



### "Breakfasty" items

Bagels & Eggs – 2 eggs nestled in bagel centers, topped with cheddar cheese & green onions	10
Granola – Souleio cranberry almond granola served with organic yogurt & cherry syrup	7
Scone – fresh baked, with whipped cream & Souleio jam	4

### "Smaller People" items

Kids Plate – herbed cream cheese, smoked turkey, fresh vegetables & fruit, chocolate & cookie	7
Grilled Cheese – warm aged Canadian cheddar on Calories' brioche with "pommes frites", choice of grainy Dijon, homemade aioli or ketchup	10
Calories Breads – toasted or not, with your choice of butter & jam or herbed cream cheese	5

### House Classics

Apéro pour Deux – a sharing plate of cured meats, cheese fondue, pickled vegetables & baguette	22
Fromages – 3 perfect artisanal Canadian, with fresh fruit, roasted nuts & a Souleio preserve	12
Steak Frites – Pine View Farms all-natural beef, striploin cut, with fries & red wine sauce	18
Souleio Burger – with La Scala organic cheese, mushrooms, red onion, lettuce, tomato organic wheat bun, "pommes frites" & choice of homemade aioli or ketchup	13
Steamed Mussels – BC Gallo sustainably harvested mussels, ask your server for today's feature, "pommes frites" & choice of homemade aioli or ketchup	14
House Salad – mixed baby greens with fresh crudités, croutons & vinaigrette or creamy dressing	9
Soup of the Day – please ask your server for today's selections	6 / 8
Pommes Frites – bowl of European style fries made with organic potatoes, served with homemade aioli or ketchup	6

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