

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

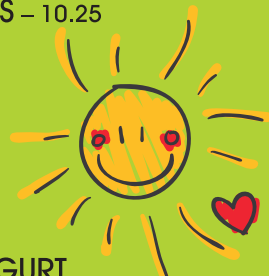
BANANA + STRAWBERRY + YOGURT

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

7.50

- 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
- DUCK CONFIT – 18.95
- 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

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
- 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
- FRUITY – 16.95
- 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
- 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

- MAPLE BACON
- GF PORK SAUSAGES
- MAPLE HAM
- PANCAKES
- 2 EGGS

5.50

ADD

- HOMEMADE LAMB SAUSAGE
- CHORIZO SAUSAGES
- TURKEY MAPLE SAUSAGES
- CANADIAN BACK BACON
- CRETON
- DUCK LIVER PÂTÉ

6.00

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.