BEVERAGES

JUICES - 3.95 (Apple, Cranberry, Grapefruit, Pineapple, Tomato, V8) ORANGE JUICE - 5.50 HERBAL TEA - 4.25 COFFEE - 4.75 HOT CHOCOLATE - 4.95 MILK - 4.00 CHOCOLATE MILK - 4.75 ALMOND MILK - 3.50 PERRIER (339 ML) - 3.99 SOFT DRINKS - 3.50 (Coke, Diet Coke, Ginger Ale, Sprite, Iced Tea) SHIRLEY TEMPLE - 3.95

FRESH FRUIT SMOOTHIES

Add Almonds 1.75 / Add Whey Protein 2.25 / Add Chia Seeds 1.75 / Add Spinach 1.75 STRAWBERRY & BANANA – 7.50 PEACH & MANGO – 7.50 STRAWBERRY & MANGO – 7.50

SMOOTHIE OF THE DAY – 7.50





BREAKFAST / BRUNCH MENU

OUR STORY

In the early 80's, Jean François and Sylvie journeyed from Montreal, Québec, to Alberta, spending some time in Edmonton before finding their forever home in the charming town of Canmore. By 1990, their dream came to life with the opening of Chez François. Inspired by the traditional French & Québécois dishes our children adored, our menu is crafted with love and rooted in family tradition.

As a family-owned and operated restaurant, we're proud to bring a little piece of Quebec to the heart of the Rockies. Whether you're passing through or staying awhile, come join us at Chez François and be part of our family story.

TAKE OUT AVAILABLE



WWW.RESTAURANTCHEZFRANCOIS.COM



FRUIT & CEREAL

HOMEMADE FRESH FRUIT SALAD - 11.50 (V)

HOMEMADE GRANOLA – 8.50 (\emptyset) Roasted with almonds, coconut & raisins

BAGEL, CREAM CHEESE & FRUIT SALAD - 14.95 (Ø)

BERRY PORRIDGE - 9.95 (Ø) Mixed with berries, yogurt & maple syrup

LADY MACDONALD – 15.95 (\emptyset) Homemade granola, fresh fruit salad, yogurt & an English muffin or bagel

BREAKFAST SANDWICHES

Served with homestyle potatoes & fresh fruit

ENGLISH MUFFIN SANDWICH - 14.95 (Ø) A scrambled egg, melted cheddar cheese, bacon & tomatoes

MEXICAN WRAP – 17.50 (\emptyset) 3 scrambled eggs, bell peppers, onions, tomatoes, hot sauce, guacamole, cilantro, salsa & sour cream

BREAKFAST CLUB – 17.95 (\emptyset) Your choice of bread, an over hard egg, ham, cheddar cheese, tomatoes, lettuce & mayonnaise

SMOKED SALMON CLUB - 18.95 🖂 Your choice of bread, an over hard egg, smoked salmon, Swiss cheese, tomatoes, guacamole & lettuce

SMASHED AVOCADO – 18.95 (\emptyset) 2 medium poached eggs on an open face Egyptian sourdough, pico de gallo & arugula

HAM & CHEESE CROISSANT - 13.95

SMOKED SALMON BAGEL - 18.50 (C3) Topped with capers, caramelized onions, cream cheese & tomatoes

BLT BAGEL OR CROISSANT - 14.95 Bacon, lettuce, tomatoes and mayonnaise

GLUTEN FREE BREAD - ADD 2.00 (第)



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.

EGG DISHES

Served with homestyle potatoes & fresh fruit

THE TRADITIONAL - 17.95

2 eggs (any style) & your choice of: bacon, ham, tomato, sausage or back bacon & toast

THE MOUNTAINEER – 19.50 3 eggs (any style), 3 sausages, 3 strips of bacon & toast

THE FLORENTINE – 19.25 (Ø)

2 poached eggs on a bed of spinach & parmesan cheese, topped with your choice of Hollandaise or Béchamel sauce & toast

THE ALBERTAN – 27.00

2 eggs (any style) & 6 oz. AAA sirloin steak & toast

HUEVOS RANCHEROS – 17.95 (\emptyset) 2 sunny side up eggs, cheddar cheese, black beans, guacamole, sour cream, salsa, cilantro, served on

a tortilla

VEGAN SCRAMBLE - 18.95 (V) Sautéed tofu, mushrooms, asparagus, zucchini, bell peppers, tomatoes, black beans, guacamole & toast

BREAKFAST BENE POUTINE

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

- CANADIAN BACK BACON 19.95
- MONTREAL SMOKED MEAT 19.95
- DUCK CONFIT 19.95
- VEGETARIAN 18.95 (Ø)

ADD ONE EGG - 3.00

MAKE IT LIGHT: Substitute 1/2 Potatoes for Arugula – 2.00

OMFIFTTFS

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

SMOKED SALMON – 18.95 (3)

Filled with Atlantic smoked salmon, cream cheese & dill

GREEK – 18.95

Spinach, feta cheese, caramelized onions, tomatoes, olives & oregano

- SMOKED MEAT & SWISS CHEESE 19.50 Smoked meat & Swiss cheese
- VEGETARIAN 16.95 | With cheddar cheese 18.25 (\emptyset) Mix of market vegetables
- MEAT LOVER 17.95 | With cheddar cheese 19.25 Sausage, ham & bacon

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

Cheddar, swiss, feta or brie cheese

MAPLE BACON

SAUSAGES

MAPLE HAM

\$5.50

• GF PORK

• 2 EGGS

- Asparagus, spinach, mushroom, tomato, bell pepper & onions
- Ham, bacon, Valbella sausage, turkey sausage, smoked meat

ADD

- HOMEMADE LAMB SAUSAGE
- CHORIZO SAUSAGES
- TURKEY MAPLE SAUSAGES CANADIAN BACK BACON
- CRETON \$6.00

FAMOUS EGGS BENEDICT

Served with medium poached eggs, homemade Hollandaise, English muffins, homestyle potatoes & fresh fruit. 17.50 One Egg | 20.75 Two Eggs

- CANADIAN BACK BACON OR STRIP BACON
- MONTREAL SMOKED MEAT
- SMOKED SALMON
- SWISS CHEESE, HAM & ASPARAGUS
- MUSHROOMS & TOMATO (Ø)
- SPINACH, FETA CHEESE & TOMATO (\emptyset)
- DUCK CONFIT & CARAMELIZED ONIONS

GLUTEN FREE BENEDICT ADD 2.00 () SUBSTITUTE ENGLISH MUFFIN FOR WAFFLE 2.00

SWEET CRÊPES Ø

Served with homestyle potatoes & fresh fruit

- CINNAMON APPLE PIE & CHEDDAR 17.50
- BANANA & NUTELLA 17.50
- STRAWBERRY & CREAM CHEESE 17.50
- RASPBERRY & YOGURT 17.50
- BUTTER & CINNAMON 16.00 Sprinkled with cinnamon & sugar
- FRUITY 17.95 Filled with pastry cream & topped with fresh fruit salad
- STRAWBERRY & NUTELLA 17.50 **GLUTEN FREE CRÊPES** ADD 2.00

SPECIALTY CREPES (#)

Served with homestyle potatoes & fresh fruit

- SPINACH & 2 CHEESE 19.50 (∅) With cheddar and parmesan, topped with creamy Bechamel sauce
- APPLE, BRIE CHEESE & HAM 19.50 Topped with maple drizzle

GLUTEN FREE CRÊPES ADD 2.00 ()

COMBOS

Served with homestyle potatoes & fresh fruit **BENE COMBO**

Choose | Benedict & Sweet Crêpes - 21.50 Choose 1 Benedict & Specialty Crêpes - 22.50

CANADIAN COMBO – 19.95

1 scrambled egg, 1 pancake, 2 French toast, 2 bacon & 1 sausage

QUÉBEC COMBO - 19.50

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

PLATTERS TO SHARE

Served with homestyle potatoes & fresh fruit **BENEDICT PLATTER**

Choose up to 4 pairs of our Famous Eggs Benedict - 73.50

CANADIAN PLATTER For 4 - 66.50 Scrambled egg, pancake, French toast, bacon & sausage





FRENCH TOAST @ Served with homestyle potatoes & fresh fruit

GOLDEN FRENCH TOAST - 16.50 Sprinkled with cinnamon & sugar CARAMELIZED BANANA & NUTELLA - 17.95 STRAWBERRY CREAM CHEESE FRENCH **TOAST** – 17.95

SUPRISE FRENCH TOAST - 20.50 1 egg sunny side up, ham & cheddar cheese between 2 golden slices of French toast, topped with a mountain of fresh fruit salad

GLUTEN-FREE RAISIN BREAD FRENCH TOAST - 18.50 () Served with yogurt & maple syrup

PANCAKES & WAFFLES @

Served with homestyle potatoes & fresh fruit

CLASSIC PANCAKES OR WAFFLES - 16.50 Served with maple butter **BLUEBERRY PANCAKES – 18.50** Served with whipped cream **APPLE & CINNAMON PANCAKES – 18.50** CHOCOLATE CHIP PANCAKES - 16.95 FIELD BERRY WAFFLE - 18.50 Served with hot field berry coulis & whipped cream **STRAWBERRY WAFFLES** – 18.50 Served with strawberry coulis & whipped cream FRUITY WAFFLES – 19.95 Served with pastry cream, homemade fruit salad & raspberry coulis

HOMEMADE GLUTEN-FREE WAFFLES ADD – 2.00 ()

À LA CARTE

- HOMEMADE HOLLANDAISE 5.50
- FRANÇOIS' PORK & BEANS SM 4.95 | LG 8.00
- EGGS ANY STYLE 1 for 3.25 | 2 for 5.95
- CROISSANT, BAGEL OR ENGLISH MUFFIN 5.50
- FRANÇOIS' CRETON & CROISSANT **OR TOAST** – 10.50
- TOAST & JAM 4.95
- GLUTEN-FREE TOAST 6.00 ()
- GUACAMOLE + TOMATOES + TOAST 12.00
- EGYPTIAN SOURDOUGH 5.95
- HOMESTYLE POTATOES 4.95
- CHEDDAR CHEESE 4.50
- TOMATOES 4.50
- SALSA 3.00
- GUACAMOLE 4.95
- SLICED BANANA 2.99
- CREAM CHEESE 3.25
- VANILLA YOGURT 3.95
- ADD QUÉBEC MAPLE **SYRUP (1 OZ.)** – 1.95
- WHIPPED CREAM 2.50
- 2 PANCAKES 5.50



SCAN TO SEE OUR DISHES