
"Deux fois bleu" with blueberry	876g	1650	60	92	16	0.2	81	430	3810	159	224	75	14	56	44	55	25	30	50	80
Two eggs, chorizo & French toast	861g	1630	76	117	21	0.2	106	575	2770	115	183	61	11	44	56	57	45	35	25	60
Two eggs etc. with crêpe	692g	1250	42	65	10	0.1	51	390	2760	115	178	59	10	40	31	38	25	15	35	70
Two eggs etc. with waffle	607g	1190	52	80	12	0.1	61	450	2280	95	148	49	7	28	20	30	45	15	35	60
Two eggs etc. with French toast	719g	1340	46	71	12	0.2	61	615	2010	84	188	63	9	36	44	44	40	15	30	70
Two eggs etc. with pancake	692g	1300	43	66	11	0.1	56	390	2930	122	188	63	10	40	33	40	25	15	40	70
Ten on ten with crêpe	899g	1730	78	120	23	0.2	116	470	4300	179	192	64	16	64	37	66	25	25	35	90
Ten on ten with crêpe (no cretons)	859g	1620	70	108	20	0.2	101	450	3940	164	189	63	16	64	37	60	25	25	35	90
Ten on ten with half waffle	814g	1640	82	126	24	0.2	121	495	3840	160	164	55	14	56	29	60	35	25	30	80
Ten on ten with half waffle (no cretons)	774g	1530	73	112	21	0.2	106	480	3480	145	162	54	14	56	29	54	35	25	30	80
Ten on ten with French toast	870g	1710	79	122	24	0.2	121	580	3700	154	184	61	14	56	41	67	35	25	30	90
Ten on ten with French toast (no cretons)	830g	1600	70	108	20	0.2	101	560	3340	139	182	61	14	56	41	61	35	25	30	80
Ten on ten with pancake	984g	1920	82	126	24	0.2	121	480	4900	204	226	75	17	68	45	73	25	25	45	110

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Ten on ten with pancake (no cretons)	944g	1820	73	112	21	0.2	106	460	4540	189	223	74	17	68	45	67	25	25	45	100
"Gourmandise"	669g	1630	94	145	26	0.3	132	485	2450	102	151	50	10	40	36	46	35	35	20	50
The authentic	717g	1340	64	98	21	0.5	108	435	2790	116	141	47	14	56	27	51	40	30	40	70
The authentic (no cretons)	677g	1230	56	86	18	0.5	93	415	2420	101	139	46	14	56	27	45	40	30	40	60
Ben & Florentine poutine with French fries	521g	1550	105	162	30	0.2	151	325	2960	123	103	34	7	28	6	51	60	80	50	25
Ben & Florentine poutine with famous home fries	561g	1320	92	142	31	0.2	156	325	3140	131	76	25	5	20	6	52	60	2	50	25
Florentine's Healthy Choices																				
Bagel lox	745g	1000	36	55	12	0.5	63	70	1650	69	141	47	13	52	41	22	45	140	20	50
"Délice santé" with brie cheese	581g	700	29	45	14	0.5	73	415	890	37	89	30	9	36	30	29	60	120	30	30
"Délice santé" with cheddar cheese	574g	700	29	45	14	0.5	73	415	800	33	88	29	9	36	30	29	60	120	35	30
"Délice santé" with cottage cheese	597g	620	20	31	9	0.2	46	390	710	30	89	30	9	36	32	28	50	130	15	30
"Délice santé" with goat cheese	569g	660	25	38	12	0.5	63	400	720	30	88	29	9	36	30	28	50	120	20	35
"Délice santé" with Swiss cheese	610g	820	39	60	19	1	100	440	820	34	89	30	9	36	30	40	70	120	70	30
"Délice santé" with vanilla yogurt	673g	670	20	31	8	0.2	41	385	640	27	103	34	9	36	45	27	50	120	25	30
Overnight duo	438g	730	34	52	7	0.2	36	10	490	20	78	26	16	64	15	35	8	25	25	40
Healthy duo with brie cheese	462g	710	43	66	13	0.5	68	400	600	25	54	18	15	60	16	32	40	70	35	40
Healthy duo with cheddar cheese	455g	710	44	68	13	0.4	67	400	520	22	53	18	15	60	16	32	45	70	40	40
Healthy duo with cottage cheese	479g	630	35	54	8	0.1	41	375	420	18	55	18	15	60	18	30	35	70	20	40
Healthy duo with Swiss cheese	468g	740	46	71	14	0.5	73	405	450	19	54	18	15	60	16	36	45	70	50	40
Old-fashioned oatmeal with strawberry and banana	568g	700	15	23	6	0.2	31	20	510	21	130	43	10	40	45	17	10	25	10	35
Old-fashioned oatmeal with caramelized apples and almond	563g	780	25	38	7	0.2	36	20	550	23	126	42	9	36	49	18	15	4	15	35
Healthy scrambler with brie cheese	698g	670	21	32	10	0.5	53	40	1040	43	92	31	10	40	31	34	60	140	35	25
Healthy scrambler with cheddar cheese	698g	700	25	38	12	0.5	63	50	990	41	92	31	10	40	31	35	60	140	40	25
Healthy scrambler with cottage cheese	718g	570	11	17	3.5	0.1	18	10	820	34	93	31	10	40	34	31	45	140	15	25
Healthy scrambler with goat cheese	676g	590	15	23	7	0.3	37	20	800	33	91	30	10	40	31	30	45	140	20	25
Healthy scrambler with Swiss cheese	694g	670	22	34	10	0.5	53	40	820	34	92	31	10	40	31	36	60	140	45	25
Healthy scrambler with vanilla yogurt	718g	560	9	14	2.5	0	13	5	700	29	99	33	10	40	39	26	45	140	15	25
Veggie & quinoa skillet	727g	1060	44	68	13	0.3	67	205	1070	45	127	42	15	60	19	42	45	70	25	70
Healthy wrap	856g	1080	50	77	19	0.5	98	420	1100	46	123	41	18	72	41	42	70	150	60	40
Three-egg Omelettes (with home fries, applesauce and 2 with toast)																				
Avocado, bacon & spinach	663g	1330	76	117	23	0.5	118	615	1960	82	115	38	12	48	17	50	70	35	50	50

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Butcher's choice	651g	1390	80	123	28	0.5	143	660	2750	115	112	37	7	28	18	56	50	25	45	50
Eastern	654g	1050	48	74	13	0.2	66	570	1970	82	118	39	8	32	23	37	50	80	15	45
Goat cheese	624g	1140	58	89	20	0.5	103	590	1840	77	112	37	8	32	19	43	90	50	35	60
Vegetarian	695g	1180	60	92	21	0.5	108	600	1900	79	118	39	9	36	23	43	70	80	45	45
Kidz Corner																				
1-2-3 with bacon	329g	720	35	54	10	0.1	51	210	1390	58	79	26	4	16	15	24	15	15	6	30
1-2-3 with cretons	339g	680	30	46	8	0.1	41	200	1370	57	81	27	4	16	15	21	15	15	6	35
1-2-3 with baked beans	412g	710	23	35	5	0.1	26	185	1450	60	106	35	10	40	24	21	15	15	15	50
1-2-3 with ham	339g	610	23	35	6	0.1	31	200	1360	57	80	27	4	16	15	20	15	15	6	30
1-2-3 with sausages	374g	870	49	75	14	0.1	71	230	1630	68	83	28	4	16	15	23	15	15	6	35
Bananalicious with crêpe	212g	460	20	31	13	0.1	66	10	460	19	64	21	4	16	38	8	0	20	10	10
Bananalicious with waffle	212g	510	27	42	14	0.1	71	40	440	18	61	20	3	12	35	6	10	20	15	10
Bananalicious with French toast	268g	580	23	35	14	0.1	71	125	300	13	81	27	4	16	47	13	8	20	10	15
Bananalicious with pancake	297g	640	24	37	14	0.1	71	20	1010	42	94	31	5	20	45	14	0	20	20	25
S'mores crêpe	184g	490	21	32	13	0.1	66	10	480	20	70	23	2	8	44	8	0	10	8	10
Grilled cheese	300g	670	27	42	10	0.4	52	30	1530	64	87	29	4	16	16	18	20	15	30	25
Koko Loko	325g	740	28	43	18	0.1	91	15	1000	42	118	39	5	20	63	14	0	20	20	30
Lil' delight	407g	560	23	35	10	0.4	52	215	760	32	72	24	5	20	30	20	40	90	30	25
Good Morning																				
Bagel cream cheese	528g	880	34	52	14	0.5	73	60	720	30	127	42	10	40	35	19	45	90	20	45
Two eggs with bacon	489g	1040	52	80	15	0.2	76	405	1960	82	106	35	7	28	16	35	25	25	10	40
Two eggs with cretons	489g	940	43	66	11	0.1	56	385	1810	75	109	36	7	28	16	30	25	25	10	45
Two eggs with baked beans	577g	1000	36	55	8	0.1	41	365	1950	81	137	46	13	52	27	31	25	25	15	60
Two eggs with ham	539g	920	38	58	9	0.1	46	400	2250	94	109	36	7	28	16	36	25	30	10	40
Two eggs with sausages	524g	1130	62	95	17	0.2	86	415	2070	86	111	37	7	28	16	32	25	25	10	45
Fruit explosion	659g	840	22	34	13	0	65	5	600	25	150	50	15	60	65	21	35	140	25	35
Grilled cheese with ham	380g	850	36	55	12	0.5	63	45	2260	94	103	34	6	24	7	26	20	10	30	30
Morning oatmeal	568g	700	15	23	6	0.2	31	20	510	21	130	43	10	40	45	17	10	25	10	35
Yellow ribbon cheese omelette	501g	990	46	71	15	0.5	78	400	2090	87	111	37	7	28	19	32	40	25	30	40
Eastearn omelette	574g	960	41	63	11	0.2	56	390	1880	78	115	38	8	32	21	31	35	60	10	40
Toast, cretons & baked beans	257g	490	16	25	5	0	25	20	1320	55	68	23	8	32	16	18	6	10	10	45

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Brakefast sandwich	507g	1050	43	66	14	0.5	73	235	2150	90	128	43	8	32	13	40	25	25	50	40
Specials																				
Veggie quinoa bowl	555g	720	28	43	8	0.3	42	20	710	30	90	30	13	52	12	30	20	70	20	50
Deluxe grilled cheese with French fries	496g	1510	85	131	24	0.5	123	275	3070	128	145	48	11	44	19	38	35	100	30	35
Deluxe grilled cheese with home fries	536g	1290	72	111	25	0.5	128	275	2950	123	118	39	8	32	19	38	35	20	30	35
Hamburger steak	547g	1400	86	132	20	1	105	95	3140	131	121	40	10	40	20	33	15	100	6	35
Omelette of the day without day's ingredient	285g	490	32	49	7	0.3	37	375	710	30	33	11	3	12	3	16	50	10	8	20
Chorizo panini with French fries	526g	1490	75	115	16	0.2	81	80	3100	129	162	54	10	40	20	40	20	150	45	40
Chorizo panini with home fries	566g	1270	62	95	17	0.2	86	80	2980	124	135	45	8	32	20	40	20	70	45	40
Grilled chicken panini with French fries	492g	1380	63	97	12	0.2	61	70	2800	117	161	54	10	40	20	42	20	140	45	35
Grilled chicken panini with home fries	532g	1160	50	77	13	0.2	66	70	2680	112	134	45	8	32	20	42	20	70	45	40
Goat cheese parrilla	432g	1360	68	105	13	0.5	68	35	2890	120	160	53	11	44	17	27	15	100	30	50
Philly burger	672g	1530	75	115	16	0.3	82	110	2890	120	158	53	13	52	23	53	20	140	25	50
Chicken quesadilla	534g	940	57	88	18	1	95	110	1820	76	68	23	9	36	12	42	100	80	50	30
Chef's salad with bacon and ham	470g	970	86	132	19	1	100	120	1880	78	19	6	7	28	5	36	150	50	45	20
Chef's salad with grilled chicken	445g	870	76	117	15	1	80	120	1190	50	16	5	7	28	5	36	150	45	45	20
Florentine's veggie burger with French fries	585g	1630	101	155	9	1	50	20	2590	108	165	55	19	76	9	22	10	130	10	45
Florentine's veggie burger with house salad	579g	1050	67	103	9	0.4	47	20	2090	87	98	33	14	56	25	17	80	80	10	40
Avocado wrap with grilled chicken	624g	1610	83	128	16	0.4	82	95	2850	119	173	58	16	64	22	45	45	160	35	45
Avocado wrap with Philly steak	662g	1650	87	134	18	0.4	92	80	2870	120	175	58	17	68	23	42	45	160	40	45

Notes:

Nutrition facts are based on laboratory analysis, supplier's information and database.

Percentage of daily values (%DV) are based on a 2 000 calories diet. Your daily values may vary depending on your needs.

Beverages are not included.

Toast: nutrition facts are calculated with white bread and margarine if not specified.