



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	Peanuts	Crustaceans and shellfish	Soy	Tree nuts	Wheat	Mustard	Sesame	Sulphites
Smoothies											
Aloha with almond milk							X				
Aloha with yogurt			X								
Avocado with almond milk							X				
Avocado with yogurt			X								
Blueberry with almond milk							X				
Blueberry with yogurt			X								
"Fraisinette" with almond milk							X				
"Fraisinette" with yogurt			X								
Watermelon with almond milk							X				
Watermelon with yogurt			X								
Ruby Red with almond milk							X				
Ruby Red with yogurt			X								
Beverages											
Soft drink (Coca-Cola)											
Deluxe hot chocolate			X								
S'mores hot chocolate no cookie			X			X	X				X
Fruit cocktail											
Vegetable cocktail no cracker						X					
Pineapple juice											
Cranberry juice											
Grapefruit juice											
Apple juice											
Orange juice											
Freshly squeezed orange juice											
Milk			X								

Menu	Eggs	Fish	Milk	Peanuts	Crustaceans and shellfish	Soy	Tree nuts	Wheat	Mustard	Sesame	Sulphites
Chocolate milk			X								
Almond milk							X				
Specialty Coffees no sugar added											
Café au lait			X								
Iced coffee			X								
Cappuccino			X								
Espresso											
Mochaccino			X								
A little bit more ... (extra)											
Bacon (4 slices)											
Bowl of fresh fruit											
Chorizo (1)											
English cream			X								
Cretons								X			
Famous home fries								X			
Baked beans						X			X		X
Cream cheese			X								
Brie cheese (3 slices)			X								
Cheddar cheese (3 slices)			X								
4% Cottage cheese			X								
Goat cheese			X								
Swiss cheese (3 slices)			X								
Potato pancakes (12) & sour cream	X		X						X		
Ham (2 slices)											
Chipotle mayonnaise	X		X						X		
Hollandaise sauce			X			X		X			
Sausages (2)			X					X	X		
Maple syrup											
Benedicts (with applesauce)											
Bacon & caramelized apples on bagel with fresh fruit	X		X			X		X		X	
Bacon & caramelized apples on bagel with home fries	X		X			X		X		X	
Bacon & caramelized apples on English muffin with fresh fruit	X		X			X		X			
Bacon & caramelized apples on English muffin with home fries	X		X			X		X			

Menu	Eggs	Fish	Milk	Peanuts	Crustaceans and shellfish	Soy	Tree nuts	Wheat	Mustard	Sesame	Sulphites
Florentine on bagel with fresh fruit	X		X			X		X		X	
Florentine on bagel with home fries	X		X			X		X		X	
Florentine on English muffin with fresh fruit	X		X			X		X			
Florentine on English muffin with home fries	X		X			X		X			
Avocado on bagel with fresh fruit	X		X			X		X		X	
Avocado on bagel with home fries	X		X			X		X		X	
Avocado on English muffin with fresh fruit	X		X			X		X			
Avocado on English muffin with home fries	X		X			X		X			
Avocado lox on bagel with fresh fruit	X	X	X			X		X		X	
Avocado lox on bagel with home fries	X	X	X			X		X		X	
Avocado lox on English muffin with fresh fruit	X	X	X			X		X			
Avocado lox on English muffin with home fries	X	X	X			X		X			
Philly on bagel with fresh fruit	X		X			X		X		X	
Philly on bagel with home fries	X		X			X		X		X	
Philly on English muffin with fresh fruit	X		X			X		X			
Philly on English muffin with home fries	X		X			X		X			
Sriracha on bagel with fresh fruit	X		X			X		X	X	X	X
Sriracha on bagel with home fries	X		X			X		X	X	X	X
Sriracha on English muffin with fresh fruit	X		X			X		X	X		X
Sriracha on English muffin with home fries	X		X			X		X	X		X
Traditional on bagel with bacon and fresh fruit	X		X			X		X		X	
Traditional on bagel with ham and fresh fruit	X		X			X		X		X	
Traditional on bagel with bacon and home fries	X		X			X		X		X	
Traditional on bagel with ham and home fries	X		X			X		X		X	
Traditional on English muffin with bacon and fresh fruit	X		X			X		X			
Traditional on English muffin with ham and fresh fruit	X		X			X		X			
Traditional on English muffin with bacon and home fries	X		X			X		X			
Traditional on English muffin with ham and home fries	X		X			X		X			
Western on bagel with fresh fruit	X		X			X		X	X	X	
Western on bagel with home fries	X		X			X		X	X	X	
Western on English muffin with fresh fruit	X		X			X		X	X		
Western on English muffin with home fries	X		X			X		X	X		

Menu	Eggs	Fish	Milk	Peanuts	Crustaceans and shellfish	Soy	Tree nuts	Wheat	Mustard	Sesame	Sulphites
Avocado toast											
Avocado lox	X	X						X		X	
Avocado & cream cheese	X		X					X		X	
Avocado, bacon & goat cheese	X		X					X		X	
"Délice" avocado	X							X		X	
Crêpes, Pancakes, Waffles & French Toast											
Classics - Strawberry banana & chocolate crêpe	X		X			X	X	X			
Classics - Fruit & cream crêpe	X		X			X		X			
Classics - Caramel apple crêpe	X		X			X		X			X
Classics - Strawberry banana & chocolate waffle	X		X			X	X	X			
Classics - Fruit & cream waffle	X		X			X		X			
Classics - Apple caramel waffle	X		X			X		X			X
Classics - Strawberry banana & chocolate French toast	X		X			X	X	X			
Classics - Fruit & cream French toast	X		X			X		X			
Classics - Apple caramel French toast	X		X			X		X			X
Classics - Strawberry banana & chocolate pancake	X		X			X	X	X			
Classics - Fruits & cream pancake	X		X			X		X			
Classics - Apple caramel pancake	X		X			X		X			X
Ham & asparagus crêpe	X		X			X		X			
Apple & cheddar crêpe	X		X			X	X	X			X
Three musketeers crêpe	X		X			X		X	X		
Philly waffle	X		X			X		X	X		
Brie & blueberry French toast	X		X			X	X	X			
Crispy French toast & caramelized apples	X		X			X	X	X			X
The ultimate pancake with bacon	X		X			X		X			
The ultimate pancake with ham	X		X			X		X			
Old-fashioned Skillet (with home fries and 2 white toast)											
Maple syrup	X		X			X		X			
Bacon & avocado	X		X			X		X			
BBQ	X		X			X		X	X		
Vegetarian	X		X			X		X			
Mexican	X		X			X		X			
Three meats	X		X			X		X	X		

Menu	Eggs	Fish	Milk	Peanuts	Crustaceans and shellfish	Soy	Tree nuts	Wheat	Mustard	Sesame	Sulphites
Breakfast Sandwiches (avec with home fries and fresh fruit)											
Breakfast club with bacon	X		X			X		X			
Breakfast club with Philly steak	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	X		X			X		X	X		X
Deluxe cheeseburger with house salad	X		X			X		X	X		X
Breakfast melt	X		X			X		X		X	
Breakfast quesadilla	X		X			X		X			
Grilled sandwich	X		X			X		X			
Sicilian	X		X			X		X		X	
Eggs (with home fries, applesauce and 2 with toast)											
Big Ben	X		X			X		X	X		
"Ça croustille" with caramel	X		X			X		X			X
"Ça croustille" with hazelnut chocolate	X		X			X	X	X			
Classics - 2 eggs with bacon	X		X			X		X			
Classics - 2 eggs with cretons and baked beans	X		X			X		X	X		X
Classics - 2 eggs with fresh fruit and home fries	X		X			X		X			
Classics - 2 eggs with fresh fruit and tomato	X		X			X		X			
Classics - 2 eggs with ham	X		X			X		X			
Classics - 2 eggs with sausages	X		X			X		X	X		
Apple crêpe combo	X		X			X		X	X		X
Sweet cream crêpe	X		X			X	X	X			
"Deux fois bleu" with chocolate	X		X			X		X			
"Deux fois bleu" with blueberry	X		X			X		X			
Two eggs, chorizo & French toast	X		X			X	X	X			
Two eggs etc. with crêpe	X		X			X		X			
Two eggs etc. with waffle	X		X			X		X			
Two eggs etc. with French toast	X		X			X		X			
Two eggs etc. with pancake	X		X			X		X			
Ten on ten with crêpe	X		X			X		X	X		X
Ten on ten with crêpe (no cretons)	X		X			X		X	X		X

Menu	Eggs	Fish	Milk	Peanuts	Crustaceans and shellfish	Soy	Tree nuts	Wheat	Mustard	Sesame	Sulphites
Ten on ten with half waffle	X		X			X		X	X		X
Ten on ten with half waffle (no cretons)	X		X			X		X	X		X
Ten on ten with French toast	X		X			X		X	X		X
Ten on ten with French toast (no cretons)	X		X			X		X	X		X
Ten on ten with pancake	X		X			X		X	X		X
Ten on ten with pancake (no cretons)	X		X			X		X	X		X
"Gourmandise"	X		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	X		X			X		X	X		
Ben & Florentine poutine with famous home fries	X		X			X		X	X		
Florentine's Healthy Choices											
Bagel lox	X	X	X					X		X	
"Délice santé" with brie cheese	X		X					X			
"Délice santé" with cheddar cheese	X		X					X			
"Délice santé" with cottage cheese	X		X					X			
"Délice santé" with goat cheese	X		X					X			
"Délice santé" with Swiss cheese	X		X					X			
"Délice santé" with vanilla yogurt	X		X					X			
Overnight duo	X		X			X	X	X			X
Healthy duo with brie cheese	X		X				X	X			X
Healthy duo with cheddar cheese	X		X				X	X			X
Healthy duo with cottage cheese	X		X				X	X			X
Healthy duo with Swiss cheese	X		X				X	X			X
Old-fashioned oatmeal with strawberry and banana			X			X		X			
Old-fashioned oatmeal with caramelized apples and almond			X			X	X	X			
Healthy scrambler with brie cheese	X		X			X		X			
Healthy scrambler with cheddar cheese	X		X			X		X			
Healthy scrambler with cottage cheese	X		X			X		X			
Healthy scrambler with goat cheese	X		X			X		X			
Healthy scrambler with Swiss cheese	X		X			X		X			
Healthy scrambler with vanilla yogurt	X		X			X		X			
Veggie & quinoa skillet	X		X			X		X			

Menu	Eggs	Fish	Milk	Peanuts	Crustaceans and shellfish	Soy	Tree nuts	Wheat	Mustard	Sesame	Sulphites
Healthy wrap	X		X			X		X			
Three-egg Omelettes (with home fries, applesauce and 2 with toast)											
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			
Kidz Corner											
1-2-3 with bacon	X		X			X		X			
1-2-3 with cretons	X		X			X		X			
1-2-3 with baked beans	X		X			X		X	X		X
1-2-3 with ham	X		X			X		X			
1-2-3 with sausages	X		X			X		X	X		
Bananalicious with crêpe	X		X			X	X	X			
Bananalicious with waffle	X		X			X	X	X			
Bananalicious with French toast	X		X			X	X	X			
Bananalicious with pancake	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			
Good Morning											
Bagel cream cheese	X		X					X		X	
Two eggs with bacon	X		X			X		X			
Two eggs with cretons	X		X			X		X			
Two eggs with baked beans	X		X			X		X	X		X
Two eggs with ham	X		X			X		X			
Two eggs with sausages	X		X			X		X	X		
Fruit explosion			X			X	X	X			
Grilled cheese with ham			X			X		X			
Morning oatmeal			X			X		X			
Yellow ribbon cheese omelette	X		X			X		X			
Eastearn omelette	X		X			X		X			

Menu	Eggs	Fish	Milk	Peanuts	Crustaceans and shellfish	Soy	Tree nuts	Wheat	Mustard	Sesame	Sulphites
Toast, cretons & baked beans			X			X		X	X		X
Brakefast sandwich	X		X			X		X			
Specials											
Veggie quinoa bowl			X								
Deluxe grilled cheese with French fries	X		X			X		X	X		
Deluxe grilled cheese with home fries	X		X			X		X	X		
Hamburger steak	X		X			X		X	X		X
Omelette of the day without day's ingredient	X		X					X			
Chorizo panini with French fries	X		X			X		X	X		
Chorizo panini with home fries	X		X			X		X	X		
Grilled chicken panini with French fries	X		X			X		X	X		
Grilled chicken panini with home fries	X		X			X		X	X		
Goat cheese parrilla	X		X			X		X	X		
Philly burger	X		X			X		X	X		
Chicken quesadilla	X		X			X		X			
Chef's salad with bacon and ham	X		X				X				
Chef's salad with grilled chicken	X		X				X				
Florentine's veggie burger with French fries	X					X		X			
Florentine's veggie burger with house salad	X		X			X		X	X		
Avocado wrap with grilled chicken	X		X			X		X	X		
Avocado wrap with Philly steak	X		X			X		X	X		

Notes:

Beverages are not included.

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