

# 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
<b>Smoothies</b>											
With almond milk Aloha, Ruby Red, Blueberries, Fraisinetto or Healthy green							X				
With yogurt Aloha, Ruby Red, Blueberries, Fraisinetto or Healthy green			X								
Banana choco			X				X				
<b>Beverages</b>											
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				
<b>Specialty coffees no sugar added</b>											
Latte			X								
Cappuccino			X								
Espresso											
Mochaccino			X								
Iced coffee			X								
<b>Extra</b>											
Chorizo						X					
Turkey bacon	X										
Baloney			X			X		X	X		
Cretons								X			
Famous home fries								X			
Baked beans						X			X		X
Potato pancakes	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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<b>Benedicts (with home fries and fresh fruits)</b>											
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
Baloney on bagel	X		X			X		X	X	X	
Baloney on English muffin	X		X			X		X	X		
Spicy Italian sausage on bagel	X		X			X		X	X	X	X
Spicy Italian sausage on English muffin	X		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			
<b>Avocado toast (with home fries and fresh fruits)</b>											
Avocado lox	X	X						X		X	
Avocado & cucumber	X		X					X		X	
Avocado, bacon & goat cheese	X		X					X		X	
Avocado & grilled veggies	X							X		X	
<b>Skillets</b>											
Maple Syrup	X		X			X		X			
Bacon & Avocado	X		X			X		X			
Sriracha & Italian sausage	X		X			X		X	X		X
Vegetarian	X		X			X		X			
Three meats	X		X			X		X	X		
Baloney	X		X			X		X	X		
<b>Florentine's Healthy Choices</b>											
Bagel lox	X	X	X					X		X	
Healthy delight	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			
Healthy wrap	X		X			X		X			
<b>Crêpes, pancakes, waffle and French toast</b>											
Bananas, strawberries, chocolate (crêpe, pancake, waffle or French toast)	X		X			X	X	X			
Fruits and English cream (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, spinach and cheddar crêpe	X		X			X		X			

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<b>Breakfast Sandwiches (with home fries and fresh fruits)</b>											
Breakfast club	X		X			X		X			
Bagel BLT etc.	X		X			X		X		X	
Bagel cream cheese	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	
Apples, bacon and cheddar			X			X		X		X	
<b>Eggs (with home fries, applesauce and toast)</b>											
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 or baloney	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		
<b>Combo (with home fries, applesauce and toast)</b>											
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
Banana choco crêpe combo	X		X			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
<b>Three-egg omelets (with home fries, applesauce and baguette)</b>											
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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<b>Kidz Corner</b>											
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 or baloney	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
<b>Good morning</b>											
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			
<b>Specials</b>											
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		