



Soups, starters, patés, cheese

Soupe du jour

Today's soup \$8

Les six huitres Malpeque

Six Malpeque oysters \$15

Foie gras de canard en terrine, brioche toastée

French duck liver foie gras terrine with toasted brioche \$18

For a wine pairing, we recommend a glass of Jurancon, Ballet d'Octobre, 2006 (3 Oz \$12)

Les six ou douze escargots de Bourgogne

Six or twelve Burgundy snails \$9 / \$16

Terrine de canard, salade verte

French duck terrine, greens \$9

Saumon fumé maison

Our own house-smoked salmon with greens \$10

Les fromages de France, salade verte

French cheese plate with mixed greens \$16

Salades / salads

-Salade Parisienne with ham, cheese and tomatoes \$8

-Salade de chèvre chaud warm goat cheese salad \$10

-Salade Fermière with chicken, rosemary croutons and tomatoes \$8

-Salade Niçoise with tuna, eggs, peppers, tomatoes, potatoes, olives, anchovies \$12

-Tomates et mozzarella with tomatoes, mozzarella and basil \$12

-Salade Grecque with cucumber, tomatoes, olives and feta cheese \$10

-Salade Grenobloise with walnuts, apples and Roquefort cheese \$12

Les quiches / Our assorted quiches, served with greens \$10

-Quiche Lorraine with bacon, onions

-Quiche au crabe with crab

-Quiche aux épinards with spinach

Les oeufs / egg dishes \$10

Omelette forestière, salade verte

"Forestière" omelette with forest mushrooms and bacon, greens

Oeufs pochés Atlantique, sauce vin blanc et légumes vapeur

Poached eggs Atlantique, smoked salmon, mixed vegetables, greens

Please, no more than 4 separate checks per table



Our assorted baguette sandwiches with French fries

- Le Parisien: Ham, cheese and butter \$10
- Le Campagnard: French paté, mustard, greens
- Le Fermier: Chicken, tomatoes, greens, mayonnaise
- Le Provençal: Walnut pesto, goat cheese, sun dried tomatoes
- Le Bayonne: Salt-cured Bayonne ham, tomato, greens, mayonnaise, sweet confit onions
- Le Landais: Roast duck, tomato, greens, mayonnaise, onion
- L'Atlantique: Smoked salmon, tomato, greens, mayonnaise
- L'Italien: Mozzarella, Procciuato, tomato, greens, basil
- Le Niçois: Tuna, eggs, olives, anchovies, tomato, greens
- Le Bressois: Smoked organic turkey breast, tomatoes, mayonnaise, greens

Express Menu: ½ Sandwich of your choice, ½ soup, greens and French fries \$8

Panini Baguette with French fries and greens \$12

- Ile de France: Brie cheese and ham
- Nordique: Smoked salmon, swiss cheese, sweet confit onions, crème fraiche
- Venise: Tomatoes, mozzarella, smoked turkey breast, fresh basil
- Prague: Duck breast, sweet mustard, swiss cheese, sweet red sauerkraut
- Touraine: Chicken, tomatoes, goat cheese, balsamic glaze

Specialities \$11

- Croque Monsieur Ham and cheese with greens
- Croque Madame Ham, cheese, sunny side up egg with greens
- Flatbread Pizza of the day with greens
- L'Adour Mini beef sliders Roquefort cheese, tomato, bacon and our famous French fries

Les Plats du jour / Main courses

- Spaghetti Bolognese, Parmesan
- Spaghetti Bolognese, with Parmesan cheese** \$14
- Steak à cheval, pommes allumettes et salade verte
- Black Angus ground Steak, sunny side up egg, French fries and greens** \$16
- Suprême de volaille aux champignons, pommes mousseline.
- Chicken breast with mushrooms and potato purée** \$16
- Pièce de bœuf, légumes du jour, et salade verte
- Pan seared beef, with vegetables and greens** \$16
- Poisson du jour, légumes et salade verte
- Catch of the day with vegetables and greens** \$16
- Saumon poêlé, beurre Maître d'hôtel, légumes, salade verte
- Pan seared salmon, herb and lemon compound butter, vegetables and greens** \$16

20% gratuity added for parties of 8 people and more