



Ben
& Florentine®

Surprise yourself!



COFFEES

CAPPUCCINO	CUP	4 ⁷⁵	/ BOWL	5 ⁹⁵
ESPRESSO	SINGLE	3 ⁴⁵	/ DOUBLE	4 ⁴⁵
MOCHACCINO	CUP	4 ⁷⁵	/ BOWL	5 ⁹⁵
LATTE	CUP	4 ⁷⁵	/ BOWL	5 ⁹⁵
New B&F FRAPPÉ				6 ²⁵
ICED COFFEE				4 ⁷⁵

Hot BEVERAGES

New WHITE HOT CHOCOLATE WITH UBE	6 ²⁵	S'MORES HOT CHOCOLATE	4 ⁷⁵
A mix of white chocolate, ube, cinnamon, vanilla, hot milk and whipped cream		Served with marshmallows, whipped cream, hazelnut chocolate, cinnamon and wafer cookies	
DELUXE HOT CHOCOLATE	4 ²⁵	MATCHA & COCO LATTE	6 ²⁵
Served with whipped cream and wafer cookies			

Cold BEVERAGES

FRESHLY SQUEEZED ORANGE JUICE	7 ⁴⁵
ORANGE JUICE BLEND	3 ⁹⁵
APPLE, STRAWBERRY & RASPBERRY JUICE (HERITAGE 77)	4 ⁷⁵
APPLE, GRAPEFRUIT, PINEAPPLE OR CRANBERRY JUICE	3 ⁹⁵
SOFT DRINK	2 ⁹⁵
MILK	2 ⁹⁵

New STRAWBERRY & LYCHEE FIZZ	6 ²⁵	New SPARKLING SANGRIA NON-ALCOHOLIC	5 ⁷⁵
Sparkling drink with lyophilized strawberries, lychee syrup and lemon juice		Mix of apple, strawberry and raspberry juice (Heritage 77), orange juice, simple syrup, raspberries, blueberries and sparkling water	
New MANGO & PASSION FRUIT FIZZ	6 ²⁵		
Sparkling drink with lyophilized mangoes, passion fruit syrup and lemon juice			

SPARKLING SANGRIA NON-ALCOHOLIC

STRAWBERRY & LYCHEE FIZZ

Smoothies

A mix of vanilla yogurt and fruits

RUBY RED	6 ⁴⁵	"FRAISINETTE"	6 ⁴⁵
Raspberries, strawberries and cranberry juice		Strawberries, bananas, mangoes and pineapple juice	
HEALTHY GREEN	6 ⁴⁵	POWER PROTEIN ⚡	8 ⁹⁵
Spinach, apples, mangoes, chia seeds and pineapple juice		A mix of blueberries, raspberries, ISO chocolate protein and oat milk	
ALOHA	6 ⁴⁵		
Mangoes, peaches and pineapple juice			

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

UBE COCO	7 ⁷⁵	ACAI & CO	7 ⁷⁵
A mix of ube, cinnamon, vanilla, coconut milk and oat milk		A mix of acais, mangoes, blueberries & raspberries, cane sugar, cranberry juice and oat milk	
DRAGON ENERGY	7 ⁷⁵	SMOOTHIE MATCHA & COCO	7 ⁷⁵
A mix of dragon fruit, pineapple & raspberries, oat milk and cranberry juice		Matcha and coconut milk	
New KEY LIME PIE	7 ⁷⁵		
Key lime pie, coconut and toasted Graham cracker crust flavour			



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

UBE COCO 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.

New KEY LIME PIE SMOOTHIE

ACAI & CO SMOOTHIE

"CHURROS STYLE" BITES COMBO

CRISPY FRENCH TOAST COMBO

APPLE CREPE COMBO

FLORENTINE POTATOES

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 one? Just ask your server—it's free!

"CHURROS STYLE" BITES	20 ²⁵	APPLE CREPE	20 ⁹⁵
Bacon and sausages served with a bowl of "churros style" crispy French toast bites, sugar & cinnamon mix, hazelnut chocolate		Bacon and sausages served with a caramelized apple crepe, caramel and a mix of Monterey Jack & cheddar cheeses	
GOURMANDISE	20 ⁴⁵	CRISPY FRENCH TOAST	20 ⁹⁵
Bacon and sausages served with a chocolate chips half-waffle topped with almonds, white chocolate chips and hazelnut chocolate		Bacon and sausages served with crispy French toast topped with bananas, strawberries and a choice of hazelnut chocolate or caramel	
BANANA & CHOCOLATE CREPE	20 ⁴⁵	TEN ON TEN	20 ⁴⁵
Bacon and sausages served with a banana and hazelnut chocolate crepe		Bacon, ham, sausage and baked beans with a choice of half-waffle, French toast, pancake or crepe	



FLORENTINE POTATOES Replace your home fries with Florentine potatoes: 3²⁵



PURE MAPLE SYRUP Add pure maple syrup to your meal: 2⁴⁵

Eggs benedict

English muffin with 2 poached eggs topped with Hollandaise sauce, served with our famous home fries and fresh fruit.



SPICY HOLLANDAISE SAUCE
Try our sriracha Hollandaise sauce at no charge

FLORENTINE  **19²⁵**
Spinach and a mix of Monterey Jack & cheddar cheeses

BACON & CHEDDAR SAUSAGE **20⁹⁵**
B&F exclusive bacon & cheddar sausages, tomatoes, red onions and a mix of Monterey Jack & cheddar cheeses

LOX **21⁹⁵**
Smoked salmon, caramelized onions and cream cheese

TRADITIONAL **19⁹⁵**
Choice of bacon or ham
+ Add Swiss cheese: 2⁷⁵

CRISPY CHICKEN **19⁴⁵**
Crispy chicken, caramelized onions, Swiss cheese and nut-free pesto Hollandaise sauce

MAPLE HAM **21²⁵**
Shredded maple ham, peppers and Swiss cheese

AVOCADO **19⁹⁵**
Avocado and bacon



BAGEL
Replace your English muffin with a bagel: 0⁶⁰



CROISSANT
Replace your English muffin with a waffled croissant: 1⁴⁵

MAPLE HAM BENEDICT



BACON & CHEDDAR SAUSAGE 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

BACON CHEDDAR SAUSAGE & "CHURROS STYLE" BITES **20⁴⁵**

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

BACON & "GOURMANDISE" **20⁴⁵**

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

AVOCADO AND BANANA & CHOCOLATE CREPE **20⁴⁵**

English muffin with poached egg topped with bacon, avocado and Hollandaise sauce served 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

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

- MAPLE SYRUP** 20⁹⁵
Bacon, peppers, red onions and a mix of Monterey Jack & cheddar cheeses. Covered with pure maple syrup Hollandaise sauce

B&F CHICKEN & PARMESAN SAUSAGE 21²⁵
B&F exclusive chicken & parmesan sausage, spinach, portobello mushrooms and Swiss cheese. Covered with nut-free pesto Hollandaise sauce

BACON & AVOCADO 20²⁵
Bacon, avocado, tomatoes, peppers, red onions and a mix of Monterey Jack & cheddar cheeses
- VEGETARIAN** 18⁹⁵
Portobello mushrooms, red onions, tomatoes, Kalamata olives, peppers and a mix of Monterey Jack & cheddar cheeses

THREE MEAT 19⁹⁵
Bacon, ham, sausages, red onions and a mix of Monterey Jack & cheddar cheeses

MAPLE HAM & CHEESE CURDS 21²⁵
Shredded maple ham, peppers, red onions and cheese curds. Covered with pure maple syrup Hollandaise sauce

CUSTOMIZE YOUR MEAL



EGG
Add a second egg to your skillet: 1⁴⁵



VEGETABLES
Add a mix of vegetables: Portobello mushrooms, red onions, tomatoes, Kalamata olives and peppers: 3⁹⁵



SAUCE
Add sauce:
- Hollandaise: 1⁷⁵
- Pure maple syrup Hollandaise: 3²⁵
- Nut-free pesto Hollandaise: 1⁹⁵
- Sriracha Hollandaise: 1⁷⁵

B&F CHICKEN & PARMESAN SAUSAGE SKILLET



STACK OF 5 PANCAKES WITH FRUITS



MATCHA & COCO SMOOTHIE



THREE MEAT SKILLET



APPLE & CHEDDAR CREPE



CREPES, PANCAKES & waffles French toast

New
STACK OF 5 PANCAKES WITH FRUITS 18⁹⁵
Pancakes topped with strawberries, bananas and blueberries, served with pure maple syrup

CRISPY FRENCH TOAST & CARAMELIZED APPLES 18⁹⁵
Crispy French toasts (2), caramelized apples, almonds, caramel and vanilla yogurt

MAPLE HAM & CHEDDAR CREPE 19⁹⁵
Crepe filled with shredded maple ham, spinach and a mix of Monterey Jack & cheddar cheeses. Served with Hollandaise sauce, our famous home fries and fresh fruit

APPLE & CHEDDAR CREPE 18⁹⁵
Crepe filled with caramelized apples, a mix of Monterey Jack & cheddar cheeses, almonds, caramel and vanilla yogurt

BUILD YOUR PLATE!
Choose 1 **base** and 1 **topping** from the following options:

BASE

- 1 WAFFLE
- 1 CREPE
- 2 FRENCH TOAST
- 3 PANCAKES

TOPPINGS

FRESH FRUIT & ENGLISH CREAM 18⁹⁵

BANANA & STRAWBERRY WITH ENGLISH CREAM & HAZELNUT CHOCOLATE 18⁹⁵



PURE MAPLE SYRUP
Add pure maple syrup to your meal: 2⁴⁵



CRISPY FRENCH TOAST
Get a crispy version of your French toast: 1⁹⁰



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



BUCKWHEAT FLOUR
All our crepes can be prepared with buckwheat flour

Florentine's choices

OLD-FASHIONED OATMEAL  **11⁹⁵**
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  **18⁴⁵**
2 poached eggs, fresh fruit, 12-grain bread and a choice of vanilla yogurt or cheese: cottage, mascarpone, Swiss or cheddar

SUPERFOOD DUO  **19⁹⁵**
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

BAGEL LOX **22²⁵**
Smoked salmon, red onions, capers, tomatoes and cream cheese. Served with our famous home fries and fresh fruit



DRAGON ENERGY SMOOTHIE

SUPERFOOD DUO



MASCARPONE & CARAMELIZED APPLES GOURMET TOAST

GOURMET TOAST

Served with 2 eggs any style and fresh fruit.

New
MASCARPONE & CARAMELIZED APPLES  **20⁴⁵**
Mascarpone, caramelized apples and caramel on 12-grain bread

MASCARPONE & STRAWBERRY  **20⁴⁵**
Mascarpone, strawberries, granola, honey and mint on 12-grain bread

AVOCADO LOX **21⁹⁵**
Guacamole, smoked salmon, capers and red onions on 12-grain bread. Served with our famous home fries

AVOCADO, BACON & GOAT CHEESE **20⁷⁵**
Guacamole, bacon and goat cheese on 12-grain bread. Served with our famous home fries

AVOCADO AND B&F CHICKEN & PARMESAN SAUSAGE **21⁴⁵**
Guacamole, B&F exclusive chicken & parmesan sausages, peppers, red onions, portobello mushrooms and spinach on 12-grain bread. Served with our famous home fries

EXTRA...

- MEATS:**
- Bacon, sausages or ham
 - Shredded maple ham
 - B&F sausages :
 - Chicken & parmesan
 - Bacon & cheddar

- "CHURROS STYLE" BITES** **3⁹⁵**
- BOWL OF FRESH FRUIT** **4⁷⁵**
- FAMOUS HOME FRIES** **5⁹⁵**

- BAKED BEANS** **2⁹⁵**
- FLORENTINE POTATOES** **5⁹⁵**
- PURE MAPLE SYRUP** **2⁴⁵**

- CHEESES:**
- Goat or Monterey Jack **3⁷⁵**
 - Cheddar or Swiss (2 slices) **2⁷⁵**
 - Mascarpone **4²⁵**
 - Cream cheese or Cottage **3⁹⁵**

3-egg OMELETS

Served with our famous home fries, applesauce and toast.



GOAT CHEESE  **18⁹⁵**
Goat cheese, spinach and portobello mushrooms

BUTCHER'S CHOICE **20⁴⁵**
Bacon, ham, sausages and a mix of Monterey Jack & cheddar cheeses

VEGETARIAN  **18⁴⁵**
Portobello mushrooms, red onions, tomatoes, Kalamata olives, peppers and a mix of Monterey Jack & cheddar cheeses

WESTERN **18²⁵**
Ham, peppers and caramelized onions

+ Add Swiss cheese: 2⁷⁵

MAPLE HAM & CHEESE CURDS **20⁴⁵**
Shredded maple ham, peppers, spinach and cheese curds

Breakfast classics

Served with our famous home fries, applesauce and toast.



- CLASSICS**
- 2 eggs with one choice of: bacon, ham, sausages or baked beans **13⁹⁵**
 - 2 eggs and shredded maple ham **16⁴⁵**
 - 2 eggs and fresh fruit  **16⁹⁵**

THE AUTHENTIC **17⁹⁵**
2 eggs, bacon, baked beans, tomatoes and cheddar cheese

BIG BEN **19²⁵**
2 eggs, bacon, ham and sausages

 **COUNTRY BREAD**
Replace your toast with country bread: 0⁶⁰

 **TOMATO SLICES**
Replace your potatoes with tomato slices at no charge

New BOWLS and SALADS

New
CRISPY OR GRILLED CHICKEN BOWL 20⁴⁵
Rice and quinoa bowl topped with crispy or grilled chicken, tomatoes, avocado, peppers, red onions, a mix of Monterey Jack & cheddar cheeses and ranch sauce

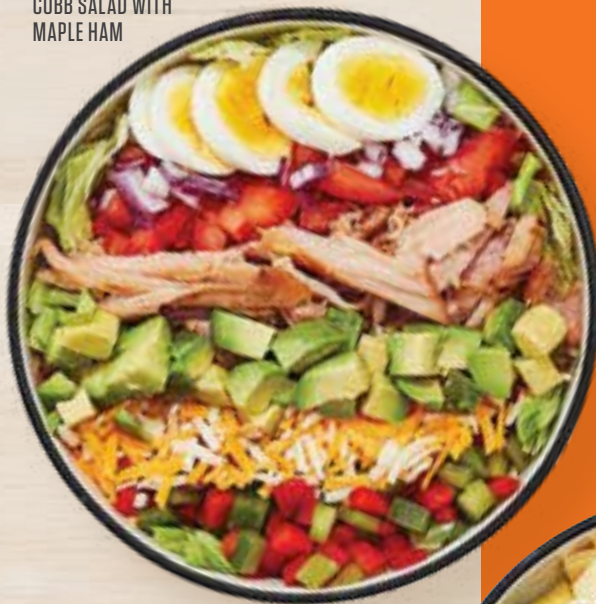
New
BREAKFAST BOWL 20⁴⁵
Rice and quinoa bowl topped with bacon, sausages, ham, scrambled egg, tomatoes, avocado, peppers, red onions, a mix of Monterey Jack & cheddar cheeses and spicy mayonnaise

New
B&F CHICKEN & PARMESAN SAUSAGE BOWL 20²⁵
Rice and quinoa bowl topped with pieces of B&F exclusive chicken & parmesan sausage, tomatoes, avocado, peppers, red onions, portobello mushrooms, spinach, Swiss cheese and nut-free pesto mayonnaise

REPLACE
your rice and quinoa with lettuce at no charge

New
COBB SALAD WITH MAPLE HAM 18⁹⁵
Mixed greens, tomatoes, bacon, hard-boiled egg, shredded maple ham, avocado, red onions, peppers, a mix of Monterey Jack & cheddar cheeses and ranch dressing

COBB SALAD WITH MAPLE HAM



POUTINES

Choice of seasoned fries or our famous home fries.

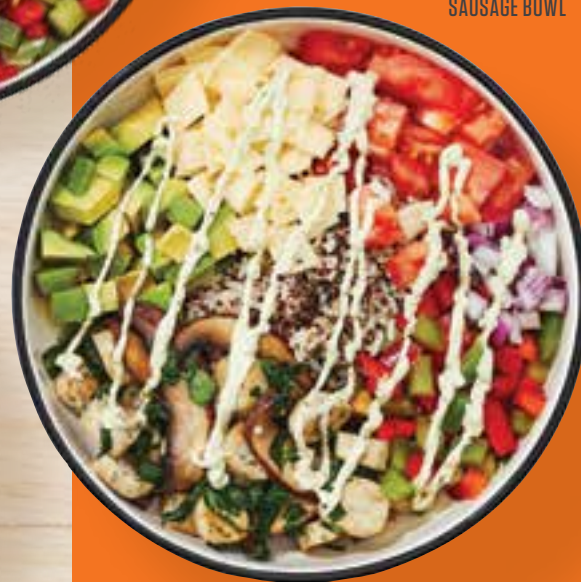
BEN & FLORENTINE POUTINE 18⁴⁵
Egg any style, bacon, ham, sausages, cheese curds and Hollandaise sauce

BACON & CHEDDAR SAUSAGE POUTINE 20²⁵
Egg any style, B&F exclusive bacon & cheddar sausages, tomatoes, red onions, cheese curds and Hollandaise sauce

B&F CHICKEN & PARMESAN SAUSAGE BOWL



CRISPY CHICKEN BOWL



SANDWICHES and burgers

CLUB SANDWICH WITH CHICKEN 20⁴⁵
Grilled chicken, bacon, avocado, lettuce and tomatoes. Served with our famous home fries and fresh fruit

BREAKFAST CLUB 18⁷⁵
Fried eggs, bacon, sliced cheddar, lettuce and tomatoes. Served with our famous home fries and fresh fruit

MAPLE HAM CROFFLE 20⁴⁵
Waffled croissant, shredded maple 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 : 2⁷⁵

DELUXE CHEESEBURGER 20⁷⁵
Beef patty, bacon, lettuce, tomatoes, red onions, pickles and sliced cheddar, topped with one egg any style. Served with seasoned fries and chipotle sauce

CRISPY CHICKEN BURGER 19⁷⁵
Crispy chicken, pickles, honey, lettuce and Swiss cheese. Served with seasoned fries and chipotle sauce

New
RANCH CHICKEN WRAP 19⁷⁵
Crispy or grilled chicken, bacon, tomatoes, peppers, lettuce, a mix of Monterey Jack & cheddar cheeses and ranch sauce in a whole wheat tortilla. Served with house salad, seasoned fries and chipotle sauce

B&F CHICKEN & 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 house salad, seasoned fries and chipotle sauce

CHICKEN & AVOCADO WRAP 18⁹⁵
Grilled chicken, avocado, peppers, caramelized onions, lettuce and a mix of Monterey Jack & cheddar cheeses on a whole wheat tortilla. Served with house salad, seasoned fries and chipotle sauce

GRILLED VEGETABLES & GOAT CHEESE WRAP 17⁹⁵
Portobello mushrooms, Kalamata olives, peppers, red onions and goat cheese on a whole wheat tortilla. Served with house salad, seasoned fries and chipotle sauce

HEALTHY WRAP 18⁷⁵
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**

RANCH CHICKEN WRAP



MAPLE HAM CROFFLE



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 🍷 😊 8⁴⁵

Crepe, marshmallows, hazelnut chocolate and wafer cookies. Served with fresh fruit and vanilla yogurt

LIL' DELIGHT 🍷 😊 8⁹⁵

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 😊 8⁴⁵

Poached egg, English muffin, ham and Hollandaise sauce. Served with fresh fruit

"FRAISINETTE" YOGURT 🍷 😊 8⁷⁵

Vanilla yogurt, strawberries and granola

KOKO LOKO 🍷 8⁴⁵

Chocolate chip pancake with bananas. Served with whipped cream

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 8⁷⁵

French toast, shredded maple ham and Swiss cheese

THE LIL VEGGIE 🍷 😊 8⁹⁵

Omelet with red onions, peppers and tomatoes. Served with fresh fruit and toast

ÉLIE'S "BANANALICIOUS" 🍷 8⁴⁵

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 FROM 7:00 TO 8:30 A.M.
(except public holidays).

BAGEL BLT ETC. 13⁹⁵

Fried egg, bacon, lettuce and tomatoes. Served with our famous home fries

BACON BENEDICT 14⁷⁵

Poached egg (1) on an English muffin with 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 choice 11⁷⁵
of bacon, ham

or sausages
— 2 eggs with 14⁷⁵
two choices of bacon,
ham or sausages

WESTERN OMELET 12⁷⁵

Ham, peppers and caramelized onions. Served with our famous home fries, applesauce and toast.

+ Add Swiss cheese : : 2⁷⁵

GRILLED CHEESE WITH HAM 10⁴⁵

12-grain bread, ham and sliced cheddar. Served with our famous home fries

BACON
BENEDICT

MORNING OATMEAL 🍷 9⁷⁵

Bananas, strawberries, cream and brown sugar. Served with toast

PROTEIN

Add an extra
ISO protein: 2⁷⁵



Suggested servings. Tax is extra. Ben & Florentine and the Ben & Florentine logo are registered trademarks of MTY Franchising Inc., 2026. 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.

