

Le Lunch

HORS D'OEUVRES

SOUP DU JOUR	7
MESCLUN SALAD (W/"BIJOU" GOAT CHEESE) Seasonnal lettuces, house vinaigrette	8 12
ROASTED BEETS & BABY SPINACH SALAD Goat cheese, walnut, balsamic dressing	9
CRISPY BABY ARTICHOKE, parmesan	14
YELLOWFIN TUNA TARTARE Spicy avocado and ginger oil	18
CHARCUTERIE PLATE, assortment of cold cuts	14
CHEESE PLATE, selection of 3 cheeses	18

LUNCH EXPRESS \$18

Soupe du jour
or
Mixed green salad
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Capellini a la tomate
or
Grilled chicken paillard
pommes frites & fresh herbs
or
Roasted tilapia
Tomato provencale and white wine sauce

LES SALADES

CLASSIC NICOISE SALAD	20
Tuna confit, mesclun, haricots vert, nicoise olives	
CHICKEN PAILLARD	19
frisee, crispy chorizo, fingerling potatoes	

LES SANDWICHES

All sandwiches are served w/ pommes frites or mixed greens

CROQUE MONSIEUR/MADAME	10/12
ham and gruyère, béchamel / with sunny side up egg	
CLASSIC PAN BAGNAT	14
tuna salad, olives, mesclun, red peppers	
FREDERICK'S BURGER	14
raclette, pancetta and fries	
CHICKEN CLUB B.L.T	12
crispy pancetta, boston lettuce, tomatoes	

LES PIZZAS

MARGARITA	12
tomato sauce, mozzarella and basil	
PARMA	14
Prosciutto mozzarella and basil	

LES ENTRÉES

ORGANIC OMELETTE JARDINIÈRE	14
spinach, thyme, goat cheese	
FUSILLI AU SAUMON	15
Duo of fresh seared and smoked salmon	
PENNE RIGATE	14
pink vodka sauce	
HOMEMADE RAVIOLI, ricotta & spinach	14
tomato, basil sauce	
CLASSIC STEAK TARTARE*	24
Hand cut with capers, cornichons and pommes frites	
ROASTED MAHI-MAHI	22
Saffron rice, seasonnal vegetable, red pepper coulis	
GRILLED SKIRT STEAK*	20
Sautéed shallots, pommes purée and haricots vert	

SIDES \$6.50

FRENCH FRIES
POMMES PUREE
ASPARAGUS
SPINACH
STRING BEANS
MAC&CHEESE 12.50