



Ben
& Florentine®

Surprise yourself!



Beverages

COFFEES

CAPPUCCINO:	CUP	4 ⁴⁵	/ BOWL	5 ⁷⁵
ESPRESSO:	SINGLE	3 ⁴⁵	/ DOUBLE	4 ⁴⁵
MOCHACINO:	CUP	4 ⁴⁵	/ BOWL	5 ⁷⁵
LATTE:	CUP	4 ⁴⁵	/ BOWL	5 ⁷⁵
ICED COFFEE				4 ⁴⁵

Hot BEVERAGES

DELUXE HOT CHOCOLATE 3⁹⁵
Served with whipped cream and wafer cookies

S'MORES HOT CHOCOLATE 4⁴⁵
Served with marshmallows, whipped cream, hazelnut chocolate, cinnamon and wafer cookies

MATCHA & COCO LATTE 6²⁵

JUICES

FRESHLY SQUEEZED ORANGE 7⁴⁵

ORANGE JUICE BLEND 4⁷⁵

APPLE, STRAWBERRY & RASPBERRY (HERITAGE 77) 4⁷⁵

APPLE, GRAPEFRUIT, PINEAPPLE OR CRANBERRY 3⁷⁵

SOFT DRINK 2⁷⁵ **MILK** 2⁹⁵

Smoothies

A mix vanilla yogurt and fruits.
Replace your yogurt with plant-based milk.

RUBY RED 6 ⁴⁵ Raspberries, strawberries and cranberry juice	ALOHA 6 ⁴⁵ Mangoes, peaches and pineapple juice
HEALTHY GREEN 6 ⁴⁵ Spinach, apples, mangoes, chia seeds and pineapple juice	"FRAISINETTE" 6 ⁴⁵ Strawberries, bananas, mangoes and pineapple juice

Lyophilized fruit smoothie packed with vitamins and antioxidants for an energy boost.

DRAGON ENERGY 7 ⁴⁵ A mix of dragon fruit, pineapple & raspberries, oat milk and cranberry juice	POWER PROTEIN 8 ⁹⁵ A mix of blueberries, raspberries, vanilla yogurt, ISO chocolate protein and oat milk
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GINGER BOOST 7 ⁷⁵ A mix of peaches, carrots & ginger, apple juice and oat milk	ACAI & CO 7 ⁷⁵ A mix of acai, mangoes, blueberries & passion fruits, cane sugar, cranberry juice and oat milk
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UBE COCO 7⁷⁵
A mix of ube, cinnamon, vanilla, coconut milk and oat milk



PLANT-BASED MILK
Available at participating restaurants. Replace your regular milk with almond or oat milk.



MATCHA & COCO SMOOTHIE
Matcha and coconut milk 7⁴⁵



S'MORES HOT CHOCOLATE

MATCHA & COCO LATTE

GINGER BOOST SMOOTHIE

Ube is a purple root vegetable with a sweet taste, originally from the Philippines. As indulgent as it is nutritious, it's rich in fibre, potassium, antioxidants, and vitamin C.

UBE COCO SMOOTHIE

ACAI & CO SMOOTHIE



CRISPY FRENCH TOAST COMBO



New

"CHURROS STYLE" BITES COMBO

Combos

Served with 2 eggs any style, our famous home fries, applesauce and toast.

LET'S AVOID WASTE!

Our combos come with just one toast, as they're already pretty generous! Want a second toast? Just ask your server—it's free!

New

"CHURROS STYLE" BITES

19⁷⁵

Bacon and sausages served with a bowl of crispy french toast bites "churros styled", sugar and cinnamon mix, hazelnut chocolate

"GOURMANDISE"

19⁷⁵

Bacon and sausages served with a half-waffle with chocolate chips, topped with almonds, hazelnut chocolate and white chocolate chips

APPLE CREPE

20⁴⁵

Bacon and sausages served with a caramelized apple crepe and a mix of Monterey Jack & cheddar cheeses

CRISPY FRENCH TOAST

20²⁵

Bacon and sausages served with crispy French toast topped with bananas, strawberries and a choice of hazelnut chocolate or caramel

TEN ON TEN

19⁹⁵

Bacon, ham, sausage and baked beans with a choice of half-waffle, French toast, pancake or crepe

TWO EGGS ETC.

17⁴⁵

Choice of waffle, French toast, pancake or crepe



VEGETARIAN OPTION

Replace your meat with Impossible Meat™: 3⁴⁵

Eggs benedict

Served with an English muffin, 2 poached eggs, our famous home fries and fresh fruit.

New

BACON & CHEDDAR SAUSAGE 20⁴⁵

B&F exclusive bacon & cheddar sausages, tomatoes, red onions and Monterey Jack cheese. Served with Hollandaise sauce

BACON & CARAMELIZED APPLES 19⁹⁵

Bacon, caramelized apples and a mix of Monterey Jack & cheddar cheeses. Served with Hollandaise sauce

LOX 21⁴⁵

Smoked salmon, caramelized onions, cream cheese and chives. Served with Hollandaise sauce

AVOCADO 19⁷⁵

Avocado and bacon. Served with Hollandaise sauce

TRADITIONAL 19²⁵

Choice of bacon or ham. Served with Hollandaise sauce

+ Add Swiss cheese: 2⁷⁵

OLD-FASHIONED HAM 20⁷⁵

Shredded old-fashioned ham, peppers and Swiss cheese. Served with Hollandaise sauce



BAGEL

Replace your English muffin with a bagel: 0⁶⁰



CROISSANT

Replace your English muffin with a waffled croissant: 1⁴⁵



VEGETARIAN OPTION

Replace your meat with Impossible Meat™: 3⁴⁵



New

**BACON & CHEDDAR
SAUSAGE BENEDICT**

**OLD-FASHIONED HAM
BENEDICT**





AVOCADO BENEDICT
AND BANANA
& CHOCOLATE CREPE

The best of both worlds!

Benedicts

with a side of

SWEET

Served with our famous home fries
and fresh fruit

New

BACON CHEDDAR SAUSAGE & "CHURROS STYLE" BITES

19⁹⁵

Poached egg, English muffin, B&F exclusive bacon & cheddar sausages, tomatoes, red onions, Monterey Jack cheese and Hollandaise sauce. Served with a bowl of crispy french toast bites "churros styled", sugar and cinnamon mix, hazelnut chocolate

BACON & "GOURMANDISE"

19⁹⁵

Poached egg, English muffin, bacon and Hollandaise sauce, served with a half-waffle with chocolate chips, topped with almonds, hazelnut chocolate and white chocolate chips

AVOCADO AND BANANA & CHOCOLATE CREPE

19⁹⁵

Poached egg, English muffin, bacon, avocado and Hollandaise sauce along with a bananas and hazelnut chocolate crepe

BACON BENEDICT &
"GOURMANDISE"



“Old-fashioned” Skillets

Served with one egg any style,
our famous home fries and toast

LET'S AVOID WASTE!

Our skillets come with just one toast, as they're
already pretty generous! Want a second toast?
Just ask your server—it's free!

MAPLE SYRUP 20⁷⁵

Bacon, peppers, red onions
and a mix of Monterey Jack
& cheddar cheeses. Covered
with pure maple syrup
Hollandaise sauce

BACON & AVOCADO 19⁷⁵

Bacon, avocado, tomatoes,
peppers, red onions and
a mix of Monterey Jack &
cheddar cheeses

+ Add Hollandaise sauce: 1⁷⁵

OLD-FASHIONED HAM & CHEESE CURDS 20⁷⁵

Shredded old-fashioned
ham, peppers, red onions
and cheese curds. Covered
with pure maple syrup
Hollandaise sauce

B&F CHICKEN & PARMESAN SAUSAGE 20⁹⁵

B&F exclusive chicken and
parmesan sausage, spinach,
portobello mushrooms
and Swiss cheese. Covered
with nut-free pesto
Hollandaise sauce

VEGETARIAN 18⁷⁵

Mixed peppers,
tomatoes, red onions,
portobello mushrooms,
Kalamata olives and a
mix of Monterey Jack &
cheddar cheeses

+ Add Impossible Meat™: 5⁹⁵

THREE MEAT 19⁴⁵

Bacon, ham, sausages,
red onions and a mix
of Monterey Jack &
cheddar cheeses

+ Add Hollandaise sauce: 1⁷⁵

CUSTOMIZE YOUR MEAL



SAUCE

Add sauce:

- Hollandaise: 1⁷⁵
- Pure maple syrup
Hollandaise: 3²⁵
- Nut-free pesto
Hollandaise: 1⁹⁵



EGG

Add a second egg
to your skillet: 1⁷⁵



SAUSAGE

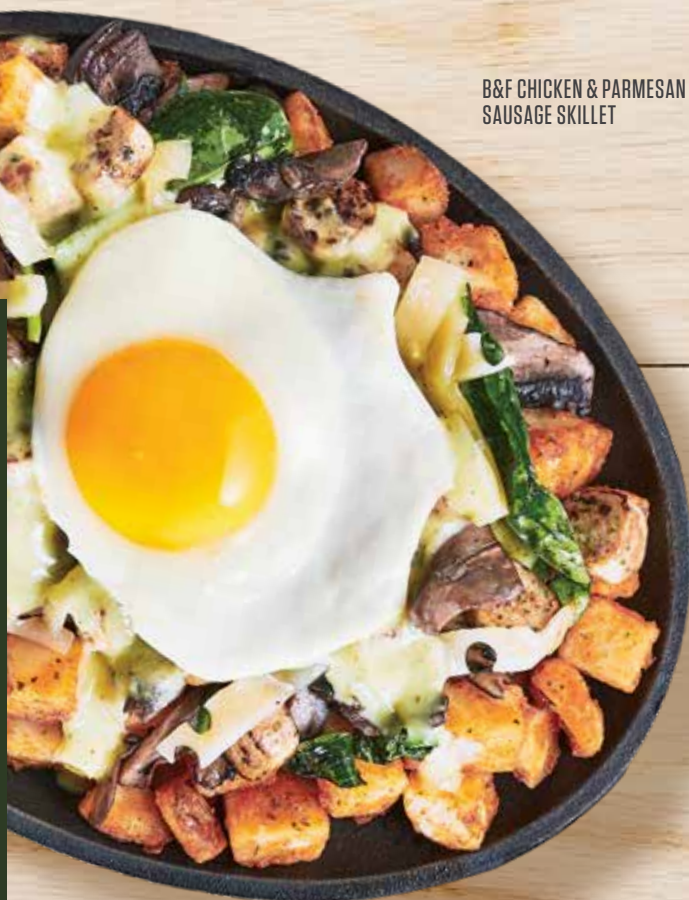
Add B&F exclusive chicken
and parmesan sausage: 5⁹⁵



VEGETARIAN OPTION

Replace your meat with
Impossible Meat™: 3⁴⁵

B&F CHICKEN & PARMESAN
SAUSAGE SKILLET



THREE-MEAT SKILLET



CREPES, PANCAKES & waffles French toast



MASCARPONE CRISPY FRENCH TOAST
& HOMEMADE FRUIT COMPOTE



APPLE & CHEDDAR CREPE



CRISPY FRENCH TOAST & CARAMELIZED APPLES 18⁴⁵

Crispy French toasts (2), caramelized apples, almonds, caramel and vanilla yogurt

+ Add a mix of Monterey Jack & cheddar cheeses: 3⁷⁵

MASCARPONE 19⁹⁵ CRISPY FRENCH TOAST & HOMEMADE FRUIT COMPOTE

Crispy French toasts (2), mascarpone, granola, and homemade berry compote

OLD-FASHIONED 19⁴⁵ HAM & CHEDDAR CREPE

Crepe filled with shredded old-fashioned ham, spinach and a mix of Monterey Jack & cheddar cheeses. Served with Hollandaise sauce, our famous home fries and fresh fruit

APPLE & CHEDDAR CREPE 18⁴⁵

Crepe filled with caramelized apples, a mix of Monterey Jack & cheddar cheeses, almonds, caramel and vanilla yogurt

FRESH FRUIT 18⁴⁵ & ENGLISH CREAM WAFFLE

Waffle topped with fresh fruit and English cream. Replace your waffle with crepes (3), pancakes (3) or French toast (2)

BANANA & STRAWBERRY 18⁴⁵ PANCAKES WITH ENGLISH CREAM & CHOCOLATE

Pancakes (3) topped with bananas and strawberries with English cream and hazelnut chocolate. Replace your pancake with a waffle, crepe or French toasts (2)



BUCKWHEAT FLOUR

All our crepes can be prepared with buckwheat flour



CRISPY FRENCH TOAST

Get a crispy version of your French toast: 1⁵⁰



GLUTEN-FREE BREAD

Replace your French toast bread with gluten-free bread (2): 2⁰⁰



PURE MAPLE SYRUP

Add pure maple syrup to your meal: 2⁴⁵



Florentine's choices

OLD-FASHIONED OATMEAL 11⁴⁵

Choice of strawberries and bananas or caramelized apples and almonds. Served with brown sugar, cream and toast

HIGH PROTEIN OATMEAL!

+ Add an extra ISO protein: 2⁷⁵

HEALTHY DELIGHT 17⁹⁵

2 poached eggs, fresh fruit, 12-grain bread and a choice of vanilla yogurt or cheese: cottage, mascarpone, Swiss or cheddar

SUPERFOOD DUO 19⁷⁵

Smoothie bowl with ISO protein and bananas: choice of Matcha & coco or Ube coco smoothie, blueberries, chia seeds, pumpkin seeds, granola. Served with 2 poached eggs, spinach and guacamole on 12-grain bread

FLO & AMANDINE DUO 19²⁵

Vanilla yogurt bowl, homemade berry compote and granola. Served with almond butter toast, bananas, granola, honey and chia seeds on 12-grain bread

BAGEL LOX 21⁷⁵

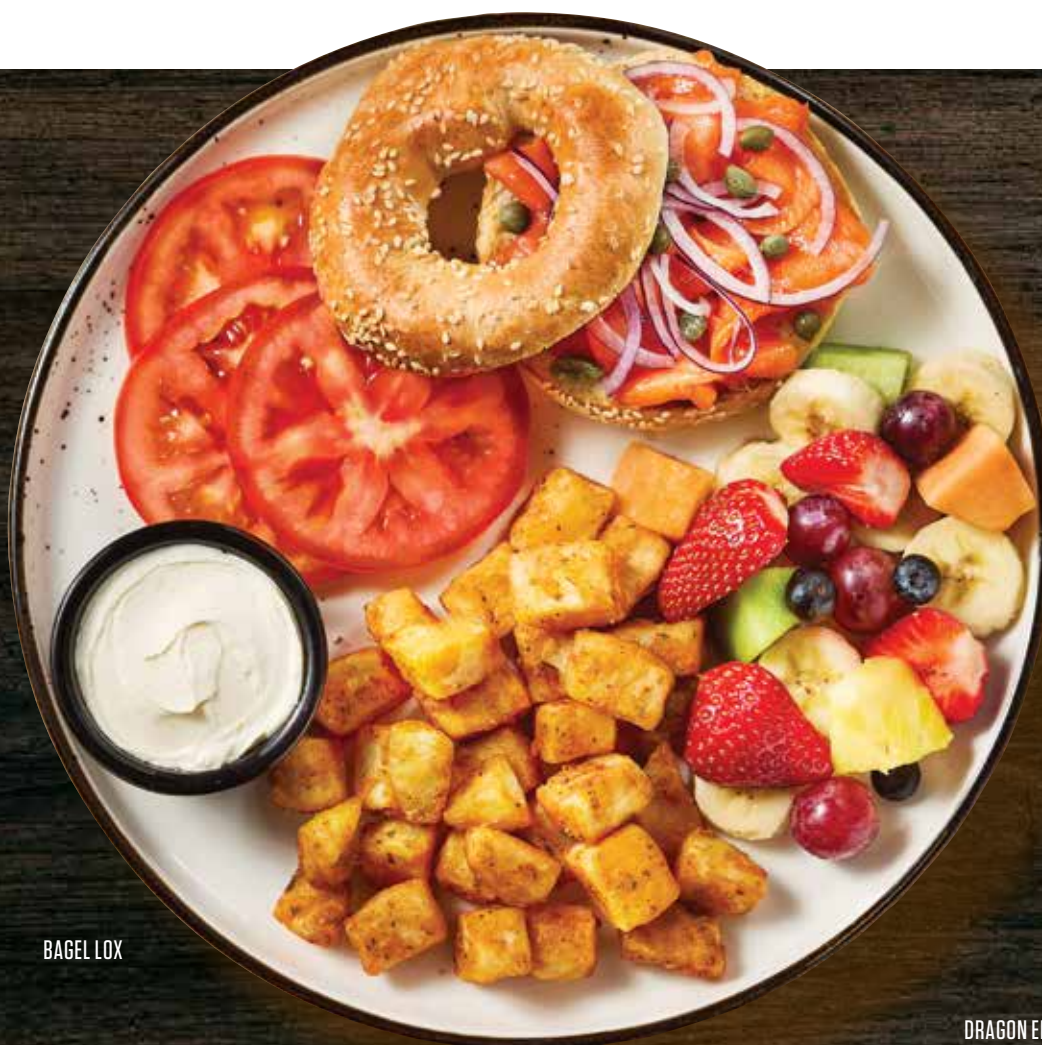
Smoked salmon, red onions, capers, tomatoes and cream cheese

HEALTHY WRAP 18²⁵

Scrambled eggs, avocado, red onions, lettuce, tomatoes and a mix of Monterey Jack & cheddar cheeses on a whole wheat tortilla. Served with fresh fruit and vanilla yogurt



MASCARPONE & STRAWBERRY
GOURMET TOAST



BAGEL LOX



DRAGON ENERGY
SMOOTHIE



FLO & AMANDINE DUO

GOURMET TOAST

MASCARPONE & HOMEMADE FRUIT COMPOTE 20²⁵

Mascarpone, homemade berry compote, granola, honey and mint on 12-grain bread. Served with 2 eggs any style and fresh fruit

MASCARPONE & STRAWBERRY 20²⁵

Mascarpone, strawberries, granola, honey and mint on 12-grain bread. Served with 2 eggs any style and fresh fruit

ALMOND BUTTER & BANANA 20²⁵

Almond butter, bananas, granola, honey and chia seeds on 12-grain bread. Served with 2 eggs any style and fresh fruit

AVOCADO LOX 21⁴⁵

Guacamole, smoked salmon, capers and red onions on 12-grain bread. Served with 2 eggs any style, our famous home fries and fresh fruit

AVOCADO, BACON & GOAT CHEESE 20²⁵

Guacamole, bacon and goat cheese on 12-grain bread. Served with 2 eggs any style, our famous home fries and fresh fruit

AVOCADO & B&F CHICKEN AND PARMESAN SAUSAGE 21²⁵

Guacamole, B&F exclusive chicken & parmesan sausages, peppers, portobello mushrooms, red onions and spinach on 12-grain bread. Served with 2 eggs any style, our famous home fries and fresh fruit





B&F CHICKEN AND PARMESAN
SAUSAGE WRAP



OLD-FASHIONED HAM &
CHEESE CURDS OMELET



LUNCH OPTION

From 11 A.M. replace your home
fries with seasoned fries &
chipotle sauce and your coffee
with a soft drink

SANDWICHES & POUTINES

OLD-FASHIONED HAM CROFFLE

20²⁵

Waffled croissant, shredded old-fashioned ham and pure maple syrup Hollandaise sauce topped with one egg any style. Served with our famous home fries and fresh fruit

+ Add Swiss cheese: 3⁷⁵

CLUB SANDWICH WITH CHICKEN 19⁷⁵

Grilled chicken, bacon, avocado, lettuce and tomatoes. Served with our famous home fries and fresh fruit

DELUXE CHEESEBURGER

20²⁵

Beef, bacon, lettuce, tomatoes, red onions, pickles and Yellow Ribbon cheese, topped with one egg any style. Served with house salad or seasoned fries & chipotle sauce

BREAKFAST CLUB

18²⁵

Fried eggs, bacon, Yellow Ribbon cheese, lettuce and tomatoes. Served with our famous home fries and fresh fruit

CHICKEN & AVOCADO WRAP

18⁷⁵

Grilled chicken, avocado, peppers, caramelized onions, lettuce and a mix of Monterey Jack & cheddar cheeses on a whole wheat tortilla. Served with our famous home fries and fresh fruit

B&F CHICKEN AND PARMESAN SAUSAGE WRAP

20⁴⁵

B&F exclusive chicken & parmesan sausages, spinach, peppers, red onions, portobello mushrooms, nut-free pesto mayo and a mix of Monterey Jack & cheddar cheeses on a whole wheat tortilla. Served with our famous home fries and fresh fruit

BEN & FLORENTINE POUTINE

17⁷⁵

Choice of fries or our famous home fries. Egg any style, bacon, ham, sausages, cheese curds and Hollandaise sauce

New BACON & CHEDDAR SAUSAGE POUTINE

19⁹⁵

Choice of fries or our famous home fries. Egg any style, B&F exclusive bacon & cheddar sausages, tomatoes, red onions, cheese curds and Hollandaise sauce

EXTRA...

FAMOUS HOME FRIES
BOWL OF FRESH FRUIT
BAKED BEANS
PURE MAPLE SYRUP

3⁹⁵
5⁹⁵
2⁹⁵
2⁴⁵

"CHURROS STYLE" BITES
FLORENTINE POTATOES
Hollandaise sauce, bacon and cheese

3⁷⁵
5⁹⁵

OLD-FASHIONED
HAM CROFFLE



New

"CHURROS STYLE" BITES



3-egg OMELETS

Served with our famous home fries, applesauce and toast.

BUTCHER'S CHOICE

20²⁵

Bacon, ham, sausages and a mix of Monterey Jack & cheddar cheeses

VEGETARIAN

17⁹⁵

Portobello mushrooms, red onions, tomatoes, Kalamata olives, peppers and a mix of Monterey Jack & cheddar cheeses

+ Add Impossible Meat™: 5⁹⁵

WESTERN

17⁷⁵

Ham, peppers and caramelized onions

+ Add Swiss cheese: 3⁷⁵

OLD-FASHIONED HAM & CHEESE CURDS

19⁹⁵

Shredded old-fashioned ham, peppers, spinach and cheese curds

Breakfast classics

All of our classics are served with our famous home fries, applesauce and toast

CLASSICS

— 2 eggs with one choice of: bacon, ham, sausages or baked beans 13⁷⁵

— 2 eggs, fresh fruit and a choice of our famous home fries or tomatoes 16⁷⁵

— 2 eggs and shredded old-fashioned ham 16⁴⁵

THE AUTHENTIC

17⁷⁵

2 eggs, bacon, baked beans, tomatoes and cheddar cheese



BIG BEN

18⁷⁵

2 eggs, bacon, ham and sausages



COUNTRY BREAD

Replace your toast with country bread: 0⁶⁰



TOAST

Add a piece of toast with almond butter & bananas: 6²⁵



FLORENTINE POTATOES

Replace your homefries with Florentine potatoes: 2⁹⁵

MEATS & SUBSTITUTE:

- Bacon, Sausages or Ham 3⁹⁵
- B&F Sausages : Chicken & parmesan 5⁹⁵
- or Bacon & cheddar
- Impossible Meat™ 5⁹⁵

CHEESES:

- Goat or Monterey Jack 3⁷⁵
- Cheddar or Swiss (3 slices) 3⁷⁵
- Mascarpone or Cottage 4²⁵
- Cream cheese 3⁹⁵

The kids' corner

Replace
your fruits
with our
famous
home fries

EGG & "CHURROS
STYLE" BITES



For children aged 10 and under. The majority of our children's breakfasts are now served with fruit and a glass of milk, in accordance with Canada's Food Guide.

😊 **Smart menu!** ↗

S'MORES CREPE 😊 8²⁵
Crepe, marshmallows, hazelnut chocolate and wafer cookies. Served with fresh fruit and vanilla yogurt

LIL' DELIGHT 😊 8⁷⁵
One egg with cheddar cheese. Served with fresh fruit, applesauce and toast

1-2-3 😊 8⁹⁵
One egg with a choice of bacon, ham, sausages or baked beans. Served with fresh fruit, applesauce and toast

EGG BENNY 😊 8²⁵
Poached egg, English muffin, ham and Hollandaise sauce. Served with fresh fruit

"FRAISINETTE" YOGURT 😊 8⁴⁵
Vanilla yogurt, strawberries and granola

New
EGG & "CHURROS STYLE" BITES 😊 8⁹⁵

One egg with sausage served with french toast bites "Churros style" and hazelnut chocolate. Served with fresh fruit and toast

DO-RE-MI 8⁴⁵
French toast, shredded old-fashioned ham and Swiss cheese

THE LIL VEGGIE 😊 8⁷⁵
Omelet with red onions, peppers and tomatoes. Served with fresh fruit and toast

KOKO LOKO 8²⁵
Chocolate chip pancake with bananas. Served with whipped cream

ÉLIE'S "BANANALICIOUS" 8²⁵
Choice of pancake, crepe, French toast or waffle served with bananas, hazelnut chocolate and vanilla yogurt

As prepared by Elie
in our Breakfast Brigade, a friendly culinary competition that was held at Ben & Flo to benefit the Fondation Olo



Good morning

MONDAY TO FRIDAY UNTIL 8:30 A.M. (except public holidays)

BAGEL BLT ETC. 13⁷⁵
Fried egg, bacon, lettuce and tomatoes. Served with our famous home fries

BACON BENEDICT 14⁴⁵
Poached egg (1), English muffin, bacon and Hollandaise sauce. Served with our famous home fries and fresh fruit

TWO EGGS +
Served with our famous potatoes, applesauce and toasts
— 2 eggs with a 11⁴⁵
choice of bacon, ham or sausages
— 2 eggs with two 14⁴⁵
choices of bacon, ham or sausages

WESTERN OMELET 13⁴⁵
Ham, peppers and caramelized onions. Served with our famous potatoes, applesauce and toast

GRILLED CHEESE WITH HAM 10²⁵
12-grain bread, ham and Yellow Ribbon cheese. Served with our famous home fries

SMOOTHIE DRAGON & AMANDINE DUO 13⁹⁵
Lyophilized fruit smoothie, with dragon fruit, pineapple & raspberries, oat milk and cranberry juice. Served with an almond butter & banana gourmet toast on 12-grain bread

MORNING OATMEAL 9²⁵
Bananas, strawberries, cream and brown sugar. Served with toast

PROTEINS!
Add an extra ISO protein: 2⁷⁵



TOAST

Add a piece of toast with almond butter & bananas: 6²⁵

BACON BENEDICT



Suggested servings. Tax is extra. Ben & Florentine and the Ben & Florentine logo are registered trademarks of MTY Franchising Inc., 2025. All rights reserved.

TO CONSULT THE ALLERGENS ON OUR MENU, scan the QR code or visit our website at benetflorentine.com.

Ben & Florentine offers products containing fish, sesame, soy, milk, egg, wheat, sulfites, and other allergens. While many preventive measures are taken to minimize the risk of cross-contamination, it is impossible to guarantee the complete absence of these allergens or that our products are safe for individuals with allergies to these ingredients. If you believe you are allergic to any ingredient in our products, please consult your doctor before consuming.

