

LUNCH

Monday to Friday 10 a.m. to 2 p.m.



Café Flora
Cuisine conviviale contemporaine
Contemporary comfort food

Ask for options



GLUTEN-FREE VEGETARIAN

This week's inspiration

19

BURGER

The Burger 19

Beef, brioche bun, bacon, cheddar cheese, mixed greens and sprouts, tomato, red onion, pickle, burger sauce, served with your choice of garden salad or potato chips

Chicken Burger 19

Roasted chicken, brioche bun, bacon, cheddar cheese, mixed greens and sprouts, tomato, red onion, pickle, honey mustard sauce, served with your choice of garden salad or potato chips

Fish Burger 19

Fish, brioche bun, cheddar cheese, tomato, coleslaw, tartar sauce, pickle, served with your choice of garden salad or potato chips

Salad

Garden Salad 15

Mixed greens and sprouts, feta cheese, strawberries, Granny Smith apple, carrot, onion, chai seeds

Choix de vinaigrette :

- Honey mustard • Balsamic vinaigrette
- Ranch • Italian • Poppy seed dressing

Watermelon Salad 15

Mixed greens and sprouts, watermelon, feta cheese, mint, basil, toasted maple walnuts and balsamic reduction

Spinach Salad 15

Baby spinaches, oranges, cucumber, apple, feta cheese, red onion, toasted maple pecans, cranberries, apple cider vinaigrette and balsamic reduction

Caesar Salad 15

Romaine lettuce, caesar dressing, bacon, parmigiano reggiano, croutons

Quinoa Salad 15

Quinoa, chickpeas, feta cheese, red onion, tomato, bell pepper, apple, toasted maple walnuts, sprouts, citrus vinaigrette

Sides for salad 5

- Fish • Chicken breast • Shrimps

Seafoods & Fish

Shrimp Roll 18

Shrimps, toasted bun, aioli, celery, green onion, sprouts, served with choice of garden salad or potato chips

The Tacos 19

Shrimps or fish (cod or haddock filet), tortillas, coleslaw, avocado, onion, cilantro, taco sauce, served with mango and pineapple salsa, potato chips

Salmon Wellington 19

Baked salmon, spinach, parmesan cheese, toasted walnuts, puff pastry, served with garden salad

Soup of the day

Served with toasts

8

Kid's Menu

10

- Grilled cheese
- Ham and cheese sandwich
- Cheese burger

Served with potato chips, watermelon, cucumber slices, apple slices, served with choice of a glass of milk, lemonade or juice (apple or orange)

Sandwich & Wrap

Veggie Pâté Sandwich 18

Veggie pâté, cheddar cheese, mixed green and sprouts, tomato, avocado, mayonnaise, served with your choice of garden salad or potato chips

Caesar Wrap 18

Roasted chicken, tortilla, Romaine lettuce, caesar dressing, bacon, parmigiano-reggiano, croutons, served with your choice of garden salad or potato chips

Smoked Meat Sandwich 19

Smoked meat, toasts, cheddar cheese, roasted red bell pepper, caramelized onions, pickle, mustard, served with your choice of garden salad or potato chips

Panini 15

Bacon, mozzarella cheese, roasted bell pepper, mixed greens and sprouts, onion, Granny Smith apple, pesto sauce, served with your choice of watermelon salad or potato chips

Add chicken 5

Autre

Bruschetta 14

Toasted bread, mixed tomatoes confit, basil, garlic, citrus, bocconcini and marinated olives

Desserts

8

- Chocolate cake
- Carrot cake
- Cheesecake
- Tiramisu

BEVERAGES

Lemonade, iced tea or iced coffee Sm 4 L 5

Milk or juice (orange or apple) Sm 3,50 L 4,50

Perrier sparkling water 3,50

Spring water 2,50

Soft drink 3

French Press coffee 3,50

Espresso Single 3,50 Double 4,50

Americano Single 4 Double 5

Cappuccino 5

Latte 5

Hot chocolate 5

Tea bag (herbal, Black or green) 3

Alcoholic beverage

Mimosa 9

Cocktail 9

Beer 7

Craft beer 9

Wine (Red wine or White wine) ... 6oz 8 8oz 10

