



Menu

Advance orders are appreciated to ensure availability

Products available at the cafe for take-out

Deliveries (delivery fee below)

Price before taxes

Deliveries fee :

Montréal: 7.50\$

Isle de Sœurs: 10\$

Centro Laval: 9\$.

Vieux Longueuil : 9\$.

Rive-Sud (brossard, st-lambert, st-constant) : 12\$

Pointe-Claire: 10\$

St-Hubert: 15\$

By bike in a 5km zone around the cafe: \$ 5.00

- Pastries

Chocolate Brigadeiro	1.00
Butter Croissant	1.50
- Extra: strawberry jam, Cream cheese, peanut butter	+0.60
Cheese Croissant	2.75
Almond Chocolate Croissant	4.00
Almond Croissant	4.00
Coconut yuca cake (gluten-free)	3.00
Guava roll cake	3.00
Bread Cake	3.00
Options: chocolate marbled, Lemon and Poppy, Banana and walnuts	
Walnuts cake	5.00
Brownie (option vegan)	3.00
Cookie rainbow #cavabienaller	3.00
Blueberry Scone	3.00
Potpie	4.00
Options: Chicken, Shrimp, Vegetarian	

* Dulce de leche donut	4.00
Caramel Flan	4.00
Alfajor	4.50
Stuffed Bread Options: Ham and Cheese, Chicken and cream cheese, Ham, Cheese and Tomato Cheese, Tomato and pesto sauce.	5.00
* Pastel (Fried Pie) Options: Ham and Cheese, Cheese, Ground beef and eggs Mushroom (vegan)	6.00
Coxinha - Fried Croquette (150g) Options: Chicken, Mushroom (vegan) Chicken and cream cheese	6.00 +1.00

* only available on Fridays, Saturdays and Sundays

- Frozen Products

Cheese Bread with (20 units) 400g (gluten-free)	9.00
Small Ice Cream	3.00
Large Ice Cream	4.50
Chicken Croquette (8 units) 360g	12.00
Mushroom Croquette (vegan) (8 units) 360g	12.00
Beef Croquette (8 units) 360g	12.00
Croquette with Cheese and Yuca (7 units) 315g (gluten-free)	12.00
Pate Chinois (2 people) 650g	10.00
Meat and Cassava Gratin (2 people) 650g	14.00
Lasagna with tomato and béchamel sauces, ground beef, ham and tomato (2 people) 750g	16.00 16.00
Vegetarian Lasagna with Tomato and Bechamel Sauce and Mushrooms (2 people) 750g	8.50
Ham and Cheese Bites (12 units) 360g	8.50
Cheese Bites (12 units) 360g	8.50
Cheese and guava bites (12 units) 360g	8.50
Beef Bites (12 units) 360g	8.50
Chicken Bites (12 units) 360g	8.50
Spinach Cream (1 liter)	8.50
Carrot and Ginger Soup (vegan) (1 liter)	8.50
Squash, Lentil and Turmeric Soup (vegan) (1 liter)	8.50
Black Beans Soup (vegan) (1 liter)	8.50
Black Beans Soup with Bacon and Sausage (1 liter)	12.00
Clam and Shrimp Chowder (1 liter)	18.00

- Deli

Bag of Maple Shortbread	2.00
Bag of guava butter cookie	2.00
Brioche bread (6 units) - 300g	4.00
Coconut Brioche Bread (6 units) - 300g	4.0
Milk 3.25% (2 liters)	4.00
Pacific Barista Series Vegetable Milk (1 liter) Options: Coconut or Almonds	6.00
OAtly Oat Plant Milk (1 liter)	6.00
Strawberry jam (300g)	6.50
Coffee (340g) in bean or ground	12.00
Decaffeinated coffee (340g) in grain or ground	18.00

- Drinks

Coca-Cola (can)	1.50
Coca Zero (can)	1.50
Strawberry lemonade (340ml)	2.50
Lemon Iced Tea (340ml)	2.50
Passion Fruit Juice (340ml)	2.50
Kombucha Mont-Ferol Options: Blueberries, Strawberries, Raspberries or Blackberry	4.00
Cold Brew (340ml)	4.50
Pineapple and Mint Smoothie (340ml) (vegan)	5.00
Strawberry and Basil Smoothie (340ml) (vegan)	5.00
Smoothie with Açais, Strawberries, Banana and maple syrup (340ml) (vegan)	6.00