

# OUR BREAKFASTS

## **Our outstanding omelettes**

*(Served with toasts and roasted potato wedges with onions and our special blend of spices. Choice of a small orange or tomato juice for an additional \$1)*

### **Plain and Simple**

A classic 3-egg omelette with salt and pepper ..... \$8,95

**The Goatherd** Goat's cheese, tomatoes and parsley ..... \$10,95

### **The Mycologist**

Mushrooms, Swiss cheese and crushed black pepper ..... \$10,95

**The Velvety Smooth** Spinach, brie and bechamel sauce ..... \$10,95

### **The Shepherdess**

3 cheeses (Arcadie, brie, mozzarella) ..... \$11,95

### **The French Popeye**

Spinach, French sausage and mozzarella cheese ..... \$11,95

**The Alpine** Ham, Gruyere and chives ..... \$11,95

### **The Atlantic**

Salmon, Arcadie smoked cheese, parsley and lemon ..... \$12,95

**The Indecisive** : create your own omelette (up to 3 ingredients) :

onions, mushrooms, tomatoes, spinach, peppers, shallots, cheese, one meat (ham, French sausage or chorizo) ..... \$11,95

## **Weekday Eggs**

*(fried, scrambled or poached eggs served with toasts and roasted potato wedges with onions and our special blend of spices)*

**One egg** ... \$6,95    **Two Eggs** ... \$7,95    **Three eggs** ... \$8,95

## **Toasts of the Morning**

**Grilled cheese-style toasts with the colours and flavours of the week** ..... \$8,95

*Ask your server for details*

## **Fruit fancy of the week**

**Waffle, fruit delight** ..... \$10,95

*Ask your server for details*

**Breakfast smoothies** ..... \$5,45

Choice of 2 ingredients from the following : banana, blueberry, spinach, strawberry, raspberry, mango, peach

Add a tablespoon of nutritional energy (chia seeds, sunflower seeds, hemp seeds, gluten-free oat flakes) ..... \$1,00

### **Our toasts**

*(Toasts are not buttered)*

Toasts and homemade jam .....	4,95 \$
Toasts with homemade cretons and homemade apple sauce.....	6,25 \$
Bagel (honey and oat, plain or Montreal) with cream cheese and homemade jam.....	5,95 \$
French baguette with selected cheeses and pâté served with apple sauce .....	7,85 \$

### **Our regulars**

Orzo and fruit folie's salad .....	4,75 \$
Yogurt with homemade granola.....	4,95 \$
And of course our pastries.....	Prices vary

### **Fresh from the oven**

Muffin of the day .....	1,95 \$
Pastries :	
Croissant .....	2,15 \$
Chocolat croissant .....	2,35 \$
Almond croissant .....	3,35 \$
Chocolate twist .....	2,95 \$
Pistachio or raisin swirl .....	2,95 \$

### **Add one of our sides for \$2**

Cretons	Smoked salmon	French sausage
Roasted potato wedges	Ham	Custard
Hollandaise sauce	Cheese sauce	Egg
Black pudding	Maple syrup	Gluten-free bread

### **Did you know?**

- The building which houses Grains de folie was fully renovated and restored in 2007. All of the craftspeople involved in this work come from within the Acadian Peninsula. Built over a century ago, it was initially used as a general store before housing a linen room run by members of the Mailhot family.
- The walls of Grains de folie are lined with a hand-painted canvas by Luc Rondeau from Caraquet. His work was created using cubism techniques and was inspired by the activities undertaken within the business. Thank you Luc for sharing your immense talent with us!