



Réveil *M*atin

Breakfast + Lunch

***ALSO AVAILABLE WITH SOY MILK OR ALMOND MILK

(SMALL SUPPLEMENT +0.95\$ /1.70)

THE COFFEES

«AFTER EIGHT»

CHOCOLATE SYRUP, ESSENCE OF GREEN MINT, ESPRESSO,
MILK & WHIPPED CREAM « & full of chocolate chips ».... **\$6.95** /12.50

«DING-DANG-DONG»

WHITE CHOCOLATE ESSENCE, ALMOND ESSENCE,
ESPRESSO, MILK & WHIPPED CREAM « & full of chocolate chips »..... **\$6.95** /12.50

«TWO O'CLOCK»

CHOCOLATE SYRUP, BANANA ESSENCE, HAZELNUT ESSENCE,
ESPRESSO, MILK & WHIPPED CREAM « & full of marshmallows » **\$6.95** /12.50

«WAKE-CUP»

CHOCOLATE SYRUP, ESPRESSO,
MILK & WHIPPED CREAM « & full of chocolate chips + M & M's ». **\$6.95** /12.50

«REVEILLEZ-VOUS»

RASPBERRY ESSENCE, CHOCOLATE SYRUP,
ESPRESSO, MILK & WHIPPED CREAM**\$6.95** /12.50

THE « CARAMILK »

CARAMEL ESSENCE, CHOCOLATE SYRUP, ESPRESSO,
MILK & WHIPPED CREAM « & CARAMEL CHIPS» **\$6.95** /12.50

WE ARE CERTIFIED :



DAVIDsTEA

Malongo

NESPRESSO

+0.95\$ /1.70

CUP OF LATTÉ..... \$4.95/ 8.90

BOWL OF LATTE \$6.50/11.70

CHAI LATTE.....\$5.95/10.70

CAPPUCINO.....\$4.50/ 8.10

FROZEN CAPPUCINO \$4.95/ 8.90

ESPRESSO.....\$3.00/ 5.40

CUP OF

HOT CHOCOLATE..... \$4.50/ 8.10

BOWL.....\$5.95/10.70

CHOCOLATE MILK \$4.50/ 8.10

GLASS OF WINE 8oz \$7.95/14.45

JUICES REFRESHING

ORANGE..... \$5.95 /10.70

RED GRAPEFRUIT.. \$5.95 /10.70

PINEAPPLE JUICE.. \$3.50 /6.40

MIMOSA..... \$8.25 /14.85

JUMBO..... \$41.95 /75.50

« PINK PANTHER ». \$8.95 /16.10

RED GRAPEFRUIT MIMOSA

Délicieux !

JUMBO PANTHER.... \$44.95 /80.90

FRUITS SMOOTHIE

\$5.95 /10.70

\$US / AUG / Euro rate changes daily

THE FRUITS

«WESTCLOCK»

RÉVEIL MATIN'S FABULOUS MILK CREAM

& MUESLIX MIX, WITH A BLEND OF FRESH FRUITS, \$11.95 /21.50

STRAWBERRIES & BANANAS.... \$12.95 /23.30 STRAWBERRIES ONLY \$15.95 /28.70

«PLEIN SOLEIL»

FRENCHY BRIE CHEESE, AGED CHEDDAR & «COTTAGE CHEESE»

SERVED WITH A WHOLE BUNCH OF FRUITS & FRESHLY BAKED TOASTED BAGUETTE

" VIVE LA FRANCE " !!! \$18.95 /34.10

« DOUCE' HEURE »

♥ AMAZING CUP OF REVEIL MATIN'S FABULOUS MILK CREAM

MARBLED WITH A RASPBERRY COULIS & FRESH RASPBERRIES SERVED

WITH MUESLIX AND AN IMPRESSIVE SLICE OF TOASTED APPLE BREAD \$15.95 /28.70

AN ASSURED REVELATION !

«LEVÉE DU JOUR»

BIG CUP OF REVEIL MATIN'S FABULOUS MILK CREAM, OVERGROWN WITH FRESH STRAWBERRIES

SERVED WITH CROQUE NATURE \$15.95 /28.70

« THE RÉVEIL »

RÉVEIL MATIN'S FABULOUS MILK CREAM CROWNED WITH AN AMAZING BLEND OF FRESH FRUITS & SERVED WITH A TOASTED BAGEL & «CREAM CHEEZE» \$14.95 /26.90

FRUIT CUP \$4.75 / 8.55

STRAWBERRY CUP \$6.95 /12.50

WILDBERRIES CUP \$7.95 /14.30

«BAGEL»

CREAM-CHEEZE

WITH POTATOES \$ 6.95 /12.65

WITH FRESH FRUITS.... \$11.50 /20.70

♥ «BAGUETTE-TIME»

FRESHLY BAKED TOASTED BAGUETTE & HOMEMADE *CRETON* \$7.50 /13.50

The way mom loves it ... with Canadian «BEANS» ... \$9.50 /17.10

« THE TOCANTE »

OATMEAL SERVED WITH FRESH CREAM, BROWN SUGAR AND « TOASTS»

PLEASE... LET US KNOW IF YOU WOULD LIKE IT PREPARED

WITH MILK OR WATER \$8.95 /16.10

BÉBÉ DIXMO

GRILLED CHEESE
WITH HOT DOG JUMBO SAUSAGE

WITH POTATOES.....\$ 7.50 /13.50

WITH FRESH FRUITS\$11.50 /20.70

SUS / AUG / Euro rate changes daily

OUR «BIG» BENEDICTINES

SERVED WITH POTATOES OR « HALF & HALF »

*POACHED EGGS & OUR *UNIQUE* HOLLANDAISE SAUCE
SERVED ON TOASTED ENGLISH MUFFIN

HOMEBAKED HAM & SWISS \$16.95 /30.50

HOMEBAKED HAM, SPINACH & SWISS\$16.95 /30.50

HOMEBAKED HAM, ASPARAGUS & BRIE\$17.95 /32.30

HOMEBAKED HAM, PORTOBELLO & SWISS\$17.95 /32.30

SMOKED SALMON, TOMATOES, RED ONIONS, CAPERS & SWISS \$19.95 /35.90

« THE CHEEZE CAKE »

DELICIOUS ROLLED CREPE STUFFED WITH
STRAWBERRY COULIS & CREAM CHEEZE.
GARNISHED WITH FRESH STRAWBERRIES AND FRESH MINT.
.... STEPHANY'S GUILTY PLEASURE \$16.95 /35.50

\$US / AUG / Euro rate changes daily

THE FRENCH TOAST



« THE RESSORT »

FRENCH TOAST BAGUETTE SLICES,
GRILLED TO PERFECTION «LOADED»
WITH FRESH FRUITS \$14.95 /26.90

« THE TROTTEUSE »

TWO-SIDED DISH, ONE SIDE RASPBERRY
COULIS BLENDED WITH CRÈME ANGLAISE
AND ON THE OTHER SIDE FRENCH
TOAST BAGUETTE SLICES
«FULL» OF FRESH FRUITS ... \$16.95 /35.50

« THE REMONTOIR »

BIG APPLE BREAD PERFECTLY GRILLED
«FULL» OF BLUEBERRIES AND SERVED
WITH BACON ... \$15.95 /28.70

« THE PENDULE »

ONE EGG, HOMEBAKED HAM AND SWISS
CHEESE BURRIED IN A FRENCH TOAST
SANDWICH «SMOTHERED» IN FRESH FRUITS ... \$15.95 /28.70

♥ « LA SNOOZE »

FRENCH TOAST BAGUETTE LADENED WITH BUTTER SEARED
APPLES AND COVERED WITH OUR HOMEMADE CARAMEL SYRUP,
SUGAR-COATED NUTS... & BLUEBERRIES \$16.95 /35.50
..... better than « Viagra » LOL ;)

OUR «BIG» BENEDICTINES

SERVED WITH POTATOES OR « HALF & HALF »

*POACHED EGGS & OUR *UNIQUE* HOLLANDAISE SAUCE
SERVED ON TOASTED ENGLISH MUFFIN

HOMEBAKED HAM & SWISS	\$16.95	/30.50
HOMEBAKED HAM, SPINACH & SWISS	\$16.95	/30.50
HOMEBAKED HAM, ASPARAGUS & BRIE	\$17.95	/32.30
HOMEBAKED HAM, PORTOBELLO & SWISS	\$17.95	/32.30
SMOKED SALMON, TOMATOES, RED ONIONS, CAPERS & SWISS	\$19.95	/35.90

«THE CHARME'HEURE»

« VIVA ITALIA! » GRILLED ITALIAN SAUSAGE, SUN DRIED TOMATOES,
PORTOBELLO MUSHROOMS & BOCCONCINI PEARLS \$18.95 /34.10

THE CASSOLETTES

SERVED WITH 1/2 FRESHLY BAKED TOASTED BAGUETTE

«DU PÊCHE'HEURE»

MINI SKILLET LOADED WITH ROASTED POTATOES, SMOKED SALMON,
FRESH VEGETABLE MIX, RED ONIONS, TOMATOES & CAPERS.
TOPPED WITH GRILLED SWISS & 1 EGG OVER EASY
.... \$17.95 /32.30

«BON'HOMME 7 HEURES»

MINI SKILLET LOADED WITH ROASTED POTATOES, BACON, SAUSAGE,
HOMEBAKED HAM, FRESH VEGETABLE MIX & TOMATOES.
TOPPED WITH GRILLED AGED CHEDDAR & 1 EGG OVER EASY
... \$16.95 /30.50

OUR OMELETTES ^{3 EGG}

ALL OMELETTES ARE AVAILABLE WITH EGG WHITES ONLY ... + \$2.25 /4.05

PLAIN	\$ 9.95 /17.90
SPINACH AND CHEDDAR	\$14.50 /26.10
MUSHROOMS AND SWISS	\$14.50 /26.10
HAM, SWISS AND ASPARAGUS	\$15.50 /27.90

♥ «NUIT BLANCHE»

5 EGGS WHITES, CHERRY TOMATOES, SPINACH
AND GOAT CHEESE... \$15.95 /28.70

«COU-COU»

SMOKED SALMON OMELETTE,
«CREAM -CHEEZE», RED ONIONS , TOMATOES AND CAPERS
SERVED WITH A GRILLED BAGEL ... \$17.95 /32.30

«JACK-MART»

FRESH VEGETABLE MIX, BACON, BREAKFAST SAUSAGE, TOMATOES,
HAM AND CHEDDAR... \$15.95 /28.70

♥ «TIC-TAC»

AVOCADO, BRIE, SHALLOTS,
TOMATOES AND BACON ... \$16.95 /30.50



«A PILE»

FRESH VEGETABLE MIX , TOMATOES AND CHEDDAR ... \$14.95 /26.90

«CHRONO»

SALSA, RED AND GREEN PEPPERS ,TOMATOES, SHALLOTS,
RED ONIONS AND CHEDDAR ... \$14.95 /26.90

2 EGGS AND BACON	\$ 9.95 /17.90
2 EGGS AND HOMEMADE HAM	\$11.50 /20.70
2 EGGS BALONEY	\$ 8.50 /15.30
2 EGGS WITH CANADIAN CRETON & CANADIAN «BEANS»	\$10.95 /19.70
2 EGGS, FRENCH TOAST AND FRESH FRUITS	\$14.95 /27.20

« DEUX-DEUX-DEUX »

2 EGGS, 2 CRÊPES & 2 PIECES OF BACON **\$12.95** /23.30



« THE BIG BEN »

2 EGGS, BACON, SAUSAGE, HOMEMADE HAM,
CANADIAN CRETON, « CANADIAN BEANS » AND CRÊPE ... **\$15.95** /28.70

« THE COCORICO »

2 EGGS, CRÊPE, BACON, SAUSAGE, HOMEMADE HAM
AND FRESH FRUITS ... **\$15.95** /28.70

« L'HEURE BLEUE »

2 EGGS, BACON & YOUR CHOICE OF PANCAKE:
BLUEBERRY, BANANA OR STRAWBERRY ... **\$14.95** /26.90
* FRUITS COOKED IN THE BATTER *

« THE 3 HEURES »

3 EGGS, 3 SLICES OF BACON & 3 BREAKFAST SAUSAGES
« **3 TOASTS** » ... **\$12.95** /23.30



« THE QUARTZ »

2 POACHED EGGS, «**COTTAGE CHEEZE**» AND AN ASSEMBLY
OF FRESH FRUITS AND A TOASTED ENGLISH MUFFIN **\$17.95** /32.30



**OUR HAM IS
HOMEMADE !!!**

« **HALF & HALF** »
1/2 FRUITS 1/2 POTATOES

JOHNNY CAKES

« exclusive to The ISLANDS »
... A MUST TRY !
CARIBBEAN STYLE BREAD PATTY

« THE ROLEX »

1 EGG OVER MEDIUM, BACON, TOMATOES,
BREAKFAST POTATOES, ONIONS, SWISS
\$ 6.50 /11.70

« THE BREITLING »

1 EGG OVER MEDIUM, TUNA SALAD
AND SWISS
\$ 6.50 /11.70

« THE CARTIER »

1 EGG OVER MEDIUM, HAM, PEPPERS AND ONIONS,
TOMATOES AND A BLEND OF CHEDDAR
\$ 6.50 /11.70

WITH POTATOES..... + \$2.50 /4.50

WITH FRUITS..... + \$4.50 /8.10

WITH HALF & HALF + \$7.00 /12.60

\$US /AUG / Euro rate changes daily

THE ROCK'N'ROLL

SERVED WITH POTATOS OR « HALF & HALF »

FULL FRUITS + \$4.50 /8.10

♥ « MY BRO'S ROLOX »

GRILLED BAGEL, SMOKED SALMON, « CREAM CHEEZE »,
RED ONIONS, CAPRES & TOMATOES
\$19.95 /35.90

« ROL' AUX OEUF »

LARGE SLICED BREAD SANDWICH FILLED
WITH EGG SALAD
\$11.95 /21.75

LARGE SLICED BREAD SANDWICH FILLED
WITH EGG SALAD
\$11.95 /21.75

♥ «ROL' AU THON»

LARGE GRILLED SANDWICH FILLED WITH
TUNA SALAD AND SWISS CHEEZE
\$14.95 /26.90

«ROL' NORME»

TOASTED WHEAT BREAD SANDWICH GARNISHED WITH 1 EGG , BACON,
TOMATOES, RED ONIONS, AMERICAN CHEEZE, MAYO
AND SWISS CHEEZE
\$13.95 /25.10

«ROL' HEURE»

2 HALVES OF A CIABATTA BREADS , HOMEMADE HAM,
TOMATOES, RED ONIONS AND SWISS CHEEZE
\$14.95 /26.90

«ROL' CLUB»

BREAKFAST CLUB SANDWICH , HOMEMADE HAM,
EGGS, TOMATOES, SALAD, AMERICAN CHEEZE,
BACON & MAYO
\$15.95 /28.70

«ROL' SLYM»

GRILLED TORTILLAS TOPPED WITH SHREDDED CHEDDAR,
SWISS AND BRIE CHEEZE WITH ONIONS,
TOMATOES, PEPPERS AND BACON
\$15.95 /28.70

\$US / AUG / Euro rate changes daily

THE

«LITTLE ONES»

SERVED WITH A LITTLE GLASS OF MILK

*UNIQUE !! + \$2.00 /3.65

Hot colored vanilla milk!

PINK OR BLUE ! THE LITTLE ONES ADORE THESE!

One egg with bacon slices..... \$6.25 /11.25
One egg with breakfast sausage \$5.95 /10.70
One egg with home baked ham.....\$7.25 /13.05

«GRAND-PÈRE»

HAM, TOMATOES, SHALLOTS,
RED AND GREEN PEPPERS ... \$13.95 /25.10

\$US / AUG / Euro rate changes daily

THE WAFFLES

... OH YES ... WE DID ... TWO *FF* ;-))

WITH FRESH FRUITS	\$ 14.95 /26.90
WITH BANANAS	\$ 11.25 /20.25
STRAWBERRIES AND BANANAS	\$ 14.95 /26.90
WITH STRAWBERRIES	\$ 15.95 /28.70
WITH WILDBERRIE MIX	\$ 16.95 /30.50
** HAZELNUT CHOCOLATE SPREAD**	+\$ 3.25 /5.85
**ADD ONE SCOOP OF VANILLA " ICE CREAM "	+\$ 2.25 /4.05



«L'HEURE NOIRE»

WAFFLE «LOADED» WITH SUITED APPLES , COVERED
WITH HOMEMADE CARAMEL SYRUP AND
SUGAR COATED NUTS\$16.95 /30.50

«THE GAFF'HEURE»

SUGAR WAFFLE SANDWICH , 1 EGG, HOMEMADE HAM,
SWISS CHEESE SERVED WITH «HALF AND HALF »
\$16.95 /30.50

DANIEL'S JOHNNY CAKES

« exclusive to The ISLANDS »
... A MUST TRY !
CARIBBEAN STYLE BREAD PATTY

«THE ROLEX»

One egg with bacon slices.....	\$6.25 /11.25
One egg with breakfast sausage	\$5.95 /10.70
One egg with home baked ham.....	\$7.25 /13.05

♥ «MICKEY MOUSE PANCAKE»

CHOCO-HAZELNUT SPREAD, STRAWBERRIES & BANANAS

\$8.95 /16.10

« CHEEZE OMELETTE »

\$6.95 /12.50

« CHOCOLATE CHIP PANCAKE »

\$5.95 /10.70



« CRÊPE OR FRENCH TOAST »

CHOCO BANANA	\$ 6.95 /12.50
CHOCO STRAWBERRY	\$ 8.95 /16.10

«GRILLED CHEEZE».....

.....	\$ 4.25 / 7.65
WITH POTATOES	\$ 6.95 /12.50
WITH FRUITS	\$ 8.95 /16.10

L'ittle XTRAS

POTATOES	\$3.95/ 7.10	«CREAM CHEEZE»	\$3.95/ 7.10
POTATOES GRATIN	\$7.25/13.05	«COTTAGE CHEEZE».....	\$3.50/ 6.30
SLICES OF TOMATOES	\$2.95/ 5.30	SMALL BANANA CHOCOLATE CREPE.....	\$6.95/12.50
BACON SLICES	\$4.25/ 7.65	SMALL STRAWBERRY CHOCOLATE CREPE....	\$8.95/16.10
BREAKFAST SAUSAGE	\$3.50/ 6.30	BUCKWHEAT CREPE.....	\$4.50/ 8.55
HOMEBAKED HAM	\$7.95/14.30	PLAIN CREPE	\$2.95/ 5.30
BALONEY	\$3.25/ 5.85	FRENCH TOAST	\$4.75/ 8.55
CANADIAN «BEANS»	\$3.25/ 5.85	CHOCOLATE HAZELNUT SPREAD.....	\$3.95/ 7.10
CANADIAN CRETON	\$3.95/ 7.10	HOMEMADE CARAMEL SYRUP	\$4.25/ 7.65
OLD CHEDDAR	\$4.95/ 8.90	BAGUETTE.....	\$3.25/ 5.85
SWISS	\$3.95/ 7.10	BAGEL.....	\$2.25/ 4.05
BRIE	\$4.95/ 8.90	CIABATTA BREAD	\$2.75/ 4.95
GOAT CHEEZE.....	\$4.95/ 8.90	1/2 AVOCADO.....	\$3.75/ 6.75
AMERICAN CHEEZE	\$3.25/ 5.85	1 SLICE OF APPLE BREAD	\$3.25/ 5.85
HOLLANDAISE.....	\$3.95/ 7.10	2 TOASTS.....	\$2.25/ 4.05
SMOKED SALMON.....	\$8.95/16.10	PLAIN JHONNY CAKE	\$3.95/ 7.10