

## Our drinks

### Organic Juices

Concord Grape, Blueberry Pomegranate, Cranberry Pomegranate,  
Pear Nectar, Raspberry Lemonade, Orange Mango,  
Québec Apple Juice, Ice tea-limonade ..... \$ 2.95

### San Pellegrino fruit beverages

Lemon, Orange, Clementine, Grapefruit, Blood Orange ..... \$ 2.95

### Regular Juices and more

Orange or Grapefruit (glass) ..... \$ 2.75  
Bottled Juice (340 ml): Apple-Grape, Orange, Apple ..... \$ 2.75  
Vegetable Cocktail (can) ..... \$ 2.60  
Saint-Justin carbonated natural mineral water ..... \$ 2.60  
Milk or soy milk (glass) ..... \$ 2.50  
Bec Cola: Organic maple syrup cola from Québec ..... \$ 3.25

## Homegrown products



For a greener environment and out of a fellow-feeling for the small producers, it's with great pleasure that Bügel became partners with the Marché de proximité de Québec in 2008. This initiative, which supports agriculture and local shopping, allows us to offer our products at the market and include the tasty and majoritarily organic products of small producers on our menu.

**Les cuisines Fol-Atre:** Our famous vegetable spread has people talking about it from Québec to Bordeaux! We have been Lina's clients for over 29 years and it's a renewed pleasure to see her stop by with her large smile and delicious products.



**Sud Café:** Our fair trade and organic coffee, roasted artisanally in Saint-Michel-de-Bellechasse.



**Champy:** Organic sunflower oil made in Québec and used in the preparation of our bagels.



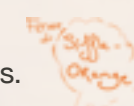
**Cassis et Mélisse:** Our herbs or cranberries-maple syrup Quark goat cheese.



**Only Blue:** The blueberries we make our desserts with grow without chemical fertilizers or pesticides.



**Le Siffle-Orange:** From a family owned traditional sugar bush, the maple syrup in some of our breakfasts and in our desserts.



**La ferme Hantée:** All the sprouts that we add to our salads.



**Miellerie Prince-Leclerc:** Local honey that slightly sweetens our bagels instead of sugar.

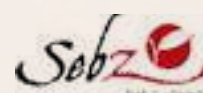


**Les Jardins Atsenti Auarata:** All our herbal teas.

**Ferme des Voltigeurs:** Organic chicken you can taste in some of our soups.



**Sebz Thé et lounge:** Our very good tea.



**Poulet fermier:** Our eggs laid by free-range chicken.

**Le Fumoir du Nord:** Our smoked salmon made in a traditional smokehouse according to methods developed by the Aboriginal people of Québec.



The fleur-de-lys next to products other than ours indicates these are local and Homegrown products.

### Extras

- Peanut butter ..... \$ 1.00
- Raw organic almond butter ..... \$ 2.25
- Homemade jam, green peppers, mushrooms, jalapeños, onions ..... \$ 1.75
- Tomatoes, asparagus, olives, honey, maple syrup ..... \$ 2.75
- Brie ..... \$ 4.25
- Ham, vegetable spread, cream cheese, Swiss cheese, fruits ..... \$ 2.95
- Small salad ..... \$ 6.25
- Egg ..... \$ 1.15
- Yogurt ..... \$ 3.50
- Smoked salmon ..... \$ 5.10

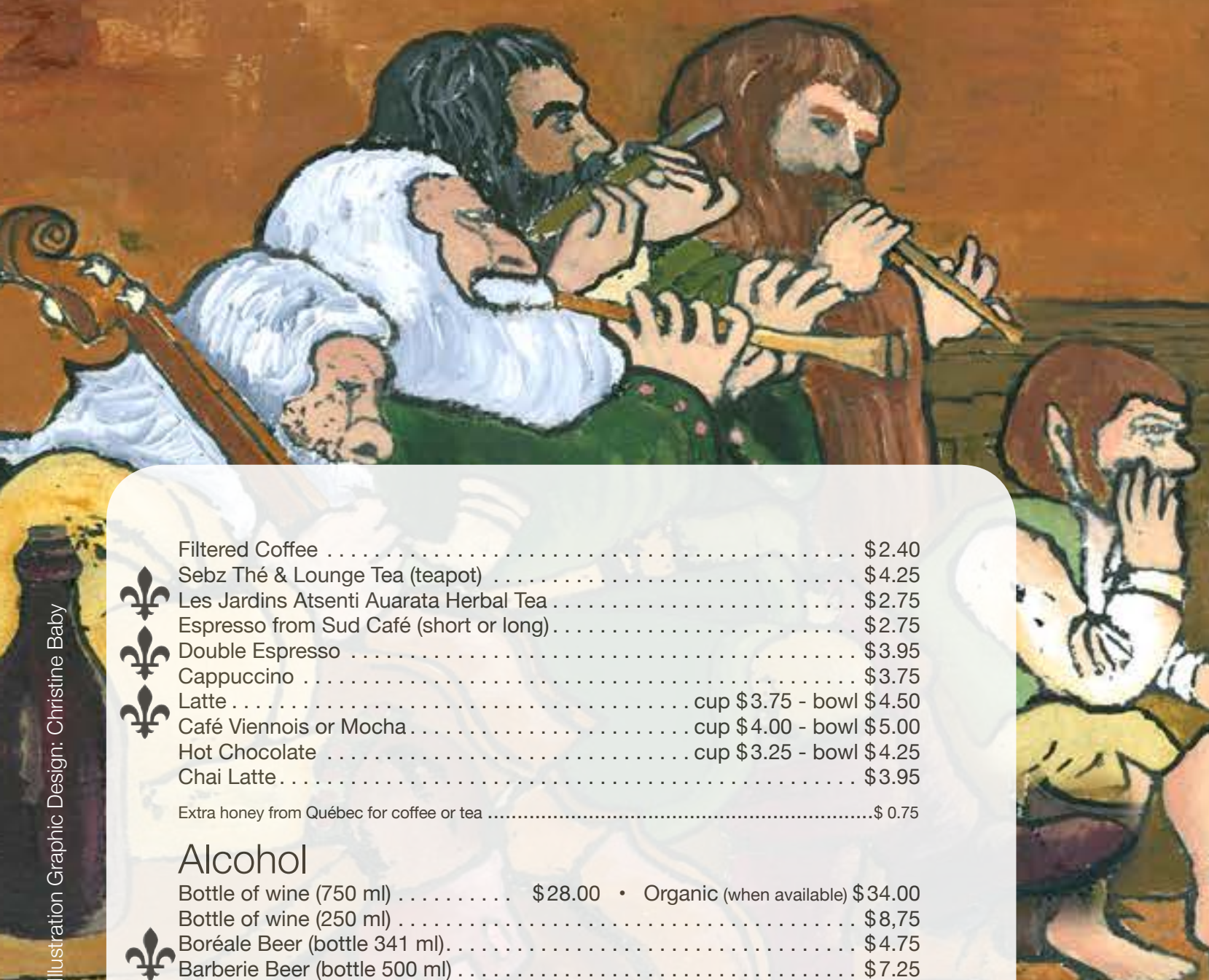
### With breakfast, instead of coffee

- Latte ..... cup extra \$ 1.00 - bowl extra \$ 1.75
- Cappuccino ..... extra \$ 1.00
- Hot Chocolate ..... cup extra \$ 1.00 - bowl extra \$ 1.75
- Café Viennois or Mocha ..... cup extra \$ 1.25 - bowl extra \$ 2.25
- Organic Juice ..... extra \$ 1.00
- Hot milk ..... extra \$ 1.00

All coffees can be refilled twice with filtered coffee.

# Bügel

An unexpected journey





## Our breakfasts

All our breakfasts are served with fresh fruits and a long espresso.\*

Veggie

### Le Bügel's Grand Déjeuner

1 or 2 eggs served with a toasted sesame seed bagel, vegetable spread, tomatoes, Swiss cheese, and homemade jam . . . . . 1 egg \$10.75 • 2 eggs \$11.50

Veggie

### Le Bügel's Petit Déjeuner

1 or 2 eggs served with a toasted sesame seed bagel, homemade jam, and a choice of vegetable spread or Swiss cheese . . . . . 1 egg \$9.25 • 2 eggs \$10.50

Veggie

### Faïche intro (Maple Syrup, extra \$2.00)

Plain Yogurt and Cereals served with a toasted sesame seed bagel, and homemade jam . . . . . \$11.25

### Omelette Sympa

2 eggs, ham, green peppers, mushrooms, onions, spices, toasted sesame seed bagel and homemade jam . . . . . \$12.50

### Le Poussin

Bagel au gratin with ham, mushrooms, herbs cream cheese, red onions, Swiss cheese, topped with a sunny side up egg . . . . . half \$10.75 • full \$13.95

Veggie



### Le Poussin végétarien au chèvre

Bagel au gratin with vegetable spread, mushrooms, herbs Quark goat cheese, red onions, Swiss cheese, topped with a sunny side up egg . . . . . half \$11.95 • full \$15.25

Veggie

### Le Bircher Mueslix (Maple Syrup, extra \$2.00)

Recipe highly inspired by the now closed restaurant le Mille-Feuille's recipe. Ah, nostalgia! House blend of oatmeal, grated apple, honey and dates, served with plain yogurt, sesame seed bagel, and homemade jam . . . . \$11.25

### Le Sandwich presque western

Toasted bagel with vegetable spread or ham, over easy egg, lettuce, tomatoes, Swiss cheese, and mayonnaise . . . . . \$10.75

Veggie

### Le Déjeuner enfant (10 years old or under)

1 egg or a bowl of EnviroKidz cereals, served with half a toasted sesame seed bagel, cream cheese, homemade jam, sliced fruits and bottled fruit juice . . . . . \$7.25

\*You can substitute the coffee for an orange juice at no extra cost. For other possible swaps, see the extras section at the back of the menu.

\*You can substitute fruits for a small salad with a breakfast for 2.95\$

\*Your second long espresso is \$1.25 with one of these breakfasts.

## Our soups

Veggie

Soupe du jour . . . . . small \$4.25 • large \$5.95  
Gazpacho . . . . . small \$4.75 • large \$6.50  
Meal soup (served with a small salad and a toasted sesame seed bagel) . . . . . add \$4.50

## Kids' menu (10 years old or under)

Half a bagel 2 fromages (au gratin with herbs and spices cream cheese, Swiss cheese, and ham) served with crudités of the moment or fresh fruits, a small fruit juice of your choice and a brownie for dessert. . . . . \$8.00

Please help us maintain reasonable prices by not wasting food. Feel free to inform our employees if you don't like particular fruits or vegetables. Thank you for your understanding.

## Our bagel snacks

On a sesame or poppy seed bagel. Choose another variety for \$0.15 to \$0.50 more. For all bagel snacks, the first filtered coffee or long espresso is \$1.25.

Toasted bagel with butter . . . . . \$3.60

Toasted bagel with homemade jam . . . . . \$4.60



Toasted bagel with Swiss or cream cheese . . . . . \$6.15



Toasted bagel with Quark goat cheese

Quark herbs or cranberries-maple syrup . . . . . \$6.60



Bagel au gratin with Swiss cheese . . . . . \$6.25



Toasted bagel with vegetable spread . . . . . \$6.25

Toasted bagel with brie . . . . . \$7.25

## Our bagel meals (sandwiches)

All our sandwiches are on a sesame seed bagel and served with a side salad. Choose another bagel variety for \$0.15 to \$0.50 more.

### Jambon-fromage

Toasted bagel with ham, lettuce, cream cheese or Swiss cheese. . . . \$10.50

### Thon

Toasted bagel with lettuce and homemade tuna mixture . . . . . \$10.50

### Salami hongrois

Toasted bagel with lettuce, spicy hongarian salami, cream cheese or Swiss cheese . . . . . \$10.50

Veggie

### Tomates et fromage

Toasted bagel with lettuce, tomatoes, cream cheese or Swiss cheese . . . \$9.25

Veggie

### Végépâté

Toasted bagel with vegetable spread, lettuce, tomatoes, cream cheese or Swiss cheese. . . . . \$10.25



### Saumon fumé

Toasted bagel with cream cheese, smoked salmon from Fumoir du Nord, red onions, capers, extra virgin olive oil, lettuce and lemon juice . . . . \$13.50



### Dinde fumée

Toasted bagel with smoked turkey breast, curry mayonnaise, tomatoes and lettuce. . . . . \$12.25

### Smoked Meat

Toasted bagel with smoked meat and pickle. . . . . \$12.50

## Our salad and special

Veggie

### Salade grecque

Mesclun greens, curly lettuce, cucumbers, tomatoes, feta cheese, Kalamata olives, sprinkled with lemon juice and olive oil, served with a toasted sesame seed bagel. . . . . half \$8.75 • full \$11.75

### Table d'hôte Formula (from 5 PM to closing time)

• Add \$ 5.00 to the price of your meal (au gratin or sandwich) and enjoy a soup or a dessert of your choice, plus a coffee.  
• SPECIAL! After 5PM, bottled Boréale beer is \$3.00 when you have one of our bagel meals or bagels au gratin.

## Our bagels au gratin

All our gratins come on a sesame seed bagel with a side salad. Choose another bagel variety for \$0.15 to \$0.50 more.

### Le 2 fromages

Bagel au gratin with ham, herbs and spices cream cheese, Swiss cheese, and mozzarella. . . . . half \$9.35 • full \$12.60

### Le Croque

Bagel au gratin with ham, asparagus, tomatoes, Swiss cheese, and mozzarella. . . . . half \$9.35 • full \$12.60

Veggie

### Le Provençal

Bagel au gratin with tomatoes, pesto, brie cheese, and mozzarella. . . . . half \$9.35 • full \$12.60

Veggie

### Le Végé



Bagel au gratin with vegetable spread, tomatoes, green peppers, onions, mushrooms, green olives, Swiss cheese, and mozzarella . . . . . half \$9.95 • full \$13.25

Veggie

### Le Nikos

Bagel au gratin with tomatoes, feta cheese, red onions, Kalamata olives, oregano, and mozzarella . . . . . half \$9.95 • full \$13.25

Veggie

### Le Sarza

Bagel au gratin with homemade spicy tomato sauce, green peppers, tomatoes, mushrooms, Swiss cheese, mozzarella and choice of Kalamata olives, anchovies or jalapeños . . . . . half \$9.95 • full \$13.25

### Le Sarza plus

Bagel au gratin with homemade spicy tomato sauce, spicy hongarian salami, ham, tomatoes, green peppers, mushrooms, Swiss cheese, mozzarella and choice of Kalamata olives, anchovies or jalapeños . . . . . half \$10.75 • full \$14.95

Veggie

### Le Chèvre chaud



Bagel au gratin with black olives tapenade, tomatoes, goat cheese, shallots, almonds and mozzarella . . . . . half \$11.25 • full \$14.95

Veggie

### Le Brie fondant

Bagel au gratin with slices of apple, honey, Dijon mustard, brie, pecan, and mozzarella . . . . . half \$11.25 • full \$14.95



### Le Saumon pesto

Bagel au gratin with pesto, smoked salmon from Fumoir du Nord, red onions, capers, Swiss cheese, and mozzarella . . . . . half \$12.75 • full \$15.95

### Le Méditerranéen

Bagel au gratin with homemade tuna mixture, tomatoes, green olives, capers, and mozzarella . . . . . half \$10.75 • full \$14.50

Veggie

### Le Sauvagine



Bagel au gratin with vegetable spread, onion confit, dried cranberries, pecan, Dijon mustard, Sauvagine cheese, and mozzarella . . . . . half \$12.50 • full \$15.95

## Our desserts

Enjoy our delicious homemade desserts

Homemade cakes and pies (slice) . . . . . \$5.75  
Homemade brownies . . . . . \$4.00