



Breakfast

MENU

L'ESTAM



Guilt-free plates

La Tropicale _____ 18

Two (2) poached eggs on toasted english muffin, yogurt, raspberry sauce, cheese of your choice (brie, cheddar, swiss) fresh fruits, white bread toast

Bol Santé _____ 17.5

Plain yogurt, fresh fruits, granola, chia seeds, raspberry sauce, coconut, white bread toast

Smoothie Bowl _____ 18

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

White bread toast – **Extra 3**

Le Classique _____ 17

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

Le Réveil _____ 21

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

Le Brunch « Estam » _____ 25

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

Panini Le Suprême _____ 25

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

Avocat toast _____ 19.5

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**

Crepes

La Torride _____ 22

Bananas, strawberries, Nutella, served with fresh fruits

Les Traditionnelles _____ 17.5

Crepes (2), maple syrup, served with fresh fruits

La Suédoise _____ 24

Smoked salmon, onions, seasoned potatoes, hollandaise sauce, served with fresh fruits

La Brie _____ 23

Homemade pulled ham, brie cheese, hollandaise sauce, homemade seasoned potatoes, served with fresh fruits

Omelets

Prepared with trois eggs

Served with fresh fruits, homemade seasoned potatoes and white bread toast

La « Full » _____ 23

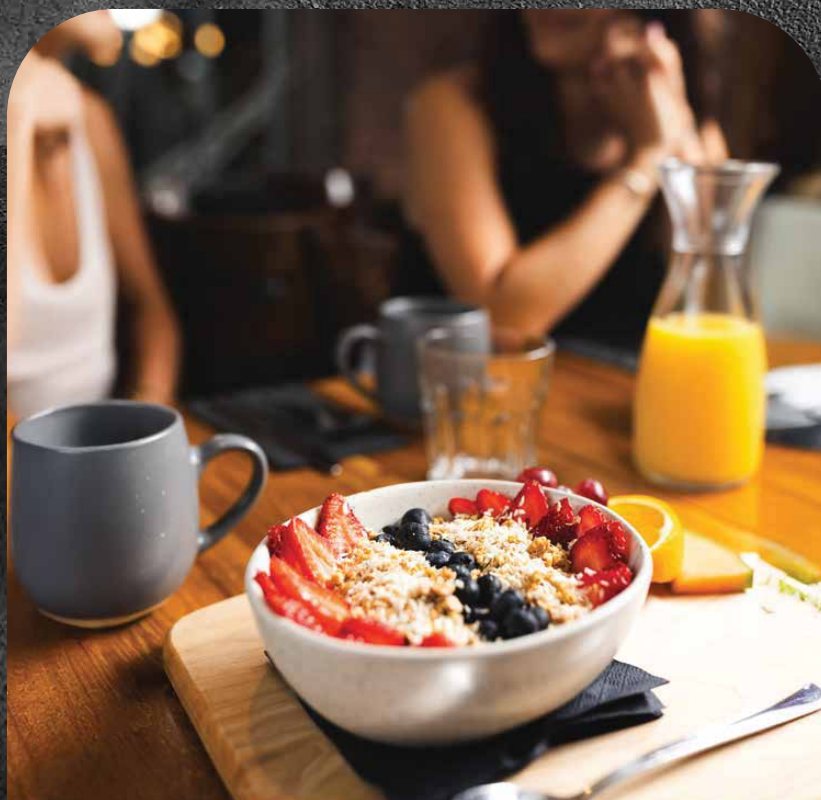
Homemade pulled ham, onions, peppers, tomatoes, mushrooms, swiss cheese

La Norvégienne _____ 25

Smoked salmon, onions, capers, hollandaise sauce

La Biquette _____ 23

Goat cheese, aragula, sautéed mushrooms





Benedicts

Two poached eggs served on toasted english muffin, fresh fruit and homemade seasoned potatoes

Le Parisien _____ 24

Homemade pulled ham, swiss cheese, hollandaise sauce

Le Roquette _____ 23

Goat cheese, aragula, mushrooms, hollandaise sauce

L'Atlantique _____ 25

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

Le Brie « Estam » _____ 24

Brie, mushrooms, homemade pulled ham, hollandaise sauce

Le « Smoked Meat » _____ 24

Swiss cheese, smoked meat, fried onions, hollandaise sauce

Le Texan _____ 24

Crispy chicken breast, avocado, swiss cheese, baguette, spicy mayo, hollandaise sauce, served with salad

House specialties

La Cassolette Estam _____ 23

Skillet – Homemade seasoned potatoes, onions, peppers, mushrooms, bacon, homemade pulled ham, sausage, sunny side up egg, hollandaise sauce, swiss and mozzarella cheese, fresh fruits, white bread toast

La Pizza Lève-Tôt _____ 25

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

La Poutine Déj Estam _____ 21

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 fruit



Extras

Homemade pulled ham	5	Nutella	1.5
Bacon (3)	3.5	Crepe	5
Sausages (2)	3.5	Bowl of fresh fruits	5.5
Egg (1)	2	White bread toast	3
Homemade seasoned potatoes	4	Suisse cheese	2
Pork cretons	2.5	Brie or goat cheese	3
Baked beans	2	Maple syrup	2
Hollandaise sauce	3.5		

Breakfast for Lil' monsters

Beverage included (juice orange or apple), chocolate milk or hot chocolate

Crepe and maple syrup

Crepe, bananas and Nutella

Cheese omelet

Egg breakfast

Egg (1), choice of meat : bacon (2), homemade pulled ham, sausage (1),
white bread toast

All 13



Beverages

Smoothie of the day _____ **5.5 / 7.5**

Juice _____ **4 / 6**

Orange or apple

Mimosa _____ **8.5**

Orange juice, grapefruit juice
or cranberry juice

Bubbles to share (bottle) _____ **40**

Bloody Cæsar _____ **12.5**

Gin & Jam _____ **10**

Gin Empress Indigo, homemade jam,
tonic or soda

Americano _____ **4**

Espresso _____ **4**

Cappuccino _____ **5**

Latté _____ **6**

Hot chocolate and
whipped cream _____ **5.5**

Extra oat milk _____ **1.5**

*Filter coffee included with lunch

