



Breakfast Menu

Get an excellent jump start to help you bound through the day. At M Café, you'll find our breakfast suggestions, made with the freshest ingredients, not only stimulate the senses — they are also packed with energy. Careful — with choices this good, you'll want to start every morning with us!

Fresh Fruits

Fresh fruit salad \$4.60

Fresh fruit salad & cottage cheese
Fresh fruit salad & low fat yogurt \$6.70

Add granola \$0.75

Cereals

Cold cereals \$2.26

Oatmeal
Served with maple syrup or honey \$2.90

Bakery

Home-made muffins \$1.95

Cracked-wheat bread
White, whole-wheat bread
or toasted baguette \$2.35

Bagel \$1.45
With cream cheese \$3.65

CLASSIC M

Small juice of your choice
Toast or muffin
Fresh fruits
Coffee or tea \$6.60

ATHLETIC M

Small juice of your choice
One poached egg served on
a english muffin with cheese
Fresh fruits
Coffee or tea \$6.60
Add spinaches & ham \$0.75

COUNTRYSIDE M

Small juice of your choice
Two eggs any style
Bacon or sausages
Breakfast potatoes
Toast
Fresh fruits
Coffee or tea \$10.15

HEALTHY OMELET

Small juice of your choice
Egg whites
Three choices of garnishes:
*Mushrooms, cheese, tomatoes,
ham, green peppers or onions*
Breakfast potatoes
Toast
Fresh fruits
Coffee or tea \$11.15

CRÊPES OR PANCAKES?

Three *french crêpes* or
Three pancakes
served with maple syrup
Fresh fruits
Coffee or tea 8,25 \$

Breakfast is served!
Weekdays from 7:30 am to 11:30 am
Weekends from 9:00 am to 1:30 pm

EAT
DRINK
LIVE | W E L L



Menu petit-déjeuner

Comme une poussée vivifiante donnée à une balançoire. Ce premier repas doit vous fournir un élan qui vous transportera tout au long de votre journée. M Café vous propose des formules énergisantes, des produits frais et des combinaisons stimulantes. Le seul problème, comme avec toute bonne chose, c'est que vous allez vous y habituer et devoir revenir tous les matins...

Fruits frais

Salade de fruits frais 4,60 \$

Salade de fruits frais et cottage
Salade de fruits frais et
yogourt faible en gras 6,70 \$

Ajoutez du granola 0,75 \$

Céréales

Céréales froides 2,70 \$

Gruau
Servi avec sirop d'érable ou miel 2,90 \$

Boulangerie

Muffin maison 1,95 \$

Pain de blé concassé,
pain blanc,
blé entier ou
baguette grillée 2,35 \$

Bagel 1,45 \$

Avec fromage à la crème 3,65 \$

M CLASSIQUE

Petit jus au choix
Pain grillé ou muffin
Fruits frais
Café ou thé 6,60 \$

M SPORTIF

Petit jus au choix
Un œuf poché sur muffin
anglais avec fromage *
Fruits frais
Café ou thé 6,60 \$
** Ajoutez épinards et jambon* 0,75 \$

M CAMPAGNARD

Petit jus au choix
Deux œufs à votre goût
Bacon ou saucisses
Pommes de terre
Pain grillé
Fruits frais
Café ou thé 10,15 \$

OMELETTE SANTÉ

Petit jus au choix
Omelette avec blancs d'œufs
Trois garnitures au choix :
Champignons, fromage, tomates
Jambon, poivrons verts ou oignons
Pommes de terre
Pain grillé,
Fruits frais
Café ou thé 11,15 \$

CRÊPES OU PANCAKES ?

Trois crêpes dentelles ou
Trois pancakes
servies avec sirop d'érable
Fruits frais
Café ou thé 8,25 \$

Le petit déjeuner est servi !
En semaine de 7 h 30 à 11 h 30
La fin de semaine de 9 h 00 à 13 h 30

B I E N | MANGER
BOIRE
VIVRE



Lunch and Dinner Menu

There are many great reasons to come to the Club, number one being to stay in top shape. Now there are excellent reasons to eat at the Club, too. M Café offers healthy cuisine made with the freshest ingredients. Our recipes designed to provide maximum nutritional benefit and balance while sacrificing nothing in terms of delicious taste and enticing presentation. M Café is an ideal setting for dining with friends, family or associates. Designed with your comfort in mind, featuring unique decor, designer lighting and ambient music — an experience you will want to indulge in time after time.

Starters

Fresh Soup of the Day	\$3.95
Tuscan Soup	\$4.55
Garden Salad	\$5.00
Fresh Vegetable Platter	\$5.00

Salads ♥

Cæsar small: \$6.40 regular: \$10.40
Romaine lettuce, croutons, hardboiled egg, red onion, capers, crispy pancetta with a house Cæsar dressing

Greek s: \$7.90 — r: \$12.40
Tomatoes, bell peppers, cucumbers, Kalamata olives, feta cheese with a lemon and thyme dressing

Lemon Chicken s: \$8.20 — r: \$13.80
Mixed greens, fresh asparagus, dried cranberries and apricots topped with chicken breast seasoned with lemon confit and coriander

Home-made Smoked Salmon \$13.70
Smoked salmon slices, capers, lemon, red onion and jeunes pousses

Niçoise \$13.70
Grilled fresh tuna steak, baby potatoes, green beans, hardboiled egg, tomatoes, mixed greens with a Meaux mustard and tarragon vinaigrette

Sandwiches

Served with salad, fresh vegetables or fries (Except Midtown Express)

Midtown Express \$8.00
Chef's half-sandwich served with a small soup of the day and a small salad

Grilled Vegetables \$9.20
Grilled vegetables, cheese and basil pesto on country-style bread

Bagel and Lox \$12.20
Smoked salmon, capers, cream cheese, red onion and tomato on a bagel

Grilled Fresh Tuna ♥ \$13.20
Grilled tuna steak with lettuce, tomato and grilled onion on multigrain bread

M Club \$12.20
Chicken breast, bacon, lettuce, tomato, fried egg and sun-dried tomato mayonnaise on either white or whole-wheat toast



This symbol indicates healthy 'heart-smart' meals planned for you: dressings may be replaced by extra-virgin olive oil and a lemon wedge; meat, fish and poultry is cooked either in convection or steam in order to reduce fats and calories.

Chef's Spécialties

Fine-herb Chicken ♥ \$12.40
With seasonal vegetables

Grilled Salmon ♥ \$13.35
With dill sauce and served with seasonal vegetables

Scallops and Shrimp \$15.40
Pan-seared, drizzled with a mango, lime and sesame emulsion served with seasonal vegetables

M Café Bavette \$17.60
Beef flank steak in blueberry-wine demi-glace served with fries, salad or seasonal vegetables

Children's Menu

Served with salad, raw vegetables or fries, small juice or milk \$6.00
(For children under 12)

Burgers

Served with salad, raw vegetables or fries

Beef Burger \$10.65
With Swiss cheese, homemade BBQ sauce, tomato and grilled onion

Chicken Burger \$10.65
With Swiss cheese, homemade BBQ sauce, tomato and grilled onion

Lamb Burger \$10.65
Ground lamb with feta, Dijon mustard, tomato, grilled pepper and onion

Quick Bites

Omelet ♥ \$9.00
Whole eggs or egg whites and a choice of 3 ingredients: onions, mushrooms, spinach, tomatoes, peppers, ham and cheese
Served with salad

Sandwiches \$6.90
Served with salad

BLT
Egg salad
Melted cheese
Tuna salad

Bowl of Fries ♥ \$3.75

Deserts

Cheese Plate
For one \$8.00
For two \$13.95
Assortment of three cheeses served with bread, crackers, nuts and grapes

Fresh Fruit Salad ♥ \$4.60

Sherbet Trio or Ice Cream \$3.80

Chocolate Lava Cake \$5.75

Crème brûlée \$5.25

Cheesecake \$5.75

*Lunch and dinner
served from 11:30 am to 10 pm*



Beverage Menu

Juice

Juices

Apple, cranberry or pineapple
small: \$1.75 large: \$2.75

Freshly Squeezed Juice

Orange or grapefruit
small: \$2.50 large: \$4.25

Fresh Fruit Juice

small: \$2.50 large: \$4.25

V8 Vegetable Juice

\$2.65

Miscellaneous

Perrier small: \$3.15 large: \$5.50

Spring Water \$1.53

Soft Drinks or Iced Tea

\$2.50

M Smoothies

Protein Supplements \$2.00 \$5.75

Coffee Break

Milk

Skimmed, 2% or Soya
small: \$1.25 large: \$2.25

Mighty Leaf Tea or Herbal Tea \$2.25

Regular Coffee \$1.77

Espresso -

Espresso Macchiatto \$2.50

Double Espresso \$3.00

Cappuccino -

Iced Cappuccino \$3.50

Latte

cup: \$3.50 bowl: \$4.25

Hot Chocolate

cup: \$2.50 bowl: \$3.50

Mokaccino

\$3.75

Beer

Local Beer

\$4.65

Imported Beer

\$5.76

Wine

Red

Altano Douro

Portugal 2006 Glass: \$6.00
Half bottle: \$18.00
Bottle: \$28.00

Château Puy-Landry

Côtes de Castillon 2006 Glass: \$7.50
Half bottle: \$24.00
Bouteille: \$38.00

White

Les Jamelles

Sauvignon blanc Glass: \$6.00
Half bottle: \$18.00
Bouteille: \$28.00
Vin de pays d'Oc 2007

McWilliams

Riesling Glass: \$7.50
Half bottle: \$24.00
Bouteille : \$38.00
Australia 2007

Rodney Strong

Chardonnay Glass: \$8.50
Half bottle: \$28.00
Bottle: \$42.00
California 2006

*Other selections,
including sparkling wine, available*



Menu boissons

Jus

Jus
Pommes, canneberges ou ananas
petit : 1,75 \$ grand : 2,75 \$

Jus fraîchement pressé
Orange ou pamplemousse
petit : 2,50 \$ grand : 4,25 \$

Jus de fruits frais
petit : 2,50 \$ grand : 4,25 \$

Jus de légumes V8 2,65 \$

Divers

Perrier petit : 3,15 \$ grand : 5,50 \$

Eau de source 1,53 \$

**Boissons gazeuses
ou thé glacé** 2,50 \$

M Smoothies 5,75 \$
Suppléments : Protéine 2,00 \$

Pause-café

Lait
Écrémé, 2 % ou soya
petit : 1,25 \$ grand : 2,25 \$

Thé ou tisane Mighty Leaf 2,25 \$

Café régulier 1,77 \$

**Espresso -
Espresso macchiatto** 2,50 \$

Double espresso 3,00 \$

**Cappuccino -
Cappuccino glacé** 3,50 \$

Café au lait
tasse : 3,50 \$ bol : 4,25 \$

Chocolat chaud
tasse : 2,50 \$ bol : 3,50 \$

Mokaccino 3,75 \$

Bières

Bière locale 4,65 \$

Bière importée 5,76 \$

Vins

Rouge

Altano Douro Verre : 6,00 \$
Portugal 2006 1/2 bouteille : 18,00 \$
Bouteille : 28,00 \$

Château Puy-Landry Verre : 7,50 \$
Côtes de Castillon 2006 1/2 bouteille : 24,00 \$
Bouteille : 38,00 \$

Blanc

Les Jamelles Verre : 6,00 \$
Sauvignon blanc 1/2 bouteille : 18,00 \$
Vin de pays d'Oc 2007 Bouteille : 28,00 \$

McWilliams Verre : 7,50 \$
Riesling 1/2 bouteille : 24,00 \$
Australie 2007 Bouteille : 38,00 \$

Rodney Strong Verre : 8,50 \$
Chardonnay 1/2 bouteille : 28,00 \$
Californie 2006 Bouteille : 42,00 \$

Autres sélections, incluant mousseux, disponibles