

TUTTI FRUTTI

DEJEUNER & DINER



	Portion	Calorie (kcal)	Glucide (g)	Sucre (g)	Fibre (g)	Protéine (g)	Lipide (g)	Gras saturé (g)	Gras trans (g)	Cholestérol (mg)	Sodium (mg)	Vitamine A (ug)ER	Vitamine C (mg)	Calcium (mg)	Fer (mg)	Vitamine A %	Vitamine C %	Calcium %	Fer %
BONJOUR!																			
Bol de fruits frais	1	237.0	60.3	44.3	7.0	3.2	1.0	0.2	0.0	0.0	23.5	117.7	119.4	48.4	1.2	12	199	2	8
Demi-pamplemousse	1	37.0	9.2	0.0	1.4	0.7	0.1	0.0	0.0	0.0	0.0	15.9	45.5	18.5	0.2	2	76	0	1
Bananes à la crème	1	537.0	126.9	77.3	10.1	9.3	5.0	2.5	0.1	13.7	70.4	205.1	121.2	188.5	1.6	21	202	6	11
Gruau à l'ancienne	1	1024.0	190.0	69.6	15.0	26.9	19.8	9.2	0.0	35.5	393.3	124.7	56.6	322.8	6.6	12	94	36	47
Céréale choix Cornflakes	1	597.0	121.7	45.8	7.2	16.9	6.2	3.2	0.2	20.0	682.3	302.5	113.6	372.2	11.0	30	189	62	78
Céréale choix Cherios miel et noix	1	575.0	113.1	63.4	9.4	17.9	8.4	3.8	0.2	20.0	648.7	302.5	113.6	626.7	10.3	30	189	59	74
Céréale choix Rice Krispies	1	574.0	116.5	46.8	5.9	16.5	6.0	3.2	0.2	20.0	915.8	302.5	113.6	379.8	10.3	30	189	83	74
Bagel et fromage à la crème	1	773.0	110.0	31.1	11.9	20.2	32.5	14.5	0.0	87.0	676.7	402.2	95.0	124.8	4.9	40	158	62	35
Assiette de fèves au lard	1	889.0	136.1	29.0	19.0	25.7	29.0	11.0	0.2	4.8	1431.4	13.9	37.7	290.3	6.6	1	63	130	47
Bagel saumon fumé et fromage à la crème	1	1333.0	206.4	92.1	23.3	48.0	44.2	16.9	0.0	159.0	1746.8	527.2	267.1	217.5	7.9	53	445	159	57
Deux œufs et fruits frais	1	379.0	51.5	13.2	5.5	18.6	11.5	3.5	0.1	364.4	604.7	377.7	90.4	207.0	2.4	38	151	55	17
Burrito matin	1	1435.0	148.3	60.5	15.1	71.7	66.9	27.5	1.8	664.4	3999.7	774.2	170.1	920.8	11.6	77	284	364	83
Cantaloup aux fraises	1	255.0	62.6	47.5	10.6	4.9	1.5	0.2	0.0	0.0	42.6	527.9	272.6	100.5	2.1	53	454	4	15
FRUITOPIE																			
Jardin d'Éden	1	681.0	173.4	120.3	21.0	9.5	3.1	0.5	0.0	0.0	41.0	394.3	382.8	173.2	3.4	39	638	4	25
Hollywood beach	1	907.0	203.6	124.5	22.0	29.3	5.3	1.7	0.0	4.8	845.7	407.4	382.8	356.0	3.7	41	638	77	27
Camembert et ses fruits	1	1237.0	204.5	121.3	22.0	35.2	41.6	25.9	1.3	125.0	1236.0	669.3	382.8	533.2	3.6	67	638	112	26
Déjeuner minceur	1	537.0	91.6	49.1	8.3	29.0	8.2	2.9	0.0	187.0	965.2	291.5	122.9	258.6	2.3	29	205	88	17
Fraises et yogourt	1	915.0	168.8	109.7	18.4	21.4	21.0	14.5	0.1	13.4	181.7	321.2	279.9	400.6	4.8	32	467	17	34
Croque-thon	1	1031.0	148.2	81.7	17.7	55.7	30.0	10.4	0.5	60.7	1492.0	450.3	251.8	376.3	5.6	45	420	136	40
Délice du matin	1	1129.0	218.2	127.8	21.3	26.1	21.8	14.8	0.1	13.4	430.2	324.6	160.5	486.9	6.7	32	267	39	48
Fruits folie	1	1167.0	206.2	101.6	22.5	25.7	35.4	15.7	0.1	92.6	725.9	477.7	303.6	255.3	6.3	48	506	66	45
PAIN DORÉ																			
Délicieux pain doré	1	786.0	167.7	73.3	9.2	22.4	4.1	1.7	0.1	4.2	819.6	150.7	119.9	377.3	2.4	15	200	75	17
Casa blanca	1	854.0	178.1	82.1	9.2	24.7	6.3	3.1	0.1	13.2	855.6	182.3	120.4	459.7	2.4	18	201	78	17
Déjeuner V.I.P	1	984.0	200.2	65.5	11.4	31.8	7.4	2.8	0.1	11.2	506.3	207.4	120.8	378.2	7.5	21	201	46	54
Entre les deux	1	730.0	118.5	59.6	8.1	29.7	17.6	7.2	0.5	220.6	1037.3	248.4	119.9	450.7	2.7	25	200	94	19

Spécial Tutti Frutti	1	940.0	155.9	65.6	10.1	29.0	25.7	8.9	1.2	212.0	1379.0	241.0	119.5	141.0	6.3	24	199	125	45
Croustillant à l'érable	1	1242.0	256.8	75.1	11.4	39.4	4.0	1.6	0.1	4.2	1249.1	220.3	90.9	419.0	5.2	22	152	114	37
Croustillant aux framboises	1	1199.0	241.5	60.4	13.1	41.1	5.4	2.5	0.1	9.8	1274.5	240.0	96.9	438.2	4.8	24	162	116	34
LE COIN DES PETITS																			
Le petit prince (crêpe)	1	473.0	103.5	47.9	8.5	12.5	3.3	1.1	0.1	4.6	65.7	154.3	119.9	130.4	4.0	15	200	6	28
Le petit prince (pain doré)	1	511.0	114.0	58.8	8.1	12.8	2.5	0.9	0.0	2.1	421.6	134.2	119.6	212.8	1.8	13	199	38	13
Hansel et gretel	1	606.0	116.1	44.8	8.1	15.2	10.2	5.2	0.1	6.5	55.7	65.3	59.7	141.9	4.9	7	100	5	35
Déjeuner de grand-maman (choix bacon)	1	492.0	59.5	7.4	4.9	22.9	17.7	5.4	0.3	210.2	1055.0	132.2	48.7	172.1	2.0	13	81	96	15
Déjeuner de grand-maman (choix saucisse)	1	675.0	66.9	10.2	5.0	22.8	35.4	10.1	0.5	225.2	1228.4	150.9	49.1	173.3	2.8	15	82	112	20
Déjeuner de grand-maman (choix jambon)	1	435.0	62.8	8.0	4.9	21.0	11.1	3.2	0.3	207.4	1049.6	129.6	49.1	175.9	2.3	13	82	95	16
Déjeuner de grand-maman (choix cretons)	1	493.0	62.3	7.4	4.9	23.9	15.8	4.8	0.3	216.5	899.6	129.6	50.2	179.6	2.4	13	84	82	17
Déjeuner de grand-maman (choix fèves au lard)	1	566.0	89.2	16.9	11.9	21.8	13.6	4.3	0.4	185.9	1031.6	129.6	48.7	241.8	3.8	13	81	94	27
GAUFRES																			
Nature	1	395.0	75.5	16.9	7.2	10.3	13.1	1.1	0.0	93.6	830.0	187.5	106.3	61.6	6.8	19	177	75	48
Fruits frais et crème anglaise	1	595.0	120.7	57.2	9.0	13.7	15.6	2.6	0.1	102.6	876.0	149.3	119.9	135.8	7.1	15	200	80	50
Bananes choco-noisettes	1	1507.0	246.4	143.0	19.2	21.7	58.7	44.1	0.0	93.6	887.2	83.1	81.7	215.3	13.9	8	136	81	99
Deux œufs, bacon, jambon et pommes de terre rissolées	1	1101.0	130.3	15.8	7.8	39.8	54.1	15.0	0.6	487.2	2070.6	300.3	40.4	209.5	9.9	30	67	188	71
CRÊPES																			
Nature	1	748.0	138.5	17.9	5.9	28.9	7.2	2.7	0.2	13.8	131.6	179.2	32.7	270.1	8.7	18	55	12	62
Aux bleuets	1	763.0	142.2	20.4	6.9	29.0	7.4	2.7	0.2	13.8	131.9	179.8	33.5	272.5	8.7	18	56	12	62
Magie noire...incroyable	1	1122.0	219.2	66.3	13.3	33.2	14.1	7.8	0.3	15.3	142.2	188.4	119.8	312.5	9.9	19	200	13	71
L'indécis avec choix de bacon	1	925.0	119.1	19.3	7.8	43.0	29.7	10.6	0.4	154.4	1206.2	223.4	31.6	332.6	7.7	22	53	110	55
L'indécis avec choix de saucisse	1	1172.0	129.3	23.0	7.8	41.8	53.8	16.8	0.7	172.8	1404.1	252.3	31.9	341.8	9.2	25	53	128	66
L'indécis avec choix de jambon	1	778.0	122.1	19.9	7.8	35.4	16.0	6.0	0.4	134.4	852.2	219.0	32.0	334.8	7.7	22	53	77	55
L'indécis avec choix de fruits frais	1	906.0	169.0	56.1	13.4	30.6	13.8	5.3	0.4	110.4	300.9	267.4	119.9	352.6	8.0	27	200	27	57
L'érablière avec choix de bacon	1	1090.0	187.4	96.1	4.4	34.7	21.1	7.1	0.1	53.8	1060.5	146.9	32.1	339.6	8.1	15	54	96	58
L'érablière avec choix de saucisse	1	1342.0	197.6	99.7	4.4	33.2	46.0	13.5	0.4	71.6	1223.3	175.9	32.5	348.4	9.6	18	54	111	69
L'érablière avec choix de jambon	1	948.0	190.4	96.7	4.4	26.7	8.2	2.7	0.1	33.2	671.4	142.6	32.5	341.5	8.1	14	54	61	58
L'érablière avec choix de fruits frais	1	1110.0	245.7	140.3	10.0	21.9	6.0	2.0	0.1	9.2	121.2	190.9	120.5	372.6	8.6	19	201	11	61
Crêpe fruits des champs choco-noisettes	1	1239.0	186.7	110.6	20.4	21.9	45.0	38.5	0.2	13.8	135.8	69.3	113.5	325.0	10.0	7	189	12	71
Pommes, cheddar	1	1198.0	120.6	51.2	9.7	46.7	59.5	32.1	2.4	166.8	1357.7	639.3	41.8	1275.3	4.2	64	70	123	30
Crêpes de blé avec choix de bacon	1	998.0	131.2	17.9	12.0	46.9	30.1	11.1	0.3	177.4	1078.8	211.2	31.0	266.5	7.8	21	52	98	56
Crêpes de blé avec choix de saucisse	1	1252.0	141.9	21.7	12.2	45.6	55.0	17.5	0.6	195.2	1245.8	295.6	34.0	280.7	9.4	30	57	113	67

Crêpes de blé avec choix de jambon	1	856.0	134.3	18.5	12.0	39.0	17.2	6.7	0.3	156.8	689.7	206.8	31.4	268.4	7.8	21	52	63	56
Crêpes de blé avec choix de fruits frais	1	984.0	181.2	54.7	17.5	34.2	15.0	6.0	0.3	132.8	138.4	255.2	119.3	286.2	8.1	26	199	13	58
Printemps 92	1	697.0	143.1	71.7	11.5	18.2	8.8	5.1	0.2	15.6	115.7	274.3	183.3	259.1	5.2	27	305	11	37
Banane, choco-noisettes	1	1517.0	237.0	141.2	17.4	24.8	54.5	48.5	0.1	8.0	132.5	125.5	72.6	324.6	11.4	13	121	12	81
Aux fraises avec crème pâtissière	1	551.0	103.7	40.8	10.6	16.9	8.7	4.9	0.2	15.6	94.9	159.4	224.5	254.4	5.2	16	374	9	37
Crêpes champêtres	1	1525.0	194.8	105.7	8.4	29.6	68.6	43.7	0.5	167.7	573.2	669.9	45.4	343.0	6.8	67	76	52	49
Galettes de sarrasin	1	595.0	86.3	22.2	5.6	23.8	17.5	6.8	0.7	184.7	595.4	271.1	31.1	452.8	5.4	27	52	54	39
Jambon, fromage suisse	1	729.0	75.3	13.0	3.3	45.8	28.0	14.6	0.6	111.8	1454.5	115.1	32.4	781.6	4.9	12	54	132	35
Épinards et cheddar	1	881.0	52.4	12.9	5.6	45.8	53.6	30.7	1.6	182.8	1300.9	740.9	31.7	1235.4	3.4	74	53	118	24
Les trois petits cochons	1	1778.0	169.9	89.6	15.9	64.7	98.4	43.6	2.0	271.8	2579.6	799.2	252.2	1376.8	7.3	80	420	235	52
Bacon et cheddar	1	858.0	51.7	12.7	4.5	47.5	50.2	23.3	0.9	180.9	1925.8	355.5	31.0	682.2	3.5	36	52	175	25
Crêpe-panini	1	1219.0	175.5	58.2	11.1	55.4	34.8	14.3	1.0	432.0	981.4	509.0	129.3	727.0	9.6	51	216	89	69
Crêpe-panini-végétarienne	1	1433.0	181.3	62.1	13.7	65.8	51.1	23.7	1.5	464.6	1519.4	861.7	191.1	971.2	10.6	86	318	138	76
Crêpe bébé	1	275.0	52.7	11.0	2.9	10.1	2.5	0.9	0.1	4.6	47.1	106.0	31.6	106.0	3.1	11	53	4	22
Crêpe champêtre choco-fraises	1	1491.0	199.5	96.7	17.5	33.8	66.2	41.8	0.5	152.5	525.1	621.2	141.7	378.9	10.3	62	236	48	74
LES ŒUFS BÉNÉDICTINE																			
Jambon	1	1033.0	103.6	18.4	9.4	30.9	57.9	16.7	3.2	388.5	1679.3	386.5	102.1	317.8	7.4	39	170	153	53
Épinards	1	997.0	102.6	18.2	10.5	27.3	56.2	16.2	3.2	372.5	1328.4	567.4	102.5	359.3	7.6	57	171	121	54
Saumon fumé	1	1077.0	101.2	18.0	9.4	37.1	60.9	17.1	3.2	408.5	1599.3	386.5	101.8	313.4	7.3	39	170	145	52
Asperges et fromage suisse	1	1159.0	105.8	18.8	10.5	39.3	68.0	23.4	3.5	408.2	1664.8	416.2	115.1	719.3	8.3	42	192	151	59
Camembert et champignons	1	1194.0	104.1	18.6	9.7	37.0	74.0	28.1	3.8	432.5	1720.8	518.5	102.5	434.3	7.1	52	171	156	51
DÉJEUNERS OEUFFRAYANTS!																			
Du fermier	1	859.0	107.9	19.4	14.0	40.1	29.0	9.0	0.7	402.8	1689.2	244.3	56.5	290.6	5.7	24	94	154	41
Old timer	1	1083.0	109.9	19.4	14.0	45.5	51.3	15.5	0.7	454.2	2621.2	244.3	55.0	494.7	6.8	24	92	238	49
Nelly Kelly	1	857.0	75.6	8.5	6.0	39.8	47.7	16.4	4.3	448.6	1997.9	285.2	55.0	376.9	4.9	29	92	182	35
Velour bleu	1	1121.0	161.3	18.8	10.3	48.8	29.5	9.1	0.7	402.8	1294.8	320.9	57.1	367.0	8.5	32	95	118	61
Du gourmand	1	1394.0	157.4	24.8	15.6	66.5	54.2	16.7	0.8	466.5	3137.4	294.7	56.9	382.5	9.8	29	95	285	70
Du pompier	1	1209.0	85.2	13.8	6.0	44.9	76.5	21.6	1.2	633.7	2287.4	403.0	55.5	237.6	5.9	40	92	208	42
Tom et Gerry	1	1097.0	81.4	12.1	6.0	43.3	66.0	19.2	0.9	455.9	2315.1	280.3	55.3	213.1	5.0	28	92	210	36
Cocorico avec choix de bacon	1	675.0	70.7	8.5	6.0	32.6	28.4	8.5	0.6	402.0	1373.6	247.8	55.0	200.4	3.0	25	92	125	22
Cocorico avec choix de saucisse	1	967.0	81.0	12.1	6.0	34.4	56.0	15.9	0.9	429.5	1760.7	277.7	55.3	210.4	4.6	28	92	160	33
Porky pig	1	640.0	77.4	9.7	6.0	35.1	21.0	5.9	0.6	414.8	1774.4	244.3	55.7	210.1	3.7	24	93	161	26
Spécial Céline	1	1100.0	121.3	13.9	7.5	52.2	44.1	13.2	0.7	447.1	2292.6	294.7	56.1	294.0	7.0	29	93	208	50

Deux œufs avec fèves au lard	1	742.0	106.2	19.9	14.4	30.3	21.6	6.5	0.7	369.8	1296.8	244.3	55.0	283.9	5.1	24	92	118	36
Deux œufs avec pain doré	1	710.0	110.7	16.3	7.1	28.1	16.3	4.7	0.6	367.9	994.4	252.7	55.1	334.7	2.9	25	92	90	21
Deux œufs avec crêpes	1	975.0	156.0	15.4	9.0	39.5	19.7	5.9	0.7	376.0	719.0	317.5	56.1	360.9	8.1	32	94	65	58
Deux œufs avec pommes de terre rissolées	1	502.0	70.2	8.5	6.0	20.7	15.0	4.1	0.6	366.8	634.4	244.3	55.0	196.9	2.6	24	92	58	18
Un œuf jambon	1	551.0	76.9	9.3	6.0	29.2	14.2	4.1	0.3	231.4	1623.1	130.1	55.7	187.5	3.2	13	93	148	23
OMELETTES TROIS OEUFS																			
Nature	1	790.0	80.9	12.0	5.7	28.6	40.6	13.7	0.8	555.3	834.0	424.8	40.5	234.5	4.3	42	68	76	31
Fromage suisse	1	925.0	85.4	12.0	5.7	37.6	50.8	20.4	1.3	600.3	1599.0	519.3	40.5	432.5	4.3	52	68	145	31
Fromage jaune	1	959.0	84.0	12.0	5.7	41.0	53.1	21.3	1.2	593.5	1002.9	424.8	40.5	656.4	4.3	42	68	91	31
Fromage cheddar	1	1130.0	80.9	12.0	5.7	48.4	69.0	30.7	1.7	626.1	1514.0	679.8	40.5	857.9	4.3	68	68	138	31
Jambon et fromage suisse	1	1063.0	89.4	12.9	5.7	51.8	57.6	22.7	1.2	629.5	1857.9	424.8	41.1	666.3	5.2	42	68	169	37
Western	1	848.0	86.0	13.8	6.4	33.8	42.7	14.3	0.8	571.3	1215.8	433.8	55.9	245.4	4.8	43	93	111	34
Épinard et cheddar	1	1280.0	82.3	12.2	6.8	57.7	80.9	37.7	2.0	655.3	1823.1	965.7	41.2	1160.4	4.9	97	69	166	35
Bacon et fromage	1	1405.0	86.7	12.0	5.7	72.1	87.0	32.4	1.3	702.0	3784.2	529.2	40.5	443.3	5.6	53	68	344	40
Jambon, fromage et asperges	1	1077.0	91.2	13.7	6.8	53.3	58.0	22.8	1.2	629.5	2065.5	454.5	54.4	677.8	6.5	45	91	188	46
Haute-mer	1	934.0	85.1	14.0	6.7	44.5	47.7	15.1	0.8	605.7	1256.1	430.2	66.9	244.4	4.9	43	111	114	35
Jardinière	1	1107.0	84.3	13.5	6.9	47.1	65.8	28.7	1.6	617.8	1450.4	749.3	55.9	813.9	4.7	75	93	132	34
Omelette féta avec pommes de terre rissolées	1	1035.0	88.9	18.0	7.3	41.3	58.9	26.4	0.8	631.0	1784.9	583.8	106.0	661.5	5.2	58	177	162	37
Omelette féta avec fruits frais	1	1182.0	167.6	94.2	17.8	43.4	43.6	20.0	0.8	631.0	1767.7	828.6	348.3	761.2	5.5	83	581	161	39
Rien ne va plus!	1	1392.0	90.6	15.1	6.9	62.5	87.9	35.3	1.7	672.5	2589.4	762.1	56.3	824.7	6.0	76	94	235	43
LES-À-CÔTÉS																			
Sirop d'érable	1	213.0	54.6	48.9	0.0	0.0	0.2	0.0	0.0	0.0	7.4	0.0	0.0	88.9	1.0	0	0	1	7
Cretons	1	149.0	8.3	0.2	1.7	10.7	7.8	2.5	0.0	33.1	421.8	69.3	26.4	36.3	1.1	7	44	38	8
Fèves au lard	1	262.0	41.1	11.6	10.1	10.2	6.7	2.4	0.2	3.0	664.2	69.3	24.9	113.0	2.9	7	42	60	21
Bacon	1	233.0	5.7	0.2	1.7	15.7	16.1	5.3	0.0	44.6	960.9	73.7	24.9	30.7	0.9	7	42	87	7
Saucisse	1	487.0	16.0	3.8	1.7	14.3	41.1	11.8	0.3	62.6	1128.0	102.7	25.2	39.5	2.5	10	42	103	18
Jambon	1	162.0	12.3	1.4	1.7	15.0	6.4	1.8	0.0	48.0	1141.8	69.3	25.6	39.2	1.5	7	43	104	11
Bologne rôti	1	308.0	9.5	0.2	1.7	15.8	26.5	9.9	3.0	65.4	1092.6	102.1	24.9	170.0	2.2	10	42	99	16
Saucisses fumés	1	173.0	7.3	0.2	1.7	7.2	13.0	3.9	0.0	35.8	573.8	69.3	24.9	116.7	1.2	7	42	52	8
Crème anglaise	1	90.0	15.5	9.0	1.7	2.8	2.3	1.4	0.1	9.0	37.8	100.9	25.5	108.4	0.4	10	42	3	3
Crème pâtissière	1	118.0	22.2	13.8	1.7	2.3	2.9	1.8	0.1	11.7	31.9	105.3	25.2	87.6	0.4	11	42	3	3
Beurre d'érable	1	463.0	114.6	98.2	1.7	0.6	0.5	0.0	0.0	0.0	16.3	69.3	24.9	202.1	2.4	7	42	1	17
Coulis de framboises	1	129.0	30.7	24.0	4.0	0.7	0.4	0.0	0.0	0.0	20.6	0.0	13.2	12.9	0.4	0	22	2	3

Chocolat-noisettes	1	834.0	98.4	81.3	9.8	8.7	44.7	42.7	0.0	0.0	63.3	70.8	24.9	188.0	7.0	7	42	6	50
Fromage cottage	1	108.0	8.4	3.4	1.7	15.4	1.4	0.8	0.0	4.8	489.0	82.5	24.9	99.2	0.6	8	42	44	4
Fromage à la crème	1	261.0	8.0	2.4	1.7	4.7	24.1	13.5	0.0	77.0	226.5	325.5	24.9	94.6	0.7	33	42	21	5
Fromage suisse	1	279.0	9.8	0.2	1.7	19.5	19.0	11.7	0.5	58.1	258.7	69.3	24.9	667.9	0.4	7	42	24	3
Fromage cheddar	1	342.0	5.1	0.2	1.7	19.2	26.8	16.0	0.8	66.6	641.8	309.3	24.9	612.6	0.4	31	42	58	3
Fromage camembert	1	438.0	9.3	0.2	1.7	21.3	37.6	25.0	1.3	125.0	876.8	344.3	24.9	276.0	0.4	34	42	80	3
Pommes de terre rissolées	1	327.0	42.2	2.4	3.3	4.7	17.3	6.7	0.0	0.0	51.0	0.0	9.5	22.5	2.3	0	16	5	16
Yogourt	1	112.0	20.1	13.2	1.7	4.6	1.6	1.0	0.0	5.0	46.8	84.3	26.1	136.0	0.7	8	44	4	5
SPÉCIAUX DU MIDI																			
Soupe aux légumes	1	42.0	8.4	1.4	0.0	0.0	0.0	0.0	0.0	0.0	948.3	140.0	3.4	10.5	0.0	14	6	86	0
Soupe minestrone	1	112.0	18.2	0.0	1.4	2.8	2.1	0.7	0.0	0.0	948.4	56.0	3.4	10.5	0.8	6	6	86	6
Potage parmentier	1	99.0	18.2	1.4	0.0	1.4	0.7	0.0	0.0	0.0	892.3	56.0	1.7	10.5	0.0	6	3	81	0
Sandwich choix d'œuf	1	504.0	39.6	9.9	2.7	13.9	32.6	6.1	0.1	250.0	688.1	221.2	32.0	171.2	1.5	22	53	63	10
Sandwich choix de thon	1	423.0	38.2	9.1	2.6	27.3	17.8	3.0	0.1	32.6	725.0	101.0	31.6	148.2	1.8	10	53	66	13
Omelette du jour	1	817.0	55.5	11.0	5.9	19.4	59.6	13.5	0.6	379.7	629.4	657.2	56.5	144.2	4.7	66	94	57	34
Quiche du jour (florentine)	1	1098.0	92.4	17.7	7.3	25.0	71.1	17.8	4.4	274.5	1064.1	504.7	63.4	219.1	6.8	50	106	97	49
Quiche du jour (jambon et fromage)	1	1098.0	89.5	17.7	7.3	26.5	71.1	17.8	4.4	207.7	1181.7	415.9	56.4	333.6	5.8	42	94	107	42
Bagel BLT	1	1183.0	136.4	20.8	14.7	30.9	62.3	14.2	0.2	50.7	1404.5	513.7	71.1	176.3	8.2	51	119	128	58
Bagel, saumon fumé et fromage à la crème	1	1155.0	97.5	21.5	12.0	43.8	69.4	18.7	0.0	166.8	1984.5	698.4	62.3	161.7	6.7	70	104	180	48
Omelette féta trois œufs et salade	1	825.0	21.9	15.0	4.2	33.3	67.7	21.4	0.8	638.8	1680.6	930.3	112.5	571.3	3.9	93	187	153	28
Salade César avec poulet grillé	1	1381.0	69.7	17.5	10.4	83.6	84.8	23.2	0.0	226.6	3394.9	806.5	119.4	536.2	6.9	81	199	309	50
Salade niçoise	1	766.0	43.3	22.4	9.1	36.3	52.1	7.2	0.1	314.8	798.3	995.5	149.0	213.9	5.4	100	248	73	39
Salade des Laurentides	1	749.0	48.0	22.3	8.9	33.2	50.4	13.0	0.4	340.4	1042.0	963.8	148.7	627.0	4.6	96	248	95	33
Club sandwich	1	1256.0	114.8	16.8	8.8	68.2	60.1	13.6	0.0	139.6	1394.9	586.6	71.5	224.9	10.2	59	119	127	73
Club tutti frutti	1	1186.0	117.0	17.5	8.8	35.2	67.5	17.2	0.7	393.7	1135.2	801.1	71.5	459.9	9.4	80	119	103	67
Quesadillas au poulet	1	1323.0	84.7	19.2	8.5	75.4	77.9	27.9	0.9	208.8	2240.1	865.3	147.3	920.8	9.3	87	245	204	66
Burger de surlonge	1	1210.0	97.2	17.5	9.1	52.3	69.0	18.1	0.8	117.6	911.3	480.5	66.7	186.3	9.4	48	111	83	67
Burger fromage et bacon	1	1339.0	98.9	17.5	9.1	61.3	78.8	22.5	1.0	150.4	1549.9	513.7	66.7	254.2	9.7	51	111	141	69
Burger suisse et champignons	1	1273.0	99.4	17.5	9.6	57.4	73.2	20.6	1.0	130.0	969.9	480.5	66.7	325.0	9.5	48	111	88	68
Burger au poulet	1	1235.0	103.5	20.2	10.1	63.9	64.0	15.2	0.2	132.7	983.3	491.7	67.7	417.9	7.7	49	113	89	55
Crêpe jambon, fromage suisse et asperges	1	986.0	77.4	13.4	4.5	47.5	55.0	16.8	0.6	119.6	1721.3	461.7	48.4	823.9	6.0	46	81	156	43
Crêpe-panini-végétarienne	1	1433.0	181.3	62.1	13.7	65.8	51.1	23.7	1.5	464.6	1519.4	861.7	191.1	971.2	10.6	86	318	138	76
Crêpe panini au bœuf	1	1305.0	71.4	15.2	5.7	72.1	79.5	28.9	1.8	194.1	1102.0	751.7	92.3	823.3	8.5	75	154	100	61

Crêpe panini au poulet	1	1171.0	71.4	15.2	5.7	72.8	64.3	21.8	0.9	189.4	1078.8	762.9	92.3	822.9	6.6	76	154	98	47
BOISSONS																			
Cocktail de fruits frais	1	176.0	43.6	33.4	2.8	1.1	0.5	0.0	0.0	0.0	6.3	2.4	138.6	36.2	1.1	0	231	1	8
Jus d'orange petit format	1	129.0	30.4	21.9	0.8	1.8	0.3	0.0	0.0	0.0	5.3	5.3	88.4	28.9	0.3	1	147	0	2
Jus d'orange grand format	1	180.0	42.5	30.6	1.1	2.5	0.4	0.1	0.0	0.0	7.4	7.4	123.8	40.5	0.5	1	206	1	3
Jus de pamplemousse petit format	1	99.0	23.4	23.1	1.4	1.4	0.3	0.0	0.0	0.0	2.6	0.0	76.2	18.3	0.5	0	127	0	4
Jus de pamplemousse grand format	1	139.0	32.7	32.4	2.0	1.9	0.4	0.1	0.0	0.0	3.7	0.0	106.7	25.6	0.7	0	178	0	5
Jus de tomate petit format	1	44.0	10.9	9.1	1.8	2.0	0.1	0.0	0.0	0.0	690.7	59.1	20.5	25.7	1.1	6	34	63	8
Jus de tomate grand format	1	61.0	15.2	12.8	2.5	2.7	0.2	0.0	0.0	0.0	967.0	82.7	28.8	36.0	1.6	8	48	88	11
Café	1	0.0	0.0	0.0	0.0	0.3	0.1	0.0	0.0	0.0	5.0	0.0	0.0	5.0	0.0	0	0	0	0
Café décaféiné	1	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	5.0	0.0	0.0	5.0	0.1	0	0	0	1
Thé	1	3.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.5	0.0	0.0	0.0	0.1	0	0	1	0
Tisane	1	3.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.5	0.0	0.0	5.0	0.2	0	0	0	1
Chocolat chaud	1	317.0	73.9	47.5	1.7	1.7	2.7	1.7	0.0	0.0	418.0	0.0	0.0	90.6	1.5	0	0	38	11
Lait petit format	1	133.0	12.9	13.7	0.0	9.1	5.0	3.1	0.2	20.8	135.2	164.2	2.6	332.7	0.1	16	4	12	1
Lait Grand format	1	186.0	18.1	19.1	0.0	12.7	7.0	4.4	0.3	29.1	189.2	229.8	3.6	465.8	0.2	23	6	17	1
Lait au chocolat petit format	1	166.0	27.6	26.3	1.3	8.6	2.6	1.6	0.0	7.9	161.1	166.6	2.4	306.4	0.7	17	4	15	5
Lait au chocolat grand format	1	233.0	38.6	36.8	1.9	12.0	3.7	2.3	0.0	11.1	225.6	233.3	3.3	429.0	1.0	23	6	21	7
Boisson gazeuse	1	141.0	35.6	33.4	0.0	0.3	0.1	0.0	0.0	0.0	14.9	0.0	0.0	7.4	0.4	0	0	1	3
Eau (embouteillée)	1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15.0	0.0	0.0	15.0	0.0	0	0	1	0
CAFÉS SPÉCIALISÉS																			
Espresso	1	1.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	5.7	0.0	0.1	0.8	0.1	0	0	1	0
Cappuccino	1	121.0	16.4	15.6	0.0	10.9	1.2	0.8	0.1	8.3	159.2	195.9	1.8	376.8	0.2	20	3	14	2
Café au lait	1	103.0	15.0	14.0	0.0	10.0	0.2	0.1	0.0	5.4	146.9	182.7	1.8	344.2	0.2	18	3	13	2
Café vanille française	1	151.0	31.1	16.5	0.0	1.2	2.9	1.9	0.5	0.0	157.9	0.0	0.0	26.0	0.1	0	0	14	1
Café moka	1	106.0	20.1	14.8	0.3	5.4	0.5	0.4	0.0	2.7	140.7	91.3	0.9	187.1	0.4	9	2	13	3
Bol de café au lait	1	106.0	22.6	20.8	0.0	14.9	0.3	0.2	0.0	8.0	218.5	270.6	2.7	511.8	0.4	27	5	20	3