

# BAROK CAFE

*Modern French Bistro*

## BRUNCH MENU

All our Eggs are Cage Free

### EGGS BENEDICT

*Plain Croissant topped with two poached eggs and HomeMade Hollandaise Sauce*

Ham Benedict	15
Spinach Benedict	15
Smoked Salmon Benedict	16
Shrimp Benedict	24
Filet Mignon Benedict	38

### OMELETS AND OTHER EGGS

*Omelets are made with 3 Cage Free Eggs with Wheat Toast, Butter and Jam*

Omelet "Provençale" with Ratatouille	12
Goat Cheese Omelet with Cherry Tomato and fresh Basil	14
Shrimp Omelet	18
Tortilla Style Omelet with Onion, Potato, Bacon	14
Vegetables Omelet, Spinach, Mushroom, Onion	14
Steak and Eggs with 2 Fried Eggs and Potatoes	19

### CROISSANTS

Plain Croissant	3
Chocolate Croissant	3.5
Half Baguette with Butter and Jelly	4
"Croissant Basket": 2 assorted croissants, Half Baguette, Butter, Jam	9

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## PANCAKES & CREPES

Pancake with Maple Syrup and Fresh Fruits	10
Banana & Chocolate Chips Pancake with Maple Syrup and Fresh Fruits	12
Strawberry & Chocolate Chips Pancake with Maple Syrup & Fresh Fruits	12
French Toast with Maple Syrup and Fresh Fruits	11
Crepe with Nutella	8
Crepe with Nutella Banana and Strawberry	9

## BURGERS

Fresh Tuna Burger,	21
<i>Sweet &amp; Spicy Aioli, Arugula, red onion, avocado Mousse, Homemade French Fries</i>	
Beef Burger,	21
<i>Brie Cheese, Truffle Aioli, Homemade French Fries</i>	
Teriyaki Glazed Salmon Burger,	24
<i>Pink Ginger &amp; Cilantro Aioli, Homemade French Fries</i>	

## PLATES

Smoked Salmon Plate	14
<i>Tomato, Capers, red onion, Sesame Bagel or Wheat Toast</i>	
Charcuterie Plate, Cold Meat, Porc Rillettes, Pickles, Olives,	16
Home Made Truffle Brie Cheese with Caramelized Apple,	22
<i>Mascarpone cheese, Black Truffle and Truffle oil</i>	
Foie Gras Terrine with Chutney, Figs, Salad, Honey and Nuts Bread	28

## QUICHES AND CROQUES

*Served with Salad*

*(Substitute Salad for Fries 2.50)*

Quiche au Saumon, Smoked Salmon, Swiss Cheese, cream, Eggs	13.5
Quiche Lorraine, Bacon, Swiss Cheese, cream, Eggs	13.5
Quiche Forestiere, Mushroom, Goat Cheese, cream, Eggs	13.5
Quiche au Brie, Spinach, Brie Cheese, cream, Eggs	13.5

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*"Croque" is a Warm Wheat Toast Sandwich W/ Ham, Béchamel Sauce and Swiss Cheese*

<b>Croque "Monsieur", no egg</b>	<b>12</b>
<b>Croque "Madame", 1 Fried Egg on Top</b>	<b>13</b>
<b>Croque "Mademoiselle", 2 Fried Eggs on Top</b>	<b>14</b>

*Substitute Ham for Smoked Salmon or Chicken 2.50*

## FLAT BREAD

<b>"Nordique" smoked Salmon, Tomato, Capers, onion, Cream Cheese</b>	<b>13</b>
<b>"Paysan" Prosciutto, Pear, Blue Cheese, Arugula, Nuts</b>	<b>13</b>
<b>"Caprese" Tomato, Mozzarella, Arugula and Fresh Basil</b>	<b>13</b>
<b>"Brie" Brie Cheese, onion, Fig Jelly, Nuts</b>	<b>13</b>

## SALADS

<b>Nicoise Salad, Fresh Seared Tuna with Green Beans,</b>	<b>19.50</b>
<i>Potato, Boiled Egg, Bell Pepper, Onion, Cucumber, Tomato, Olives</i>	
<b>Quinoa Salad with Roasted Vegetables</b>	<b>14</b>
<b>Vegetarian Salad with roasted vegetable and Fresh Mozzarella</b>	<b>15</b>
<b>Goat Cheese Brick, Mixed Green Salad, tomato, Fruit</b>	<b>17</b>
<b>Add Fresh Salmon or Fresh Tuna to Any Salad</b>	<b>8</b>
<b>Add Chicken to Any Salad</b>	<b>6</b>
<b>Add Prosciutto to Any Salad</b>	<b>4.5</b>

## STEAKS, TRUFFLE, FOIE GRAS & MOREL

*Filet Mignon Served with Salad, Potatoes or Homemade French Fries*

<b>Foie Gras Terrine with Chutney, Salad, Honey and Nuts Bread, Figs</b>	<b>28</b>
<b>Morel Risotto with Cream</b>	<b>38</b>
<b>Morel Pasta with Cream</b>	<b>32</b>
<b>Foie Gras Pasta</b>	<b>38</b>
<b>Filet Mignon Rossini with Pan Seared Foie Gras</b>	<b>54</b>
<b>Filet Mignon with Morel Sauce</b>	<b>46</b>
<b>Filet Mignon with Mushroom, Pepper or Blue Cheese Sauce</b>	<b>34</b>

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MODERN FRENCH BISTRO

*Café*



## LUNCH MENU

### SOUP, SALAD & APPETIZER

SOUPE DU JOUR ..... 7 Soup of the Day	TARTARE DE SAUMON ..... 15 Salmon tartar with fresh and smoked salmon, herbs, capers, onions, olive oil and lemon
SOUPE A L'ONION.....10 Onion Soup	TUNA TATAKI ..... 16 Seared Tuna with Soy Glaze
ESCARGOT BEURRE D'AIL .....10 Snails with garlic Butter	ASSIETTE DE SAUMON FUME ..... 14 Smoked Salmon with tomato, capers, onion and cream cheese toast or Sesame Bagel
SALADE DE QUINOA ..... 14* White quinoa, mixed green salad, tomato, roasted seasonal vegetables, cilantro & lemon vinaigrette. *Add prosciutto 4.50 Add chicken 6 *Add tuna or salmon 8	TERRINE DE FOIE GRAS ..... 28 Homemade Foie Gras
SALADE DE POULET .....17* Grilled Chicken, Tomato, Mixed green, toasted nuts, Fresh Herbs and Balsamic vinaigrette *Substitute tuna or salmon 4	ASSIETTE DE CHARCUTERIE ..... 16 Cold Cut Assortment, Prosciutto, Ham served with French Pickles And Olives.
SALADE DE LEGUMES GRILLES ..... 15* Roasted Mediterranean vegetables, arugula, Fresh Fior Di Latte Mozzarella, Kalamata Olive extra virgin olive oil, and balsamic vinegar *Add Prosciutto 4.5 Add chicken 6 *Add Fresh tuna or salmon 8	<b>NOS PLATS</b>
SALADE DE CHEVRE CHAUD ..... 17 French Goat cheese in Brick, Mixed green salad and fresh fruits	BAROK CHEESEBURGER ..... 16 Angus Ground beef, lettuce, tomatoes, onions, pickles, choice of Swiss cheese, cheddar cheese or blue cheese in a brioche bun served with home- made French fries.
SALADE NICOISE ..... 19.5 Pan-Seared fresh tuna, mixed green, Potato, cucumber, green bean, bell pepper, tomato, black olive, boiled egg, lemon vinaigrette	MAHI MAHI BURGER ..... 21 Blackened mahi mahi with tomato, lettuce, onion, tartare sauce served with homemade French fries.
CAPRESE SALADE ..... 14 Arugula, tomato, mozzarella, fresh basil, olive oil and balsamic vinegar	THON GRILLE ..... 24 Pan seared tuna steak with homemade ratatouille
SALADE DE STEAK GRILLE ..... 22.5 Grilled skirt steak, Blue Cheese, mixed greens, tomato and avocado	SAUMON GRILLE ..... 24 Pan seared Fresh Salmon served with virgin Sauce, quinoa and roasted vegetables.
	STEAK FRITES ..... 25 Hanger steak with Homemade French fries.

**BRUNCH SAT & SUNDAY**  
**9 AM TO 4 PM**

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## LUNCH MENU

### NOS SANDWICHES WITH SALAD

Bread Choices: French Baguette,  
Croissant and Wheat toast,

LE SCANDINAVE ..... 13.5  
Smoked Salmon, cream cheese, onions, capers,  
tomato

LE BRESSAN ..... 13.5  
Grilled chicken, lettuce, tomato, avocado spread

L'ITALIEN ..... 13.5  
Tomato, pesto, mozzarella, arugula, prosciutto

LE CHEVRE ..... 13.5  
Goat cheese, figs jelly, roasted nuts, arugula

LE MEDITERRANEEN ..... 13.5  
Grilled vegetables, pesto, olives, arugula

*SUBSTITUTE SALAD FOR FRENCH FRIES ..... 2.50*

### NOS FLATBREADS

LE NORDIQUE ..... 13  
Salmon, tomato, capers, onion, cream cheese

LE PAYSAN ..... 13  
Pear, blue cheese, arugula, prosciutto, roasted  
nuts

LE CAPRESE ..... 13  
Tomato, mozzarella, arugula and fresh basil

LE VEGETARIEN ..... 13  
Roasted vegetables, olives, basil, arugula

LE BRIE ..... 13  
Brie, onion, fig jelly, roasted nuts

JOIN US FOR  
HAPPY HOUR  
WEEKDAYS FROM 5-7PM

### NOS CROQUES WITH SALAD

\*Substitute Smoked Salmon or Chicken 2.50  
\*Substitute Salad For French Fries 2.50

CROQUE MONSIEUR ..... 12\*  
Ham, béchamel sauce, Swiss cheese, wheat toast

CROQUE MADAME ..... 13\*  
Ham, béchamel sauce, Swiss cheese, wheat  
toast, cage free egg on top

CROQUE MADEMOISELLE ..... 14\*  
Barok Specialty ham & cheese sandwich on  
wheat toast with béchamel sauce & 2 cage free  
eggs on Top

### Add-Ons

Swiss cheese or Cheddar Cheese ..... 1.00

Fresh Mozzarella, Brie Cheese, Blue  
Cheese, Goat Cheese, Onion,, Tomato,  
Spinach, Mushrooms, ..... 1.50  
Bell Pepper, or Potato

Ham, Bacon or Chicken Breast ..... 2.00

Avocado, Prosciutto or  
Smoked Salmon ..... 2.50

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## LUNCH MENU

### NOS QUICHES WITH SALAD

- QUICHE AU SAUMON ..... 13.5  
Smoked salmon, Swiss cheese, cage free eggs, cream
- QUICHE LORRAINE ..... 13.5  
Bacon, Swiss cheese, cage free eggs, cream
- QUICHE FORESTIERE ..... 13.5  
Mushroom, goat cheese, cage free eggs, cream
- QUICHE AU BRIE ..... 13.5  
Spinach, Brie, cage free eggs, cream

### NOS PATES ET RISOTTOS

- PATES CAPRESE ..... 15  
Fettuccine, tomato, fresh basil, fresh garlic, olive oil, and fresh mozzarella
- PATES FORESTIERE ..... 17  
Fresh mushroom pasta with cream sauce
- RISOTTO AUX CHAMPIGNONS ..... 22  
Portobello mushroom risotto, onion, garlic, and light Cream sauce with Parmesan cheese and Truffle Oil

### *Nos Accompagnements*

\$8

Homemade Ratatouille  
Homemade French Fries  
Roasted Potatoes  
Vegetables of the Day  
Quinoa  
Mixed green salad

### NOS DESSERTS

- CREME BRULEE ..... 8
- FONDANT AU CHOCOLAT ..... 9  
Chocolate fondant served with Caramel Sauce and Berries
- SORBET AUX FRUITS ..... 9  
Coconut Milk, Raspberry, Matcha, Lemon and Pear
- SALADE DE FRUITS FRAIS ..... 9  
Fresh fruits salad
- TARTE DE MADEMOISELLE TATIN ..... 11  
Warm apple tart served with Vanilla Ice Cream
- FONDUE AU CHOCOLAT ..... 12  
Chocolate fondue with fresh fruits
- CREPE GRAND MARNIER ..... 10
- SOUFFLE GRAND MANIER GLACE ..... 12
- TIRAMISU TOBLERONE ..... 12

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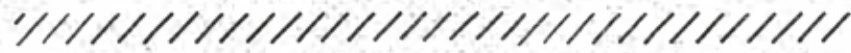
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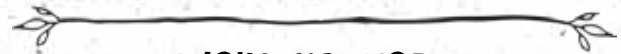


## DINNER MENU



### NOS HORS D'OEUVRES

SOUPE DU JOUR .....	7
Soup of the Day	
SOUPE A L'ONION.....	10
Onion Soup	
ESCARGOT BEURRE D'AIL .....	10
Snails with garlic Butter	
CAMEMBERT ROTI DE NORMANDIE .....	17
Oven roasted Camembert	
SALADE DE CHEVRE CHAUD .....	17
French goat cheese in brick, mixed green salad and fresh fruits	
TARTARE DE SAUMON .....	15
Salmon tartar with fresh and smoked salmon, herbs, capers, onions, olive oil and lemon	
CREVETTES SAUTEES .....	16
Sauted shrimps with garlic, parsley & pastis	
TUNA TATAKI .....	16
Seared Tuna with Soy Glaze	
TERRINE DE FOIE GRAS .....	28
Homemade Foie Gras	
ASSIETTE DE CHARCUTERIE .....	16
Cold cut plate, prosciutto, ham, served with olives and French pickles	
CAPRESE SALADE .....	14
Arugula, tomato, mozzarella, fresh basil, olive oil and balsamic vinegar	



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### NOS VIANDES

NOS ENTRECOTES (RIB-EYE-STEAK)	
- Au poivre (green pepper corn sauce).....	32*
- Aux Champignons (mushrooms sauce)....	32*
- Sauce au bleu (blue cheese sauce).....	32*
- Aux morilles (Morels sauce).....	42*
*All our Rib-Eye-Steaks are served with Roasted Potatoes Or Homemade French Fries.	
NOS PAVES DE BOEUF (FILET MIGNON)	
- Au poivre (green pepper corn sauce).....	34*
- Aux Champignons (mushrooms sauce)....	34*
- Sauce au bleu (blue cheese sauce).....	34*
- Aux morilles (morel sauce).....	46*
*All our Filet mignons are served with Roasted Potatoes Or Homemade French Fries	
PAVE DE BOEUF ET CREVETTES SAUTEES .....	40
Filet mignon and Sauted Shrimps served with Roasted Potatoes	
BAVETTE SAUCE AU BLEU .....	28
Hanger Steak with blue cheese sauce served with Homemade French fries	

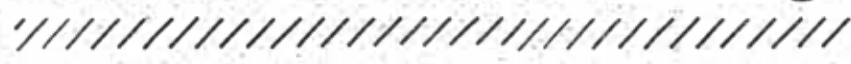
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## DINNER MENU



### NOS POISSONS

- MAHI MAHI GRILLE ..... 22  
Roasted Mahi Mahi served with fennel salad and avocado
- COQUILLES SAINT JACQUES ..... 24  
Scallops in Saffron sauce served with vegetables of the day
- THON GRILLE ..... 24  
Pan seared tuna steak with homemade ratatouille
- SAUMON GRILLE ..... 24  
Pan seared Fresh Salmon served with virgin Sauce, quinoa and vegetables
- MAHI MAHI BURGER ..... 21  
Blackened mahi mahi with tomato, lettuce, onion, tartare sauce served with homemade French fries.

### NOS PATES ET RISOTTOS

- PATES AUX FRUITS DE MER ..... 22  
Seafood pasta with shrimps, scallops and cream sauce
- PATES CAPRESE ..... 15  
Fettuccine, tomato, fresh basil, fresh garlic, olive oil, and fresh mozzarella
- PATES FORESTIERE ..... 17  
Mushrooms pasta with cream sauce
- PATES AUX MORILLES ..... 32  
Morels pasta with cream sauce
- RISOTTO AUX CHAMPIGNONS ..... 22  
Portobello mushroom risotto, onion, garlic, light cream sauce, Parmesan cheese and Truffle Oil
- RISOTTO AUX FRUITS DE MER ..... 24  
Seafood risotto with shrimps, scallops and cream sauce

*Nos Accompagnements*

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Homemade Ratatouille  
Homemade French Fries  
Roasted Potatoes  
Vegetables of the Day  
Quinoa  
Mixed green salad

### NOS DESSERTS

- CREME BRULEE ..... 8
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Chocolate fondant served with Caramel Sauce and Berries
- SORBET AUX FRUITS ..... 9  
Coconut Milk, Raspberry, Matcha, Lemon and Pear
- SALADE DE FRUITS FRAIS ..... 9  
Fresh fruits salad
- TARTE DE MADEMOISELLE TATIN ..... 11  
Warm apple tart served with Vanilla Ice Cream
- FONDUE AU CHOCOLAT ..... 15  
Chocolate fondue with fresh fruits
- TIRAMISU TOBLERONE ..... 12
- CREPE GRAND MARNIER ..... 10
- SOUFFLE GRAND MARNIER GLACE ..... 12

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