

MENU

MORNING & ARVO

MUESLI SERVED WITH STRAWBERRIES ,YOGURT ,HONEY & MILK ON SIDE	8.0
FRENCH TOAST SERVED WITH BERRIES (IN SEASON),BANANA ,ALMOND CRUMBLE, MAPLE SYRUP & ICECREAM	17.0
SOURDOUGH TOAST BUTTER & JAM	5.5
FRUIT TOAST BUTTER	8.0
BSL BIG BREAKFAST EGGS YOUR WAY ,SAUTEED SPINACH ,TOMATO,MUSHROOM,BACON & SAUSAGE	23.5
OEUF POCHE HOLLANDAISE SOURDOUGH, 2 POACHED EGGS, HOLLANDAISE SAUCE, CHUTNEY	17.5
OEUF POCHE ET FROMAGE SOURDOUGH, 2 POACHED EGGS, BRIE, CHEVRE, CHUTNEY, WALNUTS EXTRAS SALMON 5.0 - ASPARAGUS 4.0 - BACON 4.0 – AVACADO 4.0	19.0
2 EGGS ONSOURDOUGH TOAST POACHED ,SCRAMBLEDOR FRIED	11.0
CROQUE MONSIEUR GOURMET FRENCHVERSION OF A TOASTED HAM, CHEESE& TOMATOSANDWICH. LIGHTLYGRILLED WITH TASTY HERBDRESSING	12.5
CROQUE MADAME CROQUE MONSIEUR SERVED WITH AN EGG SUNNY SIDE UP	13.5
EGG & BACON ROLL 2 FREE RANGE EGGS, 2 RASHERS OF BACON ,CHEESE & ROQUETTE IN A BAGUETTE WITH TOMATO RELISH	11.5
HERB & CHEESE OMELETTE SERVED WITH EITHER SIDE OF SALAD OR SOURDOUGH TOAST FREE RANGE	16.0
EXTRAS	
SALMON 5.0	ASPARAGUS 4.0
BACON 4.0	AVACADO 4.0
HAM 4.0	TOMATO 3.0
TOMATO SAUCE 0.5	TOMATO RELISH 0.5
GLUTEN FREE TOAST 4.0	

BAGUETTES

EGG SLICES OF FREE-RANGE EGGS, GREEN-OAK LETTUCE, TOMATO, AVOCADO, MAYONNAISE	11.0
TUNA TUNA CHUNKS, GREEN-OAK LETTUCE, TOMATO, MAYONNAISE	11.5
HAM FREE RANGE HAM, TASTY CHEESE, TOMATO, AVOCADO, GREEN-OAK LETTUCE	11.5
CHICKEN FREE-RANGE CHICKEN, TASTY CHEESE, AVOCADO, GREEN-OAK LETTUCE, MAYONNAISE	13.0
TURKEY TURKEY, BRIE, CRANBERRY SAUCE, GREEN-OAK LETTUCE	12.5
SALAMI MILD SOPRESSA, TOMATO, MOZZARELLA, GREEN-OAK LETTUCE	11.5
SALMON SMOKED TASSAL SALMON, CAPERS, CREAM-CHEESE, ONION, GREEN-OAK LETTUCE	14.5
JAMBON FUME JAMBON FUME (PROSCIUTTO) , BABY SPINACH, TOMATO, BRIE	14.5
EXTRAS	
EGG 3.0	PROSCIUTTO 4.5
AVOCADO 4.0	HAM 4.0
SALMON 5.0	TOMATO 3.0
BACON (2 RASHERS) 4.0	ASPARAGUS 4.0
CHEESE 2.5	

BELGIAN LIEGE WAFFLES

	SINGLE	DOUBLE
SUCRE FRESHLY COOKED LIEGE WAFFLE WITH ICING-SUGAR & OR CINNAMON	6.0	11.0
CHOCOLATE LIEGE WAFFLE DRIZZLED WITH MELTED BELGIAN CHOCOLATE	10.5	14.5
CLASSIC LIEGE WAFFLE DRIZZLED WITH MELTED BELGIAN CHOCOLATE AND FRESH STRAWBERRIES	11.5	15.5
LABAR SUR LOUP LIEGE WAFFLE SERVED WITH MELTED BELGIAN CHOCOLATE, BANANA, STRAWBERRIES, HOME MADE SALTED CARAMEL SAUCE & ICE-CREAM	15.0	19.0
WAFFLE GLACE FRESHLY COOKED LIEGE WAFFLESERVED WITH ICE-CREAM (FLAVOUR OF YOUR CHOICE)	9.0	14.0
WAFFLE CARAMEL FRESHLY COOKED LIEGE WAFFLE SERVED WITH HOMEMADE SALTED CARAMEL SAUCE, SALTED CARAMEL ICE-CREAM & ALMOND CRUMBLE	14.5	17.5
WAFFLE AMERICAINE FRESHLY COOKED LIEGE WAFFLE SERVED WITH BACON & MAPLE SYRUP	14.5	17.5
EXTRAS		
EGG 3.0		
BACON 4.0		

PASTRIES

CROISSANTS	4.5
BUTTER & JAM	1.0
ALMOND CROISSANT	5.5
<i>DAILY PASTRIES</i>	
<i>(SELECTION ON DISPLAY) MADE FRESHDAILYBY OUR FRENCHPATISSIERE CHEF JEAN CHARLES</i>	

SAVOURY

TOASTED HAM,CHEESE& TOMATOSANDWICH	7.0
TOASTED HAM & CHEESE CROISSANT	6.0
TOASTED HAM, CHEESE&TOMATO CROISSANT	6.5

SALADS

GREEN OAK LETTUCE, TOMATO, ASPARAGUS, OLIVES, CUCUMBER	13.5
ADD FREE RANGE CHICKEN OR TUNA OR FREE RANGE EGG	3.5
ADD SMOKED TASSAL SALMON	5.0
ALL FINISHED WITH BALSAMIC GLAZE & OLIVE OIL	

TARTINE

TOASTED SOURDOUGH WITH ROQUETTE, CREAM CHEESE, SALMON & CAPERS	18.5
TOASTED SURDOUGH WITH SMASHED AVOCADO WITH FETA, MINT & TOMATOES	17.0
ADD POACHED EGG	2.0
GF OPTION EXTRA	2.0

ICE CREAM

	REGULAR	LARGE
	5.5	6
<i>CHOOSE FROM A GENEROUS SELECTION OF ARTISAN GELATO AND SORBET</i>		

EST 2013

BAR SUR LOUP
LA PETITE PATISSERIE



SWEET CREPES

NUTELLA NUTELLA& ICING SUGAR	11
HONEY OR CITRON BUTTER & HONEY/ BUTTER & FRESHLY SQUEEZED LEMON JUICE	10.5
PLAIN CREPE BUTTER & ICING SUGAR	8.0
CANADIAN BUTTER & MAPLE SYRUP& ICING SUGAR	11.0
LA BRETONNE MELTED BUTTER WITH HOMEMADE SALTED CARAMEL SAUCE	11.0
LA BANANE NUTELLA & BANANA&ICING SUGAR	13.5
SICILIAN RICOTTA, SUGAR, CINNNAMON & HONEY	16.0
LA POMME ET NOIX THINLY SLICED APPLE, HONEY, WALNUTS & CHEVRE	17.5
CARIBBEAN SAUTEED BANANA IN ORGANIC COCONUT OIL & HONEY SERVED WITH VANILLA ICE-CREAM & TOASTED ALMOND FLAKES	17.5
<i>ALSO AVAILABLE IN GLUTEN FREE add 2.0</i>	
EXTRAS	
BELGIAN CHOCOLATE/ ICE-CREAM	4.5
BANANA	3.5
MARSHMALLOWS	3.0
STRAWBERRIES	3.5
SAVOURY CREPES	
MEDITERRANEAN TOMATO, BASIL & MELTED MOZZARELLA CHEESE	16.0
HAM FREE RANGE HAM, MELTED TASTY CHEESE & TOMATO	16.5
EGG & BACON FREE RANGE EGG, BABY SPINACH, BACON WITH SIDE SERVE OF HOLLANDAISE SAUCE	17.5
SALMON DEL'AUSTRALIE FREE RANGE EGG, BABY SPINACH, SMOKED TASSAL SALMON WITH SIDE SERVE OF HOLLANDAISE SAUCE	19.0
ASPARAGUS SLICES OF FREE RANGEHAM, BRIE & FRESH BLANCHED ASPARAGUS	17.5
LE GREC FRESH BABY SPINACH, DILL & FETA CHEESE	16.0
SALMON CLASSIC SMOKED TASSAL SALMON, CREAM CHEESE & CHIVES	18.0
LA COMPLETE FREE RANGE EGG, FREE RANGEHAM & TASTY CHEESE	16.5
LA BIQUETTE JAMBON FUME (PROSCIUTTO) CHEVRE, HONEY, WALNUTS, ROQUETTE, BALSAMIC GLACE	18.5

EXTRAS			
EGG	3.0	PROSCIUTTO	4.5
AVOCADO	4.0	HAM	4.0
ASPARAGUS	4.0	TOMATO	3.0
BACON (2 RASHERS)	4.0	CHEESE	2.5
SALMON	5.0		

WE CATER TO GLUTEN FREE AND COELIAC DIETRY
REQUIREMENTS BUT WE ARE NOT
100% GLUTEN FREE CAFÉ AND TRACES OF FLOUR MAY EXIST

SMOOTHIES

BRIDGITTE BARDOT (IMMUNE BOOSTER) BANANAS,APPLE, GINGER,CINNAMON	8.0
MOULIN ROUGE (VITALITY) STRAWBERRIES, BLUEBERRIES, HONEY, YOGURT,APPLE JUICE	8.0
COCO CHANEL (HIGH PROTEIN) BANANA, HONEY, COCOA POWDER, CHIA SEEDS, ALMOND MILK	8.0
NAPOLEON (ENERGIZER) CUCUMBER, APPLE, CELERY, GINGER, SPINACH	8.0
LA BOHEME (RECOVERY) PINEAPPLE, MANGO, HONEY, YOGURT,APPLE JUICE	8.0

EXTRAS	
PROTEIN POWDER	1.5
WALNUTS & ALMONDS	1.5
CHIA SEEDS	1.5
AVOCADO	2.0
EXTRA FRUIT	2.0



COLD DRINKS

ICED DRINKS MILK SHAKE, ICED CHOCOLATE OR ICED COFFEE	6.5
SPARKLING MINERAL WATER	4.5
BOTTLED NATURAL SPRING WATER	3.5
FAMOUS SODA ZERO SUGAR 100% NATURAL PLEASE SEE THE DISPLAY/ ASK STAFF FOR FLAVOURS	4.8
ORGANIC JUICES PLEASE SEE DISPLAY /ASK STAFF FOR FLAVOURS	4.8

HOT DRINKS

COFFEE	SMALL	LARGE
WITH MILK	4.0	4.5
ESPRESSO	3.5	
MACCHIATO (SHORT)		4.1
MACCHIATO (LONG)		4.1
COFFEE	SMALL	LARGE
PICCOLO	3.5	
DOPPIO (DOUBLE ESPRESSO)	4.1	
LONG BLACK	4.1	4.7
TUMERIC LATTE	5.5	6.0
CHAI LATTE	4.1	4.7
DIRTY CHAI	4.3	4.9
ICED LATTE	4.9	
FREDDO ESPRESSO	4.5	
FREDDO CAPPUCINO	5.0	
AFFOGATO	5.5	
ESPRESSO, SERVED WITH SCOOP OF VANILLA ICE CREAM		
AFFOGATO LILY	5.8	
ESPRESSO, SALTED CARAMEL SAUCE & VANILLA ICE CREAM		
AFFOGATO LOU-LOU	5.8	
ESPRESSO, MAPLE SYRUP, CINNAMON & VANILLA ICE CREAM		
BABYCINO	1.0	
WITH MARSHMALLOW		
MOOD CREMA (SUMMER MONTHS ONLY)	5.5	
EQUAL	EXTRA .20C	
ALL ALTERNATIVE MILK	.60C	

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