

COMPTOIR
GOURMAND
JULIAN'S

CREATE YOUR OWN LUNCH BOX
 Add **5\$** to the price of any :
salad, tartine, sandwich
 To get extra:
 1 small salad of the day *or* 1 soup of the day
 +
 1 dessert of the day

At Julian's, we love our planet,
 Therefore we took an eco-friendly turn in all our
 choices of containers for the Take-outs.

SOUP OF THE DAY..... 4.99

SALADS.....

JULIAN'S BOWL WITH SALMON GRAVLAX 13.99
*Lettuce mix, lentils, coleslaw, roasted pepper, carrot,
 marinated daikon, fried shallots, creamy herbs and
 jalapeño dressing*

LA UNICORNE WITH TUNA TATAKI 14.99
*Pink cold pasta, marinated cauliflower, roasted squash,
 squash and sunflower seeds, kale, marinated red onion,
 arugula, creamy jalapeño dressing*

LA POKE-MOI WITH TUNA TATAKI 15.99
*Edamame, cucumber, carrot, ginger, avocado, lettuce,
 coriander, squash and sunflower seeds, tempura on a
 base of coconut milk quinoa, spicy wasabi and sesame
 asian dressing*

LA DOUCE WITH CHICKEN 12.99
*Lettuce mix, cubes of roasted sweet potato, caramelized
 onions, marinated red oignon, cheddar, crispy orange
 zests, crispy sweet potato chips, tahini dressing*

LA VEGGIE-BOWL WITH TEMPEH 14.99
*Kale, roasted squash, roasted sweet potato, marinated
 beet with fresh herbs, chick peas with red peppers,
 marinated cauliflower, carrot, dried figs, sunflower and
 pumpkin seeds, honey and mustard dressing*

LA #CEASARNOTCEASAR WITH CHICKEN 14.99
*Kale, romaine lettuce, bacon, parmesan cheese
 shavings and tuile, fresh mint, croutons, fried capers,
 roasted garlic and lemon ceasar dressing*

LA MÉDITERRANÉENNE WITH CHICKEN 13.99
*Lettuce mix, beets, cucumber, hummus, apple,
 chick peas, marinated onion, farro, fresh mint, pita chips,
 balsamic and honey dressing*

POUTINE.....

LA CHAMPI-CHURRI 12.99
*crispy potato, veggie mushroom gravy, cheese curds,
 crispy butternut squash fritters, chimichurri mayo,
 marinated onions, parsley*

TARTINES.....
**OPTION TO ADD AN EXTRA HALF PORTION SALAD AS
 A SIDE DISH**

LA GRAVLAX 12.99
*Salmon gravlax slices, sour cream with dill, marinated
 fennel, cucumber, marinated red onions*

LA CHAMPIGNONNE 11.99
*Mushroom duxelle, marinated shiitake, parmesan cheese,
 arugula, poached egg, salt flakes*

L'AVOCAT 11.99
*Chunky avocado spread, marinated daikon, cucumber,
 ricotta cheese with basil, sunflower and squash seeds,
 olive oil, salt flakes*

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SANDWICHES.....

OPTION TO ADD AN EXTRA HALF PORTION SALAD AS A SIDE DISH

LE GRILLED CHEESE 10.99

Melted swiss and cheddar cheese, old-style mustard pulled braised beef, onions chutney, between 2 slices of white bread

LA BÊTE 9.99

Crispy panko style fried chicken, honey, Julian's coleslaw, sriracha spicy mayonnaise in a brioche roll

THON LUNCH! 8.99

Tuna salad with celery, mayo, confit tomato, remoulade celery salad with capers in a 12 grains bread

VÉGÉ BURGER 9.99

Roasted butternut squash fritter, vegetables pesto, Julian's coleslaw, honey, sriracha spicy mayonnaise in a brioche roll

CHICKEN WRAP 8.99

Slices of roasted chicken breast, mayo, chimichurri, marinated daikon and onions, roasted zucchini, arugula

LE FRENCHIE 7.99

Ham, swiss cheese, dijonnaise sauce, tomato slices, arugula in a ciabatta

LE GRILLED VEGGIES 7.99

Grilled zucchini and peppers, veggie pesto, parmesan, fried shallots, arugula, in a ciabatta

*** POTATO FRITTERS + SOUR CREAM *** 3.99

Desserts & viennoiseries of the day

ASK AT THE COUNTER

SMOOTHIES.....

SMOOTHIE VERT 6

Kale, spinach, ginger, green apple, cucumber, apple juice, cayenne pepper, green tea

SMOOTHIE AUX FRUITS 6

Seasonal fruits

SMOOTHIE SUPERSEED 6

Chia seeds, coconut milk, red berries, green apple, banana

SMOOTHIE BUZZ BANANA 7

Espresso shot, dates, almond milk, coconut milk, banana

SWEET SNACKS.....

SQUASH AND BROWN BUTTER CAKE 3.50

MOIST BROWNIE 2.50

CHOCOLATE CHIP COOKIE 2.50

BACON AND CHEDDAR SCONE 3.50

COFFEE \ TEA.....

ESPRESSO | AMERICANO 2.75

ESPRESSO DOUBLE 3.50

LATTE | FLAT WHITE S\L 3.50 \ 4.25

CAPUCCINO S\L 3.50 \ 4.25

MACCHIATO | CORTADO 3

HOT CHOCOLATE 4

CHAI LATTE S\L 3.50 \ 4.25

TEA | HERBAL (CAMELLIA SINENSIS) 2.75

Please warn us of any allergy or dietary restriction before ordering, thanks!

				M	CLOSED
Tue	W	Thu	F		9 AM - 5 PM
		Sa	Su		9.30 AM - 4 PM

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