# **Healthy Choices**

Bircher Muesli or Porridge |8 Yoghurt: Fresh Fruit or Plain |5 Seasonal Berries Cup |8 Fresh Fruit Plate |12 Half Grapefruit |5 Fresh Fruit Salad |7

## From the Bakery

Selection of Toast with Jam, Marmalade, Honey and Butter | 5 Choice (2) of Croissant, Danish or Muffin | 6 Bagel and Cream Cheese | 8 Bagel and Cream Cheese, Smoked Salmon | 18

## Free Range Eggs

Served with choice of toast, sautéed potatoes, baked beans and a choice of ham, bacon or sausages.

Two Eggs | 19 Two Eggs Benedict | 23 Plain Omelette | 20 Omelette | 22

Prepared with choice (3) of mushroom, spinach, onion, scallion, tomato, pepper or goat cheese

Egg White Frittata |23

Spinach, sundried tomatoes and goat cheese

### **Side Orders**

Sautéed Potatoes or Baked Beans |6 Ham, Bacon or Sausages |6 each Smoked Salmon |12 Cretons |6 Sautéed Mushrooms |6 Strawberry Compote |7

### **Breakfast**

Served with fresh orange or grapefruit juice and your choice of H.C. Valentine coffee, decaffeinated coffee or Lot 35 tea.

#### Canadian Breakfast | 27

Two eggs any style, baked beans, choice of ham, bacon or sausages, sautéed potatoes and choice (2) of toast, croissant or muffin

#### Coureurs des Bois | 28

American pancakes, served with two eggs any style, baked beans, bacon, sausages and sautéed potatoes

#### Château Breakfast | 25

Seasonal fruit plate, French crêpes with maple butter, bacon and sausages

#### Continental Breakfast | 18

Fresh fruit salad, choice (2) of toast, croissant, danish or muffin

#### Healthy Breakfast |27

Yoghurt parfait with organic granola, Montebello honey and berries, egg white omelette served with mushroom, pepper, spinach, bran or carrot muffin

#### French Toast | 19

Raisin bun, cinnamon, caramelized bananas, candied pecans and maple chantilly

#### Belgian-Style Waffle | 19

Strawberry compote, warm maple syrup and whipped cream

#### French Crêpes | 19

Maple butter

#### American Pancakes | 19

Citrus fromage frais, blueberries and maple syrup

#### **RESTAURANTAUXCHANTIGNOLES**

### **Buffets**

Full 29 Continental 25

# Beverages

H.C. Coffee, Lot 35 Tea 5

Espresso 5

Hot Chocolate or Milk 5

Cappuccino 5

Latté 8

Fresh Orange Juice or Grapefruit Juice

Smoothie of the Day 8

Do not hesitate to share your dietary needs and preferences. Gluten and dairy free options are available. Our goal is to consistently embrace and support the utilization of local raised produce, wild sustainable fish and natural hormone-free pork, poultry and protein.

Taxes and gratuities not included.