

COFFEES

ESPRESSO	2.75
AMERICANO	2.75
CAPPUCCINO	3.50
ICED OR HOT LATTE	CUP .. 3.50 ... BOWL .. 4.35
CHAÏBOS TEA LATTE	3.50
MONSIEUR T. BREWED TEAS	3.00
ICED TEA	3.00
HOT CHOCOLATE ON A STICK	3.50

BEVERAGES

SIBERIA WATER	2.00
MINERAL WATER	2.50
GLASS OF MILK	2.75
VEGETABLE JUICE	2.25
HENRI SODA	3.75
EVIVE SMOOTHIE	5.50
KOMBUCHA LĀ SERRE	4.00
KEFIR LĀ SERRE	4.00

COLD PRESSED JUICES LĀ SERRE

+ GLUTEN FREE + LACTOSE FREE + NUTS FREE + VEGETARIAN + VEGAN

PLUS VERT QUE CHEZ LE VOISIN (DETOXIFYING)	6.50
<small>(Spinachs, pineapple, cucumber, ginger, kale, spirulina)</small>	
FOU COMME UN BALAI (INVIGORATING)	6.50
<small>(Maple syrup, tarragon, carrot, orange, lemon, Seabuckthorn Berry, chia seeds)</small>	
ATTACHE TA TUQUE AVEC DE LA BROCHE (HYDRATING) ..	6.50
<small>(Watermelon, cantaloupe, lemon, cayenne pepper, aloe vera, green grapes)</small>	
VIRER SU'L TOP (IMMUNIZING)	6.50
<small>(Cucumber, tomatoes, peppers, red onions, lime, basil, raspberry vinegar, tabasco, garlic, salt)</small>	

HEALTHY BREAK

COOKIES	2.75
MUFFINS	3.25
DATES AND CARDAMOM BAR	2.75
YOGURT GRANOLA	4.00
ENERGY BALLS LĀ SERRE    	5.00
<small>(Pumpkin, sunflower, flax seeds, goji berry, nuts, 70% chocolate)</small>	
CURRY KALE CHIPS LĀ SERRE     	3.50
CHOCOLATE BAR	3.50
GELATO-SORBET	4.00



SOUPS OR SALADS

SMALL . . . 5.00 BIG . . . 7.00

SIBÉRIA'S CLASSIC

HALF SANDWICH WITH SOUP OR SALAD 10.00

GRILLED CHEESE WITH SOUP OR SALAD

GRUYERE CHEESE 10.00

DELUXE (1608 cheese and onion confit) 12.00

SANDWICHES

LE NOURCY 9.00
(Ciabatta, house mayo, rosemary ham, cranberry chutney, Portneuf Brie cheese and mesclun)

WRAP CLUB 9.00
(Ginger tortillas, mayo sesame, bacon pepper lettuce, tomato and grilled chicken)

PULLED PORK CIABATTA SANDWICH 10.00
(Ciabatta, BBQ mayo, arugula, pulled pork)

GRILLED-CHEESE WITH GRUYERE CHEESE 6.00

GRILLED-CHEESE DELUXE 8.00
(1608 cheese and onion confit)




SALADS LA SERRE




GARDEN VITAMINS      11.00
(Homemade dried tomatoes tofu, mesclun salad, lentils, zucchinis, eggplants, radish, caramelize onions, tomatoes and herbs of Provence dressing)

THE OMEGA-3 OF THE SEA    13.00
(Salmon gravlax, mesclun salad, cucumber, seaweed, shiitake, radish, kimchi, tamari and sesame dressing)



HEALTHY BOWLS LA SERRE

THE VEGETARIAN     12.00
(Soft-boiled egg, soba noodles, fennel, beans, caramelized onions, tamari and sesame dressing)

THE ASIAN TONIC    14.00
(Salmon gravlax, botan rice, cucumber, shiitake, radish, kimchi, tamari and sesame dressing)

THE ENERGETIC    10.50
(Organic roasted turkey, quinoa, corn, dried tomatoes, peppers, zucchini, Provence herbs dressing)

THE INDIAN CURE (VEGGIE PÂTE DRAGON BOL)      . . . 9.00
(Curry veggie pâté, carrots and zucchinis, lacto - fermented leeks, turmeric and curry dressing)

THE PROTEIN OF THE SEA (CANNELLONI AND TUNA)   . . . 13.00
(Beet cannelloni stuffed with cashew cheese, tuna albacore, beets with vinegar, lacto- fermented leeks, walnut croutons, cranberries dressing)


GOURMET

PLATE FOR 2

CHEESES PLATE AND PATÉ 20.00

CHARCUTERIE BOARD AND PATÉ 20.00

CHEESES, CHARCUTERIE AND PATÉ 35.00

HUMMUS AND PITAS  8.00