



Lunch Menu

Daily Soup

Mp

Romaine & Radicchio Salad

Lemon Anchovy Dressing, Prosciutto, Crispy Shallots,
& Pecorino

16

+ Fried Egg 2

+ Shrimp or Chicken 6

Luna Lyonnaise

Arugula Salad w/ Two Organic Poached Eggs, Cremini Mushrooms, Red Onion, Double Smoked Bacon & Chives

18

Sandwiches/Wraps

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Grilled Free-Range Chicken Breast Sandwich

Roasted Red Pepper, Sun-dried Tomato Pesto, Garlic Aioli, Goat's Cheese & Arugula

16

Grilled Flat-iron Steak Sandwich

Sweet Onion, Tomato, Garlic Aioli & Arugula.

18

Marinated Eggplant Sandwich

Sun Dried Tomato Pesto, Roasted Red Peppers, Red Onion, Spinach, Smoked Gruyere and Chipotle Mayo

14

Avocado Wrap

Avocado, Brie, Roasted Red Pepper, Spinach & Tapenade

12

Marinated Artichoke Wrap

Artichokes, Tomato, Guacamole, Sheep's Milk Feta, Red Onion, Arugula, Tapenade & Chipotle Mayo

13

Naturally Smoked Salmon Wrap

Smoked Salmon, Goat's Cheese, Red Onion, Capers, Avocado, Tomato & Arugula

18

(All Sandwiches & Wraps Served w/ organic mixed green Salad)



Egg etc...

The Alpha Omega

Protein Rich Breakfast with Two Poached Organic Eggs, Avocado, Smoked Salmon, Capers, Onion & Dill

15

Breakfast Shakshuka

Two Organic Eggs Poached in a Spicy Pepper & Tomato Sauce with Merguez Lamb Sausage, Spinach, Sheep's milk Feta & Fresh Herbs with Sourdough Toast

18

Veggie Version with Artichoke

Avocado, Tomato Breakfast

Two Organic Eggs, Avocado, Tomato, Sourdough Toast & Greens

14

Frenchwoman's Breakfast

Two Organic Eggs, Organic Country Sausage, Baguette, French Brie & Greens

18

Memories of St.Denis

Two Organic Eggs, Maple Chipotle Baked Beans, Bacon, Sourdough Toast & Greens

18

Naturally Smoked Salmon Breakfast

Two Organic Eggs, Capers, Dill, Red Onion, Sourdough Toast & Greens

18

Peameal Bacon Breakfast

Two Organic Eggs, Peameal Bacon, Sourdough Toast & Greens

18

Scramble Wraps

Spinach Scramble Wrap

Spinach, Red onion, Sheep's Milk Feta, Dill & Tapenade

12

Avocado Scramble Wrap

Avocado, Brie, Dill & Sun-dried Tomato Pesto

13

Mushroom Scramble Wrap

Organic Wild Mushrooms, Red Onion, Spinach & Smoked Gouda

14

Salmon Scramble Wrap

Naturally Smoked Salmon, Red Onion, Capers & Goat's Cheese

18

Sausage Scramble Wrap

Spicy Sausage, Red Onion, Spinach, Sundried Tomato Pesto and Goat's Cheese

16

All our meat is sustainably sourced from Ontario farmers without the use of hormones or antibiotics