

KIDS MENU

SLICED BANANA – 2.99
FRUIT SALAD – 4.99
COLD CEREAL – 4.25
HOMEMADE GRANOLA – 3.99
Roasted with almonds, coconut & raisins
BEFRY PORRIDGE – 4.99
Mixed with berries, yogurt & maple syrup



TOAST & JAM – 3.99
CROISSANT & JAM – 4.50



1 EGG ANY STYLE – 5.99
Served with bacon or sausage
CHEDDAR CHEESE OMELETTE – 6.50
RASPBERRY PANCAKES – 6.50
CHOCOLATE CHIP PANCAKES – 5.99
BANANA & CHOCOLATE CRÊPES – 6.99
Filled with hazelnut chocolate & banana
STRAWBERRY WAFFLES – 6.50
Topped with strawberry coulis & whipped cream



SERVED WITH BACON OR SAUSAGE

- FRENCH TOAST – 6.50
- PANCAKES – 6.50
- BUTTER & CINAMON CRÊPES – 5.99
Sprinkled with cinnamon & sugar



BEVERAGES

SMOOTHIE – 4.99
BANANA + STRAWBERRY + YOGURT
SHIRLEY TEMPLE – 3.50
JUICES (APPLE, ORANGE) – 2.99
MILK & CHOCOLATE MILK – 1.99
HOT CHOCOLATE – 2.99



BEVERAGES

SMOOTHIE – 5.99
Add almonds – 1.00
Add whey protein – 1.25
JUICES – 3.75
(Apple, Cranberry, Grapefruit, Pineapple, Tomato, V8)
FRESH SQUEEZED ORANGE JUICE – 3.99
HERBAL TEA – 3.50
COFFEE & TEA – 3.25
HOT CHOCOLATE – 3.99
MILK & CHOCOLATE MILK – 2.99
SAN PELLEGRINO (750 ML) – 6.99
SAN PELLEGRINO flavors – 3.75
PERRIER (339 ML) – 3.99
SWEETENED ICED TEA – 3.50
SOFT DRINKS – 3.50
SHIRLEY TEMPLE – 3.50
HERBAL TEA – 3.50

DRINKS

KIR ROYAL – *Sparkling wine & cream of cassis* – 9.95
MIMOSA – *Sparkling wine & orange juice* – 9.95



ORDERS TO GO AVAILABLE



OPEN DAILY 7 am - 3 pm

RESERVATION 403 678 6111
WWW.RESTAURANTCHEZFRANCOIS.COM



Chez François

Restaurant



BREAKFAST / BRUNCH MENU

SMOOTHIES

Your choice – 6.25

- STRAWBERRY + BANANA + YOGURT
- MELON + BERRY + YOGURT
- PEACH + MANGO + YOGURT
- MOCHA + YOGURT
- CAPPUCCINO + YOGURT
- MATCHA GREEN TEA + MILK

Add almonds – 1.50

Add whey protein – 2.05

FRUIT & CEREAL

HOMEMADE FRESH FRUIT SALAD – 8.00

HALF GRAPEFRUIT – 3.95

HOMEMADE GRANOLA – 6.50

Roasted with almonds, coconut & raisins

BERRY PORRIDGE – 7.50

Mixed with berries, yogurt & maple syrup

LADY MACDONALD – 12.95

Homemade granola, fresh fruit salad,
yogurt & English muffin

BREAKFAST SANDWICHES

Served with home style potatoes & fresh fruit

ENGLISH MUFFIN SANDWICH – 11.00

Scrambled egg, melted Cheddar cheese,
bacon & tomatoes

MEXICAN WRAP – 13.05

Scrambled eggs, bell peppers, onions, tomatoes,
guacamole, cilantro, salsa & sour cream

BREAKFAST CLUB – 14.00

Your choice of bread, over hard egg, ham,
Cheddar cheese, tomatoes, lettuce & mayonnaise

SMOKED SALMON CLUB – 15.00

Egg, smoked salmon, Cheddar cheese, tomatoes,
guacamole, lettuce & mayonnaise

CROISSANTS & BAGELS

Served with home style potatoes & fresh fruit

HAM & CHEESE CROISSANT – 10.00

BAGEL, CREAM CHEESE & FRUIT SALAD – 12.00

SMOKED SALMON BAGEL – 15.00

Oven baked with capers & caramelized onions with
cream cheese & tomatoes

BLT BAGEL – 12.00

Bacon, lettuce & tomatoes on a toasted bagel
with mayonnaise

BRIE CHEESE & FRESH FRUIT – 16.00

Served with croissant

EGG DISHES

Served with home style potatoes, fresh fruit & toast

THE TRADITIONAL – 12.75

2 eggs & your choice of bacon, ham or sausage,
back bacon

EGGS & TOMATO – 11.50

THE MOUNTAINEER – 14.50

3 eggs, 3 sausages & 3 strips of bacon

THE FLORENTINE – 16.75

– 2 poached eggs on a bed of spinach & Parmesan
cheese, topped with Hollandaise sauce
– 2 poached eggs topped with Bechamel sauce

THE ALBERTAN – 22.99

2 eggs & 6 oz. New York steak

HUEVOS RANCHEROS – 14.75

2 fried eggs, Cheddar cheese, black beans,
guacamole, sour cream, salsa, cilantro, tortillas

VEGAN SCRAMBLE – 16.50

Sauteed tofu, spinach, mushrooms, onions,
bell peppers, tomatoes, black beans,
potatoes, guacamole

AMERICAN COMBO – 13.00 / Platter for 4 – 44.00

Scrambled eggs, pancake, French toast, bacon &
sausage

QUÉBEC COMO – 16.00

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

OMELETTES

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

SMOKED SALMON, CREAM CHEESE & DILL – 15.50

BRIE CHEESE & ASPARAGUS – 15.50

GREEK – 15.50

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

CAJUN – 15.50

Shrimp, ham, onions, bell peppers & Cajun spices

VEGETARIAN – 13.75 | With Cheddar cheese – 15.50

Mix of market vegetables

MEAT LOVER – 14.75 | With Cheddar cheese – 15.50

Filled with sausage, ham & bacon

MAKE YOUR OWN OMELETTE – 12.00

Add 1.75 for each filling

- Cheddar, Swiss, Feta or Brie cheese
- Asparagus, spinach, mushroom or tomato
- Ham, bacon, Valbella sausage or smoked meat

FAMOUS EGGS BENEDICT

Served with poached eggs, homemade Hollandaise,
English muffins, home style potatoes & fresh fruit
1 egg – 12.75 | 2 eggs – 16.75

- CANADIAN BACK BACON
- MONTREAL SMOKED MEAT
- SMOKED SALMON
- SWISS CHEESE, HAM & ASPARAGUS
- MUSHROOMS & TOMATO
- SPINACH, FETA CHEESE & TOMATO

SWEET CRÊPES

Served with home style potatoes & fresh fruit

- APPLE & CHEDDAR CHEESE – 13.75
- BANANA & CHOCOLATE – 13.75
- STRAWBERRY & CREAM CHEESE – 13.75
- RASPBERRY & YOGURT – 13.75
- BUTTER & CINNAMON – 12.75
Sprinkled with cinnamon & sugar
- FRUITY – 13.75
Filled with pastry cream & topped with fresh fruit salad

SWEET BENE COMBO

CHOOSE ONE BENE & SWEET CRÊPES – 15.99

CHOOSE ONE BENE & SPECIALTY CRÊPES – 18.50

SPECIALTY CRÊPES

- SPINACH & BECHAMEL – 15.00
Sauteed spinach, Parmesan cheese,
Cheddar cheese, Bechamel
- APPLE, BRIE CHEESE & HAM – 15.00
Topped with maple syrup

BREAKFAST BENE POUTINE

BREAKFAST POUTINE

Soft poached eggs topped with Hollandaise, home fries,
Quebec cheese curds, gravy & your choice of

- CANADIAN BACK BACON – 15.00
- MONTREAL SMOKED MEAT – 16.00

FRENCH TOAST

Served with home style potatoes & fresh fruit

GOLDEN FRENCH TOAST – 12.00

Sprinkled with cinnamon & sugar

CARAMELIZED BANANA & NUTELLA – 14.00

STRAWBERRY CREAM CHEESE FRENCH TOAST – 14.00

SURPRISE – 15.50

1 egg sunny side up, ham & Cheddar cheese
between 2 golden slices of French toast, topped
with a mountain of fresh fruit

GLUTEN FREE RAISIN BREAD FRENCH TOAST – 15.50

Served with yogurt & maple syrup

PANCAKES & WAFFLES

Served with home style potatoes & fresh fruit

CLASSIC PANCAKES – 12.00

RASPBERRY PANCAKES – 14.00

Served with yogurt & maple syrup

APPLE & CINNAMON PANCAKES – 15.75

CHOCOLATE CHIP PANCAKES – 14.50

FIELD BERRY WAFFLES – 14.00

Served with hot field berry coulis & whipped cream

STRAWBERRY WAFFLES – 14.00

Served with strawberry coulis, fresh strawberries
& whipped cream

FRUITY WAFFLES – 15.00

Served with pastry cream, fresh fruit salad
& raspberry coulis

- GLUTEN FREE WAFFLE add – 1.50

À LA CARTE

- CANADIAN PORK & BEANS – SM 3.75 | LG 5.00
- EGGS ANY STYLE – 1 for 2.50 | 2 for 4.00
- CROISSANT OR BAGEL – 5.00
- FRANÇOIS' CRETON & CROISSANTS – 7.50
- FRANÇOIS' DUCK LIVER PÂTÉ &
CROISSANTS – 7.50
- ENGLISH MUFFIN – 3.99
- TOAST & JAM – 3.99 | GLUTEN FREE TOAST – 4.99
- TOAST & CRETONS – 6.75
- HOME STYLE POTATOES – 3.50
- CHEDDAR CHEESE – 3.29
- TOMATOES – 2.50
- SALSA – 2.50
- GUACAMOLE – 3.50
- SLICED BANANA – 2.79
- CREAM CHEESE – 2.95
- VANILLA YOGURT – 2.95
- MAPLE SYRUP (1 OZ.) – 1.75
- WHIPPED CREAM – 1.75
- SIDE HOLLANDAISE – 4.00

Ask for gluten free options

- MAPLE BACON
- VALBELLA SAUSAGES
- MAPLE HAM
- PANCAKES
- 2 EGGS

4.00

ADD

- HOME MADE MERGUEZ
- CHORIZO SAUSAGES
- TURKEY MAPLE SAUSAGES
- CRETON
- DUCK LIVER PÂTÉ

4.50

Please advise server of any allergies prior to ordering



DESSERTS

Daily sweet crêpes - 9

- Maple + Walnut frozen terrine
- Chocolate + raspberry frozen terrine
- Sundae
 - Strawberry vanilla
 - Chocolate



Kids menu available



SMOOTHIES

5.99

- Strawberry + banana + yogurt
- Melon + berry + yogurt
- Peach mango + yogurt
- Mocha + yogurt
- Matcha green tea + milk

Add whey protein - 2.00

Add almonds - 1.00

DRINKS

Fresh Squeezed Orange juice - 3.99

Juice - 3.75

- Apple, Grapefruit, Cranberry, Tomato V8

Shirley Temple - 3.50

Sweetened Iced tea - 3.50

Soft Drinks - 3.50

San Pellegrino (750 ml) - 6.99

Perrier (339 ml) - 3.99

Aqua Pana (750 ml) - 6.99

Milk & Chocolate Milk - 2.99

Hot Chocolate - 3.99

Herbal Tea - 3.50

Coffee & Tea - 3.25

Liqueur 1oz - 5.00

- Baileys - Frangelico, Kahlua - Maple Cream

Kir Royal - 9.95

- Sparkling wine & cream of cassis

Mimosa - 9.95

- Sparkling wine & orange juice

Prosecco 6oz - 8.5

Selection of

WINE BY THE GLASS,

BOTTLED BEERS & COCKTAILS

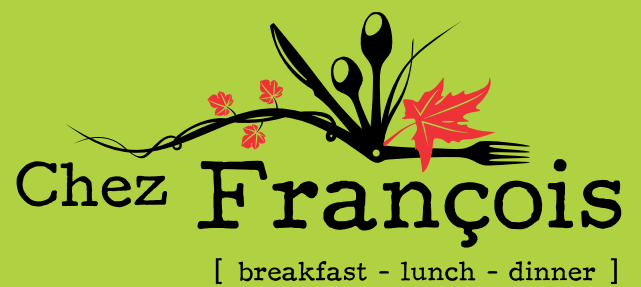
Please ask your server



403 678 6111

1604 — 2nd Avenue, Canmore T1W 1M6

www.restaurantchezfrancois.com



LUNCH MENU



SOUPS

DAILY CREATION - sm 6 | lg 8

CREAM OF MUSHROOMS - sm 7 | lg 9

SALADS

HOUSE - 9

Market vegetables & mixed greens tossed in a fine herb vinaigrette

CLASSIC CAESAR - 12

François's dressing & garlic croutons
Add regular or Cajun spiced chicken - 5



MIMOSA - 14

Fresh spinach, hard boiled egg, bacon bits, tomatoes & mushrooms tossed in a fine herb vinaigrette

SOLEIL - 14

Seasonal fruit & citrus over mixed greens tossed in a sesame honey vinaigrette & topped with a mix of tree nuts

GOAT CHEESE - 15

Mushrooms, tomatoes & mixed greens tossed in a raspberry vinaigrette & served with warm goat cheese croutons

CHEF - 16

Chicken, ham, cheese, egg, potatoes & tomatoes served on a bed of mixed greens with a fine herb vinaigrette

SALMON - 20

Poached BC salmon, goat cheese over mixed greens tossed in a roasted red pepper vinaigrette

SEAFOOD - 18

Smoked salmon, tuna, scallops & baby shrimp on a bed of mixed greens with a fine herb vinaigrette

POUTINES

CLASSIC POUTINE - 12

Hand cut french fries, cheese curd & François's gravy

CHICKEN POUTINE - 15

Bell peppers, onions, cheese curd & François's gravy

MONTREAL SMOKED MEAT POUTINE - 15

FRENCH FRIES WITH AÏOLI - 7



PASTA

ALFREDO PASTA - 15

Creamy Parmesan cheese sauce

ROSÉ PASTA - 15

Creamy tomato sauce & Parmesan cheese

Add chicken or baby shrimps - 4.50

CAJUN PASTA - 19

Pan fried chicken, ham, shrimp, bell peppers & onions in a creamy Cajun sauce

Ravioli - 19

Butternut squash & wild mushroom, market vegetables in a Provençal sauce

SANDWICHES

Served with fries & coleslaw

BISON BURGER - 17

Oka cheese, caramelized onion, tomatoes, lettuce, pickles, roasted red pepper aioli

SPICY LAMB BURGER - 18

Homemade lamb patty, caramelized onions, tomatoes, lettuce, Swiss cheese & House mayonnaise

CLUB HOUSE CROISSANT - 17

Chicken breast, bacon, tomatoes, lettuce & mayonnaise

MONTREAL SMOKED BEEF - 16

REUBEN SANDWICH

Smoked beef, sauerkraut & Swiss cheese on toasted rye bread

ALBERTA BEEF QUESADILLA - 17

Lightly spiced beef tenderloin strips, tomatoes, caramelized onions & Mozzarella cheese, served with salsa & sour cream

CHICKEN QUESADILLA - 16

Lightly spiced chicken strips, bell peppers, onions & Mozzarella cheese, served with salsa & sour cream

VEGETARIAN QUESADILLA - 15

Bell peppers, mushrooms, onions, tomatoes, Mozzarella cheese served with salsa & sour cream

CRÊPES



Served with home style potatoes & fresh fruit

CHICKEN & MUSHROOM - 16

Chicken strips, mushrooms & green onions in a creamy mushroom sauce

GOAT CHEESE & HAM - 14

Mushrooms, ham, onions & bell peppers in a creamy goat cheese sauce

SEAFOOD - 19

Selection of fresh seafood in a creamy white wine sauce with Pernod accent

SPECIALTIES

MERGUEZ À LA PROVENÇALE - 17

Signature spicy lamb sausages served with a Provençal tomato sauce over rice pilaf

SOLE AMANDINE - 19

Pan fried filet of sole, roasted almonds served with potatoes & vegetables

SALMON - 20

Poached salmon with Hollandaise sauce, served with potatoes & vegetables

LIVER & ONIONS - 19

Marinated beef liver served with crispy bacon, caramelized onions & au jus sauce, served with potatoes & vegetables

ALBERTA STEAK SANDWICH - 22

NY steak with sauteed bell peppers & onions over garlic bread, served with fries

Kids menu available

Takeout available > 403 678 6111

Please inform us of any food allergies before ordering.

Ask for gluten free options at extra charge.

