

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

extra charges for all substitutes or changes on the menu. prices exclude tax

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PANCAKES & CREPES

Pancake with Maple Syrup and Fresh Fruits	11
Banana & Chocolate Chips Pancake with Maple Syrup and Fresh Fruits	13
Strawberry & Chocolate Chips Pancake with Maple Syrup & Fresh Fruits	13
French Toast with Maple Syrup and Fresh Fruits	13
Crepe with Nutella	9
Crepe with Nutella Banana and Strawberry	11

BURGERS

Fresh Tuna Burger,*	22
<i>Sweet & Spicy Aioli, Arugula, red onion, avocado Mousse, Homemade French Fries</i>	
Beef Burger,	22
<i>Brie Cheese, Truffle Aioli, Homemade French Fries</i>	
Teriyaki Glazed Salmon Burger,*	25
<i>Pink Ginger & 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,	24
<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	14
Quiche Lorraine, Bacon, Swiss Cheese, cream, Eggs	14
Quiche Forestiere, Mushroom, Goat Cheese, cream, Eggs	14
Quiche au Brie, Spinach, Brie Cheese, cream, Eggs	14

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

Croque "Monsieur", no egg	13
Croque "Madame", 1 Fried Egg on Top	14
Croque "Mademoiselle", 2 Fried Eggs on Top	15

Substitute Ham for Smoked Salmon or Chicken 2.50

FLAT BREAD

"Nordique" smoked Salmon, Tomato, Capers, onion, Cream Cheese	14
"Paysan" Prosciutto, Pear, Blue Cheese, Arugula, Nuts	14
"Caprese" Tomato, Mozzarella, Arugula and Fresh Basil	14
"Brie" Brie Cheese, onion, Fig Jelly, Nuts	14

SALADS

Nicoise Salad, Fresh Seared Tuna with Green Beans,	20
<i>Potato, Boiled Egg, Bell Pepper, Onion, Cucumber, Tomato, Olives</i>	
Quinoa Salad with Roasted Vegetables	14
Vegetarian Salad with roasted vegetable and Fresh Mozzarella	16
Goat Cheese Brick, Mixed Green Salad, tomato, Fruit	17
Add Fresh Salmon or Fresh Tuna to Any Salad	9
Add Chicken to Any Salad	7
Add Prosciutto to Any Salad	5
Add Shrimp to Any Salad	12

STEAKS, TRUFFLE, FOIE GRAS & MOREL

Filet Mignon Served with Salad, Potatoes or Homemade French Fries

Foie Gras Terrine with Chutney, Salad, Honey and Nuts Bread, Figs	28
Morel Risotto with Cream	38
Morel Pasta with Cream	32
Foie Gras Pasta	38
Filet Mignon Rossini with Pan Seared Foie Gras	54
Filet Mignon with Morel Sauce	46
Filet Mignon with Mushroom, Pepper or Blue Cheese Sauce	36

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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'AIL10 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 5 Add chicken 7 *Add tuna or salmon* 9 *Add Shrimp 12	TERRINE DE FOIE GRAS 28 Homemade Foie Gras
SALADE DE POULET17* Grilled Chicken, Tomato, Mixed green, toasted nuts, Fresh Herbs and Balsamic vinaigrette *Substitute tuna or salmon* 5	ASSIETTE DE CHARCUTERIE 16 Cold Cut Assortment, Prosciutto, Ham served with French Pickles And Olives.
SALADE DE LEGUMES GRILLES 16* Roasted Mediterranean vegetables, arugula, Fresh Fior Di Latte Mozzarella, Kalamata Olive extra virgin olive oil, and balsamic vinegar *Add Prosciutto 5 Add chicken 7 *Add Fresh tuna* or salmon* 9 Add Shrimp* 12	NOS PLATS
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 homemade French fries.
SALADE NICOISE* 20 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 23 Grilled skirt steak, Blue Cheese, mixed greens, tomato and avocado	SAUMON GRILLE* 26 Pan seared Fresh Salmon served with virgin Sauce, quinoa and roasted vegetables.

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 14
Smoked Salmon, cream cheese, onions, capers,
tomato

LE BRESSAN 14
Grilled chicken, lettuce, tomato, avocado spread

L'ITALIEN 14
Tomato, pesto, mozzarella, arugula, prosciutto

LE CHEVRE 14
Goat cheese, figs jelly, roasted nuts, arugula

LE MEDITERRANEEN 14
Grilled vegetables, pesto, olives, arugula

SUBSTITUTE SALAD FOR FRENCH FRIES 2.50

NOS FLATBREADS

LE NORDIQUE 14
Salmon, tomato, capers, onion, cream cheese

LE PAYSAN 14
Pear, blue cheese, arugula, prosciutto, roasted
nuts

LE CAPRESE 14
Tomato, mozzarella, arugula and fresh basil

LE VEGETARIEN 14
Roasted vegetables, olives, basil, arugula

LE BRIE 14
Brie, onion, fig jelly, roasted nuts

JOIN US FOR
HAPPY HOUR
WEEKDAYS FROM 5-7PM

NOS CROQUES WITH SALAD

*Substitute Smoked Salmon or Chicken 3.50
*Substitute Salad For French Fries 2.50

CROQUE MONSIEUR 13*
Ham, béchamel sauce, Swiss cheese, wheat toast

CROQUE MADAME 14*
Ham, béchamel sauce, Swiss cheese, wheat
toast, cage free egg on top

CROQUE MADEMOISELLE 15*
Barok Specialty ham & cheese sandwich on
wheat toast with béchamel sauce & 2 cage free
eggs on Top

Add-Ons

Swiss cheese or Cheddar Cheese 1.50

Fresh Mozzarella, Brie Cheese, Blue
Cheese, Goat Cheese, Onion, Tomato,
Spinach, Mushrooms, 2.00
Bell Pepper, or Potato

Avocado, Ham, Bacon or Chicken 2.50
Breast

Prosciutto or Smoked Salmon 3.50

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LUNCH MENU

NOS QUICHES WITH SALAD

- QUICHE AU SAUMON 14
Smoked salmon, Swiss cheese, cage free eggs, cream
- QUICHE LORRAINE 14
Bacon, Swiss cheese, cage free eggs, cream
- QUICHE FORESTIERE 14
Mushroom, goat cheese, cage free eggs, cream
- QUICHE AU BRIE 14
Spinach, Brie, cage free eggs, cream

NOS PATES ET RISOTTOS

- PATES CAPRESE 16
Fettuccine, tomato, fresh basil, fresh garlic, olive oil, and fresh mozzarella
- PATES FORESTIERE 18
Fresh mushroom pasta with cream sauce
- RISOTTO AUX CHAMPIGNONS 23
Portobello mushroom risotto, onion, garlic, and light Cream sauce with Parmesan cheese and Truffle Oil

*Add Shrimp or Scallop 12

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
- MOUSSE AU CHOCOLAT 9
Chocolate Mousse
- CREPE GRAND MARNIER 10
- SOUFFLE GRAND MANIER GLACE 12
- TIRAMISU 10

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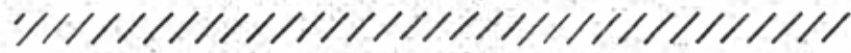
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MODERN FRENCH BISTRO *Café*



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	17
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	

JOIN US FOR
HAPPY HOUR
WEEKDAYS FROM 5-7PM

NOS VIANDES

NOS ENTRECOTES (RIB-EYE-STEAK)	
-Au poivre (green pepper corn sauce).....	36*
- Aux Champignons (mushrooms sauce)...	36*
-Sauce au bleu (blue cheese sauce).....	36*
-Aux morilles (Morels sauce).....	46*
*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).....	36*
-Aux Champignons (mushrooms sauce)....	36*
-Sauce au bleu (blue cheese sauce).....	36*
- Aux morilles (morel sauce).....	46*
*All our Filet mignons are served with Roasted Potatoes Or Homemade French Fries	
PAVE DE BOEUF ET CREVETTES SAUTEES	42
Filet mignon and Sauted Shrimps served with Roasted Potatoes	
DUCK CONFIT	38
Duck Leg Confit with Morel Sauce and Roasted Potatoes.	

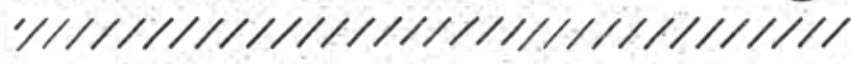
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DINNER MENU



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* 26
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*

*Add Chicken 7 Shrimp or Scallop 12

- PATES AUX FRUITS DE MER 24
Seafood pasta with shrimps, scallops and cream sauce
- PATES CAPRESE 16
Fettuccine, tomato, fresh basil, fresh garlic, olive oil, and fresh mozzarella
- PATES FORESTIERE 18
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 26
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

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- SOUFFLE GRAND MARNIER GLACE 12

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