

Délice & Sarrasin

Crêperie, pâtisserie française & Wine Bar

GALETTES GOURMANDES

Our original recipes
Savory crêpe made with buckwheat flour
\$15

MR PETROSSIAN
Smoked Salmon, Shrimp,
Avocado Puree, Egg, Coriander

**ST JACQUES
DE COMPOSTELLE**
Kale Confit, Scallop, Egg, Cheese

MR RABELAIS
Toulouse Sausage, Mushrooms, Mustard
Cream, Cheese

LA PAYSANNE
Bacon, Tomato, Onions, Potatoes,
Garlic, Egg, Cheese

MR CHAMBRY
Kale, Mushrooms, Bacon,
Creme fraiche, Cheese

HENRI IV
Breaded Chicken, Potatoes, Chorizo,
Onions, Egg, Chili sauce

NEW YORKAISE
Ground Beef, Onions, Mushrooms,
Brie, Tomato, Egg

DE SAVOIE
Cured Ham, Potatoes, Creme Fraiche,
Brie, Gruyere

MR SEGUIN
Goat cheese, Chicken,
Mozzarella Cheese, Nuts, Honey

LEONARD DE VINCI
Zucchini, Peppers, Eggplant,
Tomato, Onions, Egg, Thyme, Cumin

DES INDES
Peppers, Chicken Breast, Curry, Yogurt,
Onions, Spices, Tomato sauce

ANDALOUSE
Chorizo, Egg, Peppers, Onions,
Cheese, Spicy Sauce

SALADS

SALADE FRAICHE 9.50
Lettuce, Tomato, Egg, Ham,
Swisscheese, Onion

SALADE FERMIERE 10
Lettuce, Potato, Peppers, Chicken, Egg, Onion

SALADE FROMAGERE 10
Lettuce, Goat Cheese, Tomato,
Swiss Cheese, Egg

CAFÉ

Cappucino ; Café au lait ; Latte 3,60 / Hot Chocolate 4
Grand Cafe 3,20 / Espresso 3 / Tea - Le Palais des The 2.50

A Galette?...

It is a crispy buckwheat
crepe filled with savory
and fresh ingredients,
typical from France.
The buckwheat is very rich
in protein and amino acids,
gluten free, high in fiber
and vitamins.

All our products and
recipes are homemade!

EN DESSERT

PASTRY PLATE
12
Chocolate cereal
flake treat, gingerbread
with pastry cream,
madeleine

**LA GRANDE
CREPIETTE**
10
Three delicious crêpe
macaron

DRINKS

MERLOT CABERNET
7.5

RIESLING
7.5

ROSE ZINFANDEL
7.5

CHARDONNAY
9

SPARKLING BRUT
9

CIDER
4.5 / Pitcher 19

SPARKLING ROSE
4

PETIT PERRIER
3.50

PERRIER
5

COKE/DIET COKE
2.50

HEALTHY WATER 2
Rose, mint, lavender, basil, tea tree
2

GALETTES CLASSIQUES

Savory crêpes made with buckwheat flour
\$10

LA JADE
Ham, Cheese, Egg

LA BIL
Goat Cheese, Cheese, Egg

LA FOUGASSE
Cheese, Bacon, Egg, Herbs Cream

LA CHANTOU
Egg, Cheese, Ham, Mushroom

LA KIKOUNOU
Egg, Ground Beef, Cheese,
Sauce Provençal

CRÊPES GOURMANDES

Sweet gourmet crêpes
\$10

LA LOLOTTE
Bananas, Melted Dark Chocolate,
Whipped Cream

LA CHOUPETTE
Caramelized Apple With Honey,
Cinnamon, Whipped Cream

LA NANANE
Roasted Pear, Melted Dark Chocolate, Whipped
Cream, Almonds

LA FRANCINETTE
Melted Dark Chocolate, Strawberry Jam,
Whipped Cream

LA BRYAN
Salted Caramel, Gingerbread Crouton,
Whipped Cream

LA SUZETTE
Crepe Flambe With Orange,
Lemon And Sugar

LE MIKADO
Melted Dark Chocolate, Whipped Cream

LA BORDELAISE
Salted Caramel, Ice Cream,
Roasted Apple

LA TOULOUSAINE
Orange Caramel, Roasted Banana

LA PARISIENNE
Melted Dark Chocolate, Almonds,
Whipped Cream

L'ABEILLE 10
Honey, Whipped Cream

PÂTISSERIE

Croissant 3 / Almond Croissant 3.70 /
Chocolate Croissant 3.50/ Crepe Macaron; Rose des sables
Gingerbread ; Madeleine 3 /