

Beverages

Smoothie of the day	250 ml	**5.5**
	500 ml	**7.5**
Juice Orange or apple		**4 / 6**
Mimosa Orange juice, grapefruit juice or cranberry juice		**9**
Bubbles to share (bottle)		**42**
Bloody Cæsar		**12.5**

Americano	**4**
Espresso	**4**
Cappuccino	**5**
Latte	**6**
Oat milk latte	**8**
Hot chocolate with whipped cream	**5.5**

*Filter coffee included with breakfast





Our Classics

Le Classique — 17.5

Eggs (2), choice of meat : bacon (3), homemade pulled ham or sausages (2), served with fresh fruits, homemade seasoned potatoes, white toast, baked beans

Le Réveil — 21.5

Eggs (2), bacon (2), homemade pulled ham, sausage (1), served with fresh fruits, homemade seasoned potatoes, white toast, baked beans

Le Brunch « Estam » — 25.5

Eggs (2), bacon (2), homemade pulled ham, sausage (1), crepe and maple syrup, served with fresh fruits, homemade seasoned potatoes, pork cretons, white toast, baked beans

Panini Le Suprême — 25.5

Egg, homemade pulled ham, onions, hollandaise sauce, Swiss cheese, served with fresh fruits, homemade seasoned potatoes



Panini Le Suprême



Bol Santé

Bol Santé — 18

Plain yogurt, fresh fruits, granola, chia seeds, raspberry coulis, coconut, white toast, served with fresh fruits

Smoothie Bowl — 19

Mixed berries, plain greek yogurt, fresh fruits, chia seeds, granola, coconut flakes, honey

White toast – **Extra 3**

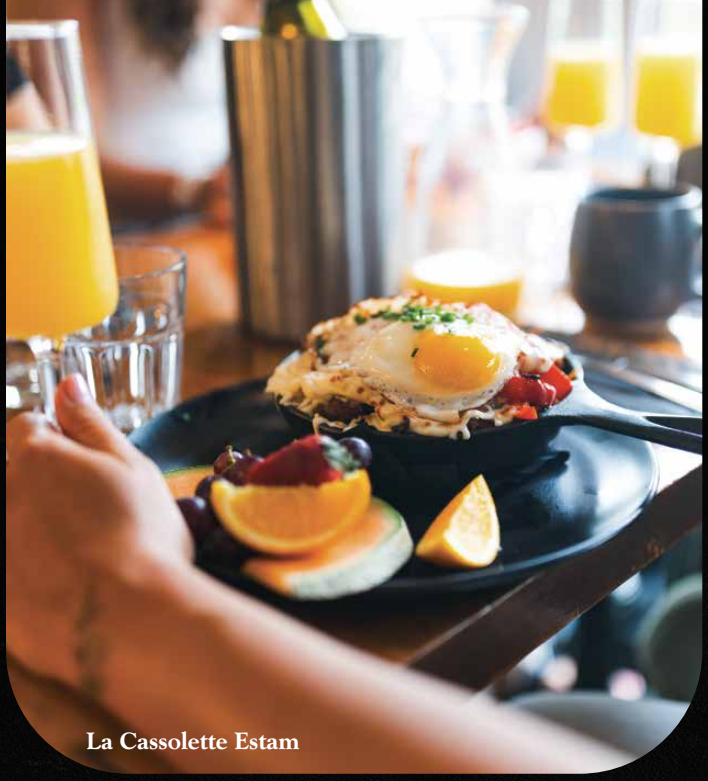
La Tropicale — 18.5

Two (2) poached eggs on toasted English muffin, yogurt, raspberry sauce, choice of cheese (Brie, cheddar, Swiss), white toast, served with fresh fruits

Avocat toast — 21

Avocado, crushed tomato bruschetta, goat cheese, pumpkin seeds, sunny-side-up egg, honey, served with fresh fruits, homemade seasoned potatoes

The chef suggests adding smoked salmon – **Extra 6**



La Cassolette Estam

House Specialties

La Cassolette Estam — 24

Skillet with homemade seasoned potatoes, onions, peppers, mushrooms, bacon, homemade pulled ham, sausage, sunny-side-up egg, hollandaise sauce, Swiss and mozzarella cheese, white toast, served with fresh fruits

La Pizza Lève-Tôt — 25.5

Fresh dough, hollandaise sauce, one scrambled egg, bacon, homemade pulled ham, sausage, peppers, mozzarella cheese, served with fresh fruits and homemade seasoned potatoes

La Poutine Déj Estam — 22

Homemade seasoned potatoes, bacon, homemade pulled ham, sausage, peppers, mushrooms, onions, hollandaise sauce, homemade poutine sauce, cheese curds, sunny-side-up egg, served with fresh fruits

Eggs Benedict

Two poached eggs served on a toasted English muffin, served with fresh fruits and homemade seasoned potatoes

Le Parisien — 24.5

Homemade pulled ham, Swiss cheese, hollandaise sauce

Le Roquette — 23.5

Goat cheese, arugula, sautéed mushrooms, hollandaise sauce

L'Atlantique — 25.5

Smoked salmon, onions, cream cheese and herbs, hollandaise sauce

Le Brie « Estam » — 24.5

Brie, sautéed mushrooms, homemade pulled ham, hollandaise sauce

Le « Smoked Meat » — 24.5

Swiss cheese, smoked meat, fried onions, hollandaise sauce



Le Roquette

Crepes

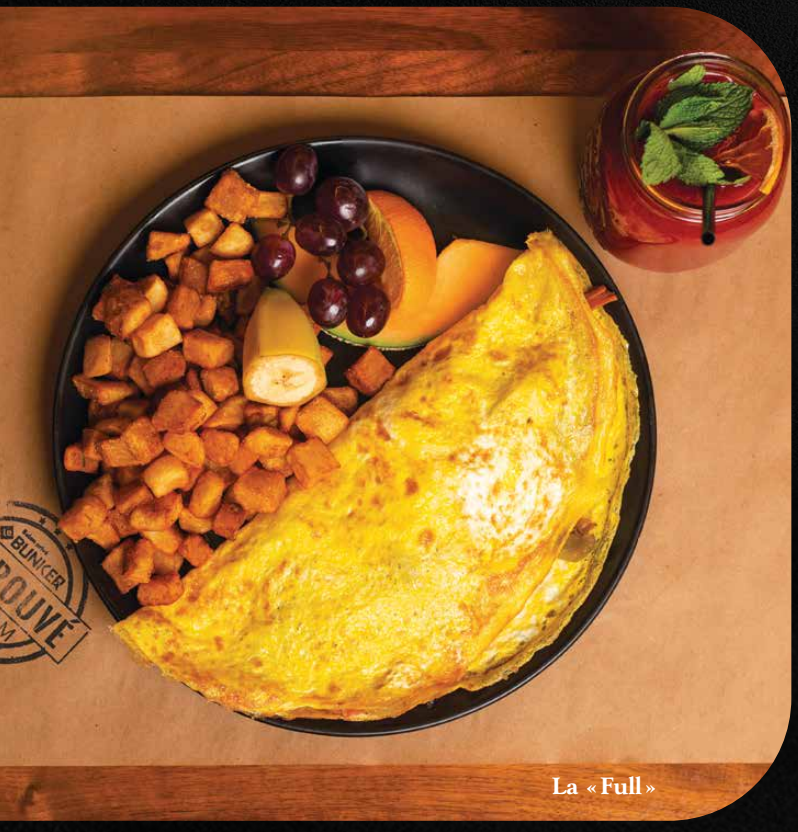
Les Traditionnelles — 18
Crepes (2), maple syrup, served with fresh fruits

La Torride — 22.5
Bananas, strawberries, Nutella, served with fresh fruits

La Suédoise — 25
Smoked salmon, onions, seasoned potatoes, hollandaise sauce, served with fresh fruits

La Brie — 24
Homemade pulled ham, Brie cheese, hollandaise sauce, homemade seasoned potatoes, served with fresh fruits


La Torride


La « Full »

Omelets

Prepared with three eggs
Served with fresh fruits, homemade seasoned potatoes and white toast

La « Full » — 23.5
Homemade pulled ham, onions, peppers, tomatoes, mushrooms, Swiss cheese

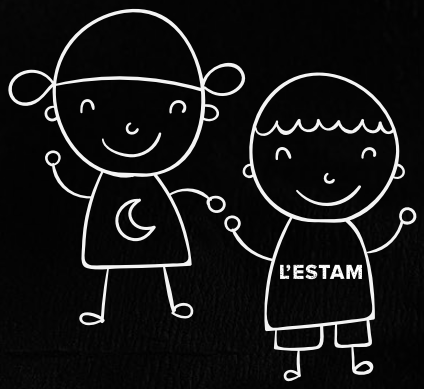
La Norvégienne — 25.5
Smoked salmon, onions, capers, hollandaise sauce

La Biquette — 23.5
Goat cheese, arugula, sautéed mushrooms

Breakfast for Little Monsters

All 13.5 $

Beverage included (juice orange or apple), chocolate milk or hot chocolate, served with fresh fruits



Crepe with maple syrup

Crepe with bananas and Nutella

Cheese omelet

Served with homemade seasoned potatoes and white toast

Egg breakfast

Egg (1), choice of meat : bacon (2), homemade pulled ham or sausage (1), homemade seasoned potatoes and white toast



Extras

Homemade pulled ham	5	Crepe	5
Bacon (3)	3.5	Bowl of fresh fruits	5.5
Sausages (2)	3.5	White toast	3
Egg (1)	2	Swiss cheese	2
Homemade seasoned potatoes	4	Brie or goat cheese	3
Pork cretons	2.5	Maple syrup	2
Baked beans	2	Whipped cream	2
Hollandaise sauce	3.5	Gluten-free bread	3
Nutella	2	Strawberries	5