

Ben & Florentine

Allergens

The following chart identifies allergen content. Please note that all meals may contain eggs, fish, milk, peanuts, crustaceans, shellfish, soy, tree nuts, wheat, mustard, sesame and sulphites.

Menu	Eggs	Fish	Milk	Peanut	Crustaceans and shellfish	Soy	Tree Nuts	Wheat	Mustard	Sesame	Sulphites
Smoothies											
With almond milk Aloha, Avocado, Ruby Red, Blueberries, Fraisinette or Watermelon							X				
With yogurt Aloha, Avocado, Ruby Red, Blueberries, Fraisinette or Watermelon			X								
Beverages											
Deluxe hot chocolate			X								
S'mores hot chocolate no cookies			X			X	X				X
Fruit cocktail											
Vegetable cocktail no crackers						X					
Milk			X								
Chocolate milk			X								
Almond milk							X				
Specialty coffees no sugar added											
Latte			X								
Cappuccino			X								
Espresso											
Mochaccino			X								
Iced coffee			X								
Extra											
Chorizo						X					
Cretons								X			
Famous home fries								X			
Baked beans						X			X		X
Potato pancakes & sour cream	X		X			X			X		
Chipotle mayonnaise	X		X						X		
Hollandaise sauce			X					X			
Sausages			X					X	X		
Dijon & Maple Vinaigrette	X		X						X		X

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Benedicts											
Bacon and caramelized apples on bagel	X		X			X		X		X	
Bacon and caramelized apples on English muffin	X		X			X		X			
Florentine on bagel	X		X			X		X		X	
Florentine on English muffin	X		X			X		X			
Avocado on bagel	X		X			X		X		X	
Avocado on English muffin	X		X			X		X			
LOX on bagel	X	X	X			X		X		X	
LOX on English muffin	X	X	X			X		X			
Sriracha on bagel	X		X			X		X	X	X	X
Sriracha on English muffin	X		X			X		X	X		X
Western on bagel	X		X			X		X	X	X	
Western on English muffin	X		X			X		X	X		
Traditional with ham or bacon on bagel	X		X			X		X		X	
Traditional with ham or bacon on English muffin	X		X			X		X			
Avocado toast											
Avocado lox	X	X						X		X	
Avocado & cream cheese	X		X					X		X	
Avocado, bacon & goat cheese	X		X					X		X	
Avocado delight	X							X		X	
Skillets											
Maple Syrup	X		X			X		X			
Bacon & Avocado	X		X			X		X			
BBQ	X		X			X		X	X		
Vegetarian	X		X			X		X			
Three meats	X		X			X		X	X		
Florentine's Healthy Choices											
Bagel lox	X	X	X					X		X	
Healthy delight	X		X			X					
Overnight Duo	X		X			X	X	X		X	
Healthy Duo	X		X			X	X	X		X	
Old-fashioned oatmeal (with strawberry and banana)			X			X		X			
Old-fashioned oatmeal (with caramelized apple and almond)			X			X	X	X			
Veggie & quinoa skillet	X		X			X		X	X		X
Healthy wrap	X		X			X		X			
Crêpes, pancakes, waffle and French toast											
Ben's choice (crêpe, pancake, waffle or French toast)	X		X			X	X	X			
Florentine's choice (crêpe, pancake, waffle or French toast)	X		X			X		X			
Apple & cheddar crêpe	X		X			X	X	X			X
Blueberries & brie French toast	X		X			X	X	X			
Crispy French toast & caramelized apples	X		X			X	X	X			X
The ultimate pancake (with bacon or ham)	X		X			X		X			
Ham, asparagus and swiss crêpe	X		X			X		X			

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Breakfast Sandwiches (with home fries and fresh fruits)											
Breakfast club	X		X			X		X			
Bagel BLT etc.	X		X			X		X		X	
Bagel cream cheese	X		X					X		X	
Breakfast burrito	X		X			X		X			
Deluxe cheeseburger with French fries or home fries	X		X			X		X	X		X
Breakfast melt	X		X			X		X		X	
Grilled sandwich	X		X			X		X			
Eggs (with home fries, applesauce and toast)											
Big Ben	X		X			X		X	X		
2 eggs with bacon or ham	X		X			X		X			
2 eggs with cretons and baked beans	X		X			X		X	X		X
2 eggs with baked beans	X		X			X		X	X		X
2 eggs with fresh fruits	X		X			X		X			
2 eggs with sausages	X		X			X		X	X		
The authentic	X		X			X		X	X		X
The authentic (no cretons)	X		X			X		X	X		X
Ben & Florentine poutine with French fries or home fries	X		X			X		X	X		
Combo (with home fries, applesauce and toast)											
Crispy French toast combo (with caramel)	X		X			X		X	X		X
Crispy French toast combo (with hazelnut chocolate)	X		X			X	X	X	X		
Apple crêpe combo	X		X			X		X	X		X
True blue (with chocolate chips or blueberries)	X		X			X		X			
Two eggs etc. (with crêpe, pancake, waffle or French toast)	X		X			X		X			
Ten on ten (with crêpe, pancake, waffle or French toast)	X		X			X		X	X		X
Ten on ten (with crêpe, pancake, waffle or French toast) no cretons	X		X			X		X	X		X
Gourmandise	X		X			X	X	X	X		
B&F donuts	X		X			X	X	X	X		
Crispy-Crisp Combo	X		X			X	X	X	X		X
Three-egg omelets (with home fries, applesauce and baguette)											
Avocado, bacon & spinach	X		X			X		X			
Butcher's choice	X		X			X		X	X		
Eastern	X		X			X		X			
Goat cheese	X		X			X		X			
Vegetarian	X		X			X		X			

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Kidz Corner											
1-2-3 bacon or ham	X		X			X		X			
1-2-3 cretons	X		X			X		X			
1-2-3 baked beans	X		X			X		X	X		X
1-2-3 sausages	X		X			X		X	X		
Bananalicious (with crêpe, pancake, waffle or French toast)	X		X			X	X	X			
S'mores crêpe	X		X			X	X	X			X
Grilled cheese			X			X		X			
Koko loko	X		X			X		X			
Lil' delight	X		X			X		X			
Egg & donuts combo	X		X			X	X	X	X		X
Good morning											
Fruit explosion			X			X	X	X			
Grilled cheese with ham			X			X		X			
Yellow ribbon cheese omelet	X		X			X		X			
Toast, cretons & baked beans						X		X	X		X
Breakfast sandwich	X		X			X		X			
Specials											
Veggie quinoa bowl	X		X						X		X
Deluxe grilled cheese (with fries)	X		X			X		X	X		
Hamburger steak (with fries)	X		X			X		X	X		
Omelet of the day (without ingredients)	X		X					X	X		X
Chorizo panini (with fries)	X		X			X		X	X		
Chicken panini (with fries)	X		X			X		X	X		
Chicken quesadilla (with home salad)	X		X			X		X	X		X
Chef's salad (with bacon and ham or chicken)	X		X				X		X		X
Florentine's veggie burger (with fries)	X		X			X		X	X		
Avocado wrap (with fries)	X		X			X		X	X		
Grilled cheese with Italian sausage (with fries)	X		X			X		X	X		