



www.grainsdefolie.ca

171, BOUL. SAINT-PIERRE O. À CARAQUET

506.727.4001

OUR WEEKEND BREAKFASTS

Scrambled Eggs à la Marseillaise

Scrambled eggs on tomatoes, peppers and onions, accompanied with a choice of chorizo, ham or French sausage. All served with roasted potato wedges with onions and our special blend of spices..... \$9,95

Our toasts

(Toasts are not buttered)

Toasts and homemade jam \$4,95

Toasts with homemade cretons and homemade apple compote..... \$6,25

Bagel (honey and oats, 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 French toasts

(Choice of a small orange or tomato juice for an additionnal \$1)

Plain \$8,95

Choco-banana..... \$11,95

Fruit and custard..... \$11,95

Toffee apple and nut praline \$12,95

Brie and raspberries \$13,95

Our waffles

(Choice of a small orange or tomato juice for an additionnal \$1)

Plain \$8,95

Choco-banana..... \$11,95

Fresh fruits and custard \$12,95

Salted toffee apples and nuts praline \$12,95

Our regulars

Muffin of the day \$1,95

Orzo and fruit folie's salad \$4,75

Yogurt with homemade granola..... \$4,95

And of course our pastries..... Prices vary

All of our dishes are prepared with simple ingredients for optimum flavour and nutritional value. Above all, we choose to use local products in the preparation of our dishes. By doing so, we are encouraging both local producers and the development of our regional economy.

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).....	\$12,95
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

Our Benedictines

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

The Eggsquisite : poached eggs, ham and hollandaise sauce on an English muffin.....	\$12,95
The Eggstraordinary : poached eggs, olive tapenade, spinach and cheese sauce on an English muffin.....	\$13,95
* Leek Nest : poached eggs, tomatoes, peppered goat's cheese and sauce vierge on a nest of creamy leeks.....	\$13,95
* Taste of India : poached eggs accompanied with a sauce of chopped tomatoes, mushrooms, feta cheese, garlic, paprika, turmeric, cumin and parsley.....	\$13,95

** With white or gluten-free toasts.*

The Eggstasies

The Croissant à la Fanfan : scrambled eggs and ham in a croissant topped with cheese sauce.....	\$13,95
The Croque-Maitresse : bagel topped with an egg, smoked salmon and cream cheese.....	\$13,95
The Roundbelly : fried egg placed on a heap of roasted potato wedges with onions, mushrooms, black pudding, ham, sausage and chorizo.....	\$15,95

The Main Eggsibit

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

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

Hot drinks

Filter coffee (medium roast, dark roast, decaf).....	\$1,95
Espresso	\$2,80
Viennese coffee	\$2,90
Americano	\$2,90
Small latté.....	\$3,25
Large latté (bowl)	\$4,20
Cappuccino.....	\$3,10
Mocha	\$3,35
Hot chocolate	\$2,90
Tea / Herbal tea	\$1,95
Hot apple cider	\$2,75

Cold drinks

Orange or tomato juice (small)	\$2,00
Orange or tomato juice (large).....	\$3,00
Milk (2%) or chocolate milk (small).....	\$1,75
Milk (2%) or chocolate milk (large)	\$2,95
Apple cider	\$2,20
Sparkling apple juice.....	\$2,95
Sparkling apple and cranberry juice.....	\$2,75
Mimosa.....	\$4,95

Smoothies

Choice of 2 ingredients from the following: banana, blueberry, spinach, strawberry, raspberry, mango, peach	\$5,45
Add a tablespoon of nutritional energy (chia seeds, sunflower seeds, hemp seeds, gluten-free oat flakes)	\$1,00

breakfasts and LUNCHES available every day

Our breakfasts are carefully prepared each day with the freshest ingredients.

For lunch we have a range of soups, sandwiches, salads paninis, quiches and pizzas to awaken your appetite.

Prepare to tempt and delight your taste buds!

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!
- We use organic flour in the production of our breads and pastries. The majority of our breads contain no sugar, fats or preservatives.
- A few days before it is served to you, our coffee is roasted with care by one of the best baristas in New Brunswick. Terry Montague, from Café DownEast in Notre-Dame de Kent chooses his suppliers based on their capacity to respect fair working standards for producers.
- All our deli meats come from La Ferme du diamant, located near Cap Pelé in New Brunswick. Originally from the St Pierre and Miquelon Islands, the owners of the business work to transform local products which are exempt from preservatives and other additives.