

## KIDS MENU

SLICED BANANA – 2.99

FRUIT SALAD – 5.95

COLD CEREAL – 4.25

HOMEMADE GRANOLA – 5.00

*Roasted with almonds, coconut & raisins*

*With yogurt – 6.00*

BERRY PORRIDGE – 5.50

*Mixed with berries, yogurt & maple syrup*

TOAST & JAM – 4.75

CROISSANT & JAM – 5.00

1 EGG ANY STYLE – 9.95

*Served with bacon or sausage*

CHEDDAR CHEESE OMELETTE – 9.95

BLUEBERRY PANCAKES – 9.95

CHOCOLATE CHIP PANCAKES – 9.95

BANANA & NUTELLA CRÊPES – 9.95

STRAWBERRY & NUTELLA CRÊPES – 9.95

STRAWBERRY WAFFLES – 9.95

*Topped with strawberry coulis & whipped cream*

PLAIN WAFFLES – 9.95

SERVED WITH BACON OR SAUSAGE

• FRENCH TOAST – 10.25

• PANCAKES – 10.25

• BUTTER & CINNAMON CRÊPES – 10.25

*Sprinkled with cinnamon & sugar*

## BEVERAGES

SMOOTHIE – 4.99

BANANA + STRAWBERRY + YOGURT

SHIRLEY TEMPLE – 3.50

JUICES (APPLE, ORANGE) – 2.99

MILK & CHOCOLATE MILK – 2.50

HOT CHOCOLATE – 3.99

## BEVERAGES

SMOOTHIE – 7.50

JUICES – 3.95

*(Apple, Cranberry, Grapefruit, Pineapple, Tomato, V8)*

ORANGE JUICE – 4.75

HERBAL TEA – 3.95

COFFEE & TEA – 4.25

HOT CHOCOLATE – 4.95

MILK & CHOCOLATE MILK – 2.99

ALMOND MILK – 3.50

SAN PELLEGRINO (750 ML) – 7.50

PERRIER (339 ML) – 3.99

SWEETENED ICED TEA – 3.50

SOFT DRINKS – 3.50

SHIRLEY TEMPLE – 3.95

## ICED COFFEE

REGULAR – 4.25

*Coffee over ice with your choice of cream, milk & sugar*

CARAMEL – Hot or Iced – 10.00 Virgin – 6.95

*Butterscotch Ripple Schnapps (1 oz), coffee, topped with whipped cream, caramel syrup & caramel drizzle*

VANILLA – Hot or Iced – 6.95

*Vanilla syrup, coffee, topped with whipped cream*

*Jean François & Sylvie came from Montreal, Quebec  
to Alberta in the late 80's.*

*They eventually settled in beautiful Canmore  
to open Chez François in 1990.*

*Our menu is inspired by traditional Quebec food  
with menu items like Creton and Montreal Smoked Meat.*

*We are still family owned and operated,  
and we hope you feel like a part of our family  
while enjoying your dining experience.*

# Chez François Restaurant



TAKE OUT AVAILABLE

Chez François  
Restaurant

WWW.RESTAURANTCHEZFRANCOIS.COM



# BREAKFAST / BRUNCH MENU



SMOOTHIES

- GAB'S SMOOTHIE OF THE DAY
- STRAWBERRY + BANANA + YOGURT
- MELON + BERRY + YOGURT
- PEACH + MANGO + YOGURT
- STRAWBERRY + MANGO + YOGURT

Add almonds – 1.75  
Add chia seeds – 1.75  
Add spinach – 1.75  
Add whey protein – 2.25

FRUIT & CEREAL

HOMEMADE FRESH FRUIT SALAD – 10.50  
HOMEMADE GRANOLA – 7.95  
Roasted with almonds, coconut & raisins  
BAGEL, CREAM CHEESE & FRUIT SALAD – 14.95  
BERRY PORRIDGE – 9.95  
Mixed with berries, yogurt & maple syrup  
LADY MACDONALD – 14.95  
Homemade granola, fresh fruit salad,  
yogurt & an English muffin or bagel

BREAKFAST SANDWICHES

Served with homestyle potatoes & fresh fruit

ENGLISH MUFFIN SANDWICH – 12.95  
A scrambled egg, melted cheddar cheese,  
bacon & tomatoes

MEXICAN WRAP – 16.95  
Scrambled eggs, bell peppers, onions, tomatoes,  
guacamole, cilantro, salsa & sour cream

BREAKFAST CLUB – 16.95  
Your choice of bread, an over hard egg, ham,  
cheddar cheese, tomatoes, lettuce & mayonnaise

SMOKED SALMON CLUB – 17.95  
Your choice of bread, an over hard egg, smoked salmon,  
Swiss cheese, tomatoes, guacamole & lettuce

NEW SMASHED AVOCADO – 18.95  
2 medium poached eggs on an open face UPRISING  
Egyptian sourdough, pico de gallo & arugula

CROISSANTS & BAGELS

Served with homestyle potatoes & fresh fruit

HAM & CHEESE CROISSANT – 12.75  
SMOKED SALMON BAGEL – 17.50  
Oven baked with capers, caramelized onions,  
cream cheese & tomatoes

BLT BAGEL OR CROISSANT – 14.50  
Bacon, lettuce, tomatoes and mayonnaise

EGG DISHES

Served with homestyle potatoes & fresh fruit

THE TRADITIONAL – 16.50  
2 eggs (any style) & your choice of bacon, ham,  
sausage or back bacon & toast

EGGS & TOMATO – 14.00  
2 eggs (any style), sliced tomato & toast

THE MOUNTAINEER – 18.50  
3 eggs (any style), 3 sausages, 3 strips of bacon & toast

THE FLORENTINE – 18.25  
2 poached eggs on a bed of spinach & parmesan  
cheese, topped with your choice of Hollandaise  
or Bechamel sauce & toast

THE ALBERTAN – 25.00  
2 eggs (any style) & 6 oz. AAA sirloin steak & toast

HUEVOS RANCHEROS – 17.50  
2 sunny side up eggs, cheddar cheese, black beans,  
guacamole, sour cream, salsa, cilantro, served on a tortilla

VEGAN SCRAMBLE – 17.95  
Sautéed tofu, mushrooms, asparagus, zucchini, bell  
peppers, tomatoes, black beans, guacamole & toast

BREAKFAST BENE POUTINE

One soft poached egg topped with Hollandaise, homestyle  
potatoes, Quebec cheese curds, gravy & your choice of

- CANADIAN BACK BACON – 18.95
- MONTREAL SMOKED MEAT – 18.95
- NEW DUCK CONFIT – 18.95
- NEW VEGETARIAN – 17.95

ADD ONE EGG – 3.00

OMELETTES

3 whole eggs or egg whites served with homestyle potatoes,  
fresh fruit & toast

SMOKED SALMON, CREAM CHEESE & DILL – 17.50  
GREEK – 18.50  
Spinach, feta cheese, caramelized onions, tomatoes,  
olives & oregano

SMOKED MEAT & SWISS CHEESE – 18.95  
Smoked meat & Swiss cheese

VEGETARIAN – 16.00 | With cheddar cheese – 17.25  
Mix of market vegetables

MEAT LOVER – 17.25 | With cheddar cheese – 18.25  
Sausage, ham & bacon

MAKE YOUR OWN OMELETTE Plain – 15.00  
Add 1.75 for each filling

- Cheddar, Swiss, feta or brie cheese
- Asparagus, spinach, mushroom, tomato, bell pepper & onions
- Ham, bacon, Valbella sausage, turkey sausage, smoked meat  
or duck confit

<ul style="list-style-type: none"><li>MAPLE BACON</li><li>GF PORK SAUSAGES</li><li>MAPLE HAM</li><li>PANCAKES</li><li>2 EGGS</li></ul>	5.50	ADD	<ul style="list-style-type: none"><li>HOMEMADE LAMB SAUSAGE</li><li>CHORIZO SAUSAGES</li><li>TURKEY MAPLE SAUSAGES</li><li>CANADIAN BACK BACON</li><li>CRETON</li><li>DUCK LIVER PÂTÉ</li></ul>	6.00
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Please advise server of any allergies prior to ordering

An 18% gratuity may apply to groups of 8 or more, please check with your Server. Thank you for your understanding.

FAMOUS EGGS BENEDICT

Served with medium poached eggs, homemade Hollandaise,  
English muffins, homestyle potatoes & fresh fruit

1 egg – 16.95 | 2 eggs – 19.95

- CANADIAN BACK BACON OR BACON
- MONTREAL SMOKED MEAT
- SMOKED SALMON
- SWISS CHEESE, HAM & ASPARAGUS
- MUSHROOMS & TOMATO
- SPINACH, FETA CHEESE & TOMATO
- NEW DUCK CONFIT & CARAMELIZED ONIONS

COMBOS

Served with homestyle potatoes & fresh fruit

BENE COMBO

CHOOSE ONE BENE & SWEET CRÊPES – 20.95

CHOOSE ONE BENE & SPECIALTY CRÊPES – 21.95

AMERICAN COMBO – 18.50  
Scrambled egg, pancake, French toast, bacon & sausage

AMERICAN PLATTER For Four – 64.00  
Scrambled egg, pancake, French toast, bacon & sausage

QUÉBEC COMBO – 18.95  
2 sunny side up eggs, baked over ham, topped with maple  
syrup, served with bacon, sausage, homemade creton,  
pork & beans, & toast

SWEET CRÊPES

Served with homestyle potatoes & fresh fruit

- CINNAMON APPLE & CHEDDAR – 16.95
- BANANA & NUTELLA – 16.95
- STRAWBERRY & CREAM CHEESE – 16.95
- RASPBERRY & YOGURT – 16.95
- BUTTER & CINNAMON – 15.50  
Sprinkled with cinnamon & sugar
- FRUITY – 16.95  
Filled with pastry cream & topped with fresh fruit salad
- STRAWBERRY & NUTELLA – 16.95

SPECIALTY CRÊPES

Served with homestyle potatoes & fresh fruit

- SPINACH & 2 CHEESE – 19.00  
With cheddar and parmesan, topped with creamy  
Bechamel sauce
- APPLE, BRIE CHEESE & HAM – 19.00

FRENCH TOAST

Served with homestyle potatoes & fresh fruit

GOLDEN FRENCH TOAST – 16.00  
Sprinkled with cinnamon & sugar

CARAMELIZED BANANA & NUTELLA – 17.95

STRAWBERRY CREAM CHEESE FRENCH TOAST – 17.95

SURPRISE FRENCH TOAST – 19.50  
1 egg sunny side up, ham & cheddar cheese  
between 2 golden slices of French toast, topped  
with a mountain of fresh fruit

GLUTEN-FREE RAISIN BREAD FRENCH TOAST – 17.95  
Served with yogurt & maple syrup

PANCAKES & WAFFLES

Served with homestyle potatoes & fresh fruit

CLASSIC PANCAKES OR WAFFLES – 16.00

BLUEBERRY PANCAKES – 17.95  
Served with maple yogurt

APPLE & CINNAMON PANCAKES – 17.95

CHOCOLATE CHIP PANCAKES – 16.50

FIELD BERRY WAFFLE – 17.95  
Served with hot field berry coulis & whipped cream

STRAWBERRY WAFFLES – 17.95  
Served with strawberry coulis & whipped cream

FRUITY WAFFLES – 18.50  
Served with pastry cream, fresh fruit salad  
& raspberry coulis

HOMEMADE GLUTEN-FREE WAFFLES add – 2.00

À LA CARTE

- FRANÇOIS' PORK & BEANS – SM 4.95 | LG 8.00
- EGGS ANY STYLE – 1 for 3.00 | 2 for 5.50
- CROISSANT OR BAGEL – 5.50
- FRANÇOIS' CRETON & CROISSANT – 9.95
- FRANÇOIS' DUCK LIVER PÂTÉ & CROISSANT – 9.95
- ENGLISH MUFFIN – 4.50
- TOAST & JAM – 4.95 | GLUTEN-FREE TOAST – 6.00
- GUACAMOLE + TOMATOES + TOAST – 9.95
- TOAST & CRETONS – 9.50
- NEW UPRISING EGYPTIAN SOURDOUGH – 5.95
- HOMESTYLE POTATOES – 4.75
- CHEDDAR CHEESE – 4.00
- TOMATOES – 2.75
- SALSA – 3.00
- GUACAMOLE – 4.95
- SLICED BANANA – 2.99
- CREAM CHEESE – 3.25
- VANILLA YOGURT – 3.95
- MAPLE SYRUP (1 OZ.) – 1.95
- WHIPPED CREAM – 2.50
- SIDE HOLLANDAISE – 5.25

Ask for gluten-free options