



Ben
& Florentine®

Surprise yourself!



Beverages

COFFEES

CAPPUCCINO:	CUP	4 ⁴⁵	/ BOWL	5 ⁷⁵
ESPRESSO:	SIMPLE	3 ⁴⁵	/ DOUBLE	4 ⁴⁵
MOCACCINO:	CUP	4 ⁴⁵	/ BOWL	5 ⁷⁵
LATTE:	CUP	4 ⁴⁵	/ BOWL	5 ⁷⁵
ICED COFFEE				4 ⁴⁵

Hot BEVERAGES

DELUXE HOT CHOCOLATE 3⁷⁵
Served with whipped cream and wafer cookies

S'MORES HOT CHOCOLATE 4²⁵
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** 2⁷⁵

Smoothies

A mix of 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 ²⁵ 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 ⁴⁵ A mix of peaches, carrots & ginger, apple juice and oat milk	ACAI & CO 7 ⁴⁵ A mix of acai, mangoes, blueberries & passion fruits, cane sugar, cranberry juice and oat milk
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UBE COCO 7⁴⁵
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 7²⁵



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. Coffee or tea leaf included.

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 19²⁵
Bacon and sausages served with a bowl of "churros style" crispy French toast bites, a mix of sugar and cinnamon, and hazelnut chocolate

"GOURMANDISE" 19⁴⁵
Bacon and sausages served with a half-waffle with chocolate chips, topped with almonds, hazelnut chocolate and white chocolate chips

APPLE CREPE 19⁹⁵
Bacon and sausages served with a caramelized apple crepe and a mix of Monterey Jack & cheddar cheeses

CRISPY FRENCH TOAST 19⁷⁵
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, cretons 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. Coffee or tea leaf included.

New

BACON & CHEDDAR SAUSAGE 20²⁵

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

BACON & CARAMELIZED APPLES 19⁹⁵

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

LOX 21²⁵

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

AVOCADO 19⁴⁵

Avocado and bacon. Served with Hollandaise sauce

TRADITIONAL 18⁷⁵

Choice of bacon or ham. Served with Hollandaise sauce

+ Add Swiss cheese: 2⁷⁵

OLD-FASHIONED HAM 20⁴⁵

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. Coffee or tea leaf included.

New

BACON CHEDDAR SAUSAGE & "CHURROS STYLE" BITES

19⁷⁵

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

BACON & "GOURMANDISE"

19⁴⁵

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

19⁴⁵

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

BACON BENEDICT &
"GOURMANDISE"



“Old-fashioned” Skillets

Served with one egg any style, our famous home fries and toast. Coffee or tea leaf included

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 20²⁵

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

BACON & AVOCADO 19⁴⁵

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 18²⁵

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

+ Add Impossible Meat™: 5⁹⁵

THREE MEAT 19²⁵

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: 1⁴⁵



SAUSAGE

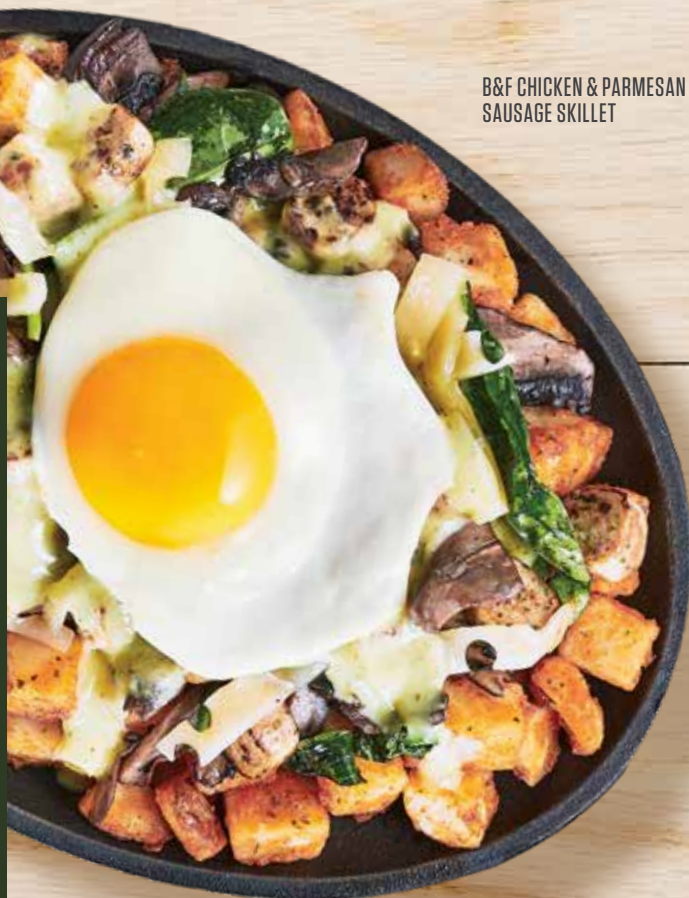
Add B&F exclusive chicken and parmesan sausage: 5⁹⁵



VEGETARIAN OPTION

Replace your meat with Impossible Meat™: 3⁴⁵

B&F CHICKEN & PARMESAN
SAUSAGE SKILLET



THREE-MEAT SKILLET



CREPES, PANCAKES & waffles French toast

Coffee or leaf tea included



MASCARPONE CRISPY FRENCH TOAST
& HOMEMADE FRUIT COMPOTE



APPLE & CHEDDAR CREPE



CRISPY FRENCH TOAST & CARAMELIZED APPLES 17⁹⁵

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

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

MASCARPONE 19⁷⁵ CRISPY FRENCH TOAST & HOMEMADE FRUIT COMPOTE

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

OLD-FASHIONED 19²⁵ 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 17⁹⁵ & ENGLISH CREAM WAFFLE

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

BANANA & STRAWBERRY 17⁹⁵ 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

Coffee or leaf tea included

OLD-FASHIONED OATMEAL 11²⁵

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 17⁷⁵

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

SUPERFOOD DUO 19²⁵

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 18⁹⁵

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 21²⁵

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

Coffee or tea leaf included.

MASCARPONE & HOMEMADE FRUIT COMPOTE 19⁷⁵

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

MASCARPONE & STRAWBERRY 19⁷⁵

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

ALMOND BUTTER & BANANA 19⁴⁵

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

AVOCADO LOX 21²⁵

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 19²⁵

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 20⁷⁵

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 AND POUTINES

Coffee or tea leaf included.

OLD-FASHIONED HAM CROFFLE 19⁷⁵

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 19⁷⁵

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 18⁴⁵

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 19⁹⁵

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...

MEATS & SUBSTITUTE :

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

"CHURROS STYLE" BITES

- BOWL OF FRESH FRUIT 5⁹⁵
- FAMOUS HOME FRIES 3⁹⁵
- BAKED BEANS 2⁹⁵

OLD-FASHIONED HAM CROFFLE



New

"CHURROS STYLE" BITES



3-egg OMELETS

Served with our famous home fries, applesauce and toast. Coffee or tea leaf included.

BUTCHER'S CHOICE

19⁹⁵

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

VEGETARIAN

17⁴⁵

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

+ Add Impossible Meat™: 5⁹⁵

WESTERN

17⁴⁵

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. Coffee or tea leaf included.



CLASSICS

— 2 eggs with one choice of: 13⁴⁵
bacon, ham, sausages, cretons or baked beans

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

— 2 eggs and shredded old-fashioned ham 16²⁵

THE AUTHENTIC

17⁷⁵

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

BIG BEN

18²⁵

2 eggs, bacon, ham and sausages



TOAST

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



COUNTRY BREAD

Replace your toast with country bread: 0⁶⁰



FLORENTINE POTATOES

Replace your home fries with Florentine potatoes: 2⁹⁵

FLORENTINE POTATOES

5⁹⁵

Hollandaise sauce, bacon and cheese

CRETONS

2²⁵

PURE MAPLE SYRUP

2⁴⁵

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

FOR EVERY
**KIDS
MEAL,**


**\$0.50 (THE EQUIVALENT
OF 1 GLASS OF MILK)**


**WILL BE DONATED
TO THE
FONDATION OLO**


Fondation
Olo 


Our mission is to give families
an equal chance of bringing a
healthy baby into the world and of
introducing them to healthy eating
habits early on.

 **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

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

New
**EGG & "CHURROS STYLE"
BITES**  **8⁹⁵**
One egg with sausage served with
"churros style" French toast bites 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

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)
Coffee or tea leaf included.

BAGEL BLT ETC. **13²⁵**
Fried egg, bacon, lettuce and
tomatoes. Served with our
famous home fries

BACON BENEDICT **13⁹⁵**
Poached egg (1), English
muffin, bacon and Hollandaise
sauce. Served with our famous
home fries and fresh fruit

TWO EGGS +
Served with our famous
home fries, applesauce
and toasts
— 2 eggs with a **11²⁵**
choice of bacon,
ham or sausages
— 2 eggs with two **14²⁵**
choices of bacon,
ham or sausages

WESTERN OMELET **11⁹⁵**
Ham, peppers and caramelized
onions. Served with our
famous home fries, applesauce
and toast

**GRILLED CHEESE
WITH HAM** **9⁹⁵**
12-grain bread, ham and
Yellow Ribbon cheese. Served
with our famous home fries

**DRAGON SMOOTHIE &
AMANDINE DUO** **13⁷⁵**
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 **8⁷⁵**
Bananas, strawberries, cream
and brown sugar. Served
with toasts

PROTEIN!
Add an extra ISO protein: **2⁷⁵**



TOAST

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

BACON
BENEDICT



Suggested servings. Taxes extra. Coffee or leaf tea are included with the purchase of a main meal in the dining room only. 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 beneflorentine.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.

