



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 ⁴⁵
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	3 ⁹⁵	MATCHA & COCO LATTE	6 ²⁵
Served with whipped cream and wafer cookies			

Cold BEVERAGES

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

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 ⁴⁵	ACAI & CO	7 ⁴⁵
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 ⁴⁵	SMOOTHIE MATCHA & COCO	7 ⁴⁵
A mix of dragon fruit, pineapple & raspberries, oat milk and cranberry juice		Matcha and coconut milk	
New KEY LIME PIE	7 ⁴⁵		
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



CRISPY FRENCH TOAST COMBO

"CHURROS STYLE" BITES COMBO



APPLE CREPE COMBO

Combos

Served with 2 eggs any style, our famous home fries, applesauce and toast. Coffee or tea included.

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	19 ⁷⁵	APPLE CREPE	20 ⁴⁵
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	19 ⁹⁵	CRISPY FRENCH TOAST	20 ⁴⁵
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	19 ⁹⁵	TEN ON TEN	20 ⁴⁵
Bacon and sausages served with a banana and hazelnut chocolate crepe		Bacon, ham, sausages, cretons 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. Coffee or tea included.

FLORENTINE  **18⁷⁵**
Spinach and a mix of Monterey Jack & cheddar cheeses

BACON & CHEDDAR SAUSAGE **20⁷⁵**
B&F exclusive bacon & cheddar sausages, tomatoes, red onions and a mix of Monterey Jack & cheddar cheeses

LOX **21⁷⁵**
Smoked salmon, caramelized onions and cream cheese

 **BAGEL**
Replace your English muffin with a bagel: 0⁶⁰

 **CROISSANT**
Replace your English muffin with a waffled croissant: 1⁴⁵

 **SPICY HOLLANDAISE SAUCE**
Try our sriracha Hollandaise sauce at no charge

TRADITIONAL **19⁴⁵**
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 **20⁹⁵**
Shredded maple ham, peppers and Swiss cheese

AVOCADO **19⁷⁵**
Avocado and bacon



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. Coffee or tea included.

BACON CHEDDAR SAUSAGE & "CHURROS STYLE" BITES **20²⁵**
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" **19⁹⁵**
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 **19⁹⁵**
English muffin with poached egg topped with bacon, avocado and Hollandaise sauce served with a banana and hazelnut chocolate crepe



MAPLE HAM BENEDICT



BACON BENEDICT & "GOURMANDISE"

Old-fashioned Skillets

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

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 20⁴⁵
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 19⁹⁵
Bacon, avocado, tomatoes, peppers, red onions 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

THREE MEAT 19⁷⁵
Bacon, ham, sausages, red onions and a mix of Monterey Jack & cheddar cheeses

MAPLE HAM & CHEESE CURDS 20⁹⁵
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

Coffee or tea included.

New
STACK OF 5 PANCAKES WITH FRUITS 18⁴⁵
Pancakes topped with strawberries, bananas and blueberries, served with pure maple syrup

CRISPY FRENCH TOAST & CARAMELIZED APPLES 18⁴⁵
Crispy French toasts (2), caramelized apples, almonds, caramel and vanilla yogurt

MAPLE HAM & CHEDDAR CREPE 19⁷⁵
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 18⁴⁵
BANANA & STRAWBERRY WITH ENGLISH CREAM & HAZELNUT CHOCOLATE 18⁴⁵



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

Coffee or tea included.

OLD-FASHIONED OATMEAL  **11⁷⁵**
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  **18²⁵**
2 poached eggs, fresh fruit, 12-grain bread and a choice of vanilla yogurt or cheese: cottage, mascarpone, Swiss or cheddar

SUPERFOOD DUO  **19⁴⁵**
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 **21⁷⁵**
Smoked salmon, red onions, capers, tomatoes and cream cheese. Served with our famous home fries and fresh fruit

DRAGON ENERGY SMOOTHIE



SUPERFOOD DUO

GOURMET TOAST

Served with 2 eggs any style and fresh fruit. Coffee or tea included.

New
MASCARPONE & CARAMELIZED APPLES  **19⁹⁵**
Mascarpone, caramelized apples and caramel on 12-grain bread

MASCARPONE & STRAWBERRY  **19⁹⁵**
Mascarpone, strawberries, granola, honey and mint on 12-grain bread

AVOCADO LOX **21⁷⁵**
Guacamole, smoked salmon, capers and red onions on 12-grain bread. Served with our famous home fries

AVOCADO, BACON & GOAT CHEESE **19⁷⁵**
Guacamole, bacon and goat cheese on 12-grain bread. Served with our famous home fries

AVOCADO AND B&F CHICKEN & PARMESAN SAUSAGE **20⁹⁵**
Guacamole, B&F exclusive chicken & parmesan sausages, peppers, red onions, portobello mushrooms and spinach on 12-grain bread. Served with our famous home fries

MASCARPONE & CARAMELIZED APPLES GOURMET TOAST

EXTRA...

MEATS:

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

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

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

CHEESES:

- Goat or Monterey Jack
- Cheddar or Swiss (2 slices)
- Mascarpone
- Cream cheese or Cottage

3⁷⁵
2⁷⁵
4²⁵
3⁹⁵

3-egg OMELETS

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

GOAT CHEESE  **18⁷⁵**
Goat cheese, spinach and portobello mushrooms

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

WESTERN **17⁹⁵**
Ham, peppers and caramelized onions

+ Add Swiss cheese: 2⁷⁵

MAPLE HAM & CHEESE CURDS **20²⁵**
Shredded maple ham, peppers, spinach and cheese curds



Breakfast classics

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

CLASSICS

- 2 eggs with one choice of: bacon, ham, sausages, cretons or baked beans **13⁷⁵**
- 2 eggs and shredded maple ham **16²⁵**
- 2 eggs and fresh fruit  **16⁹⁵**

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

BIG BEN **18⁷⁵**
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

Coffee or tea included*

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

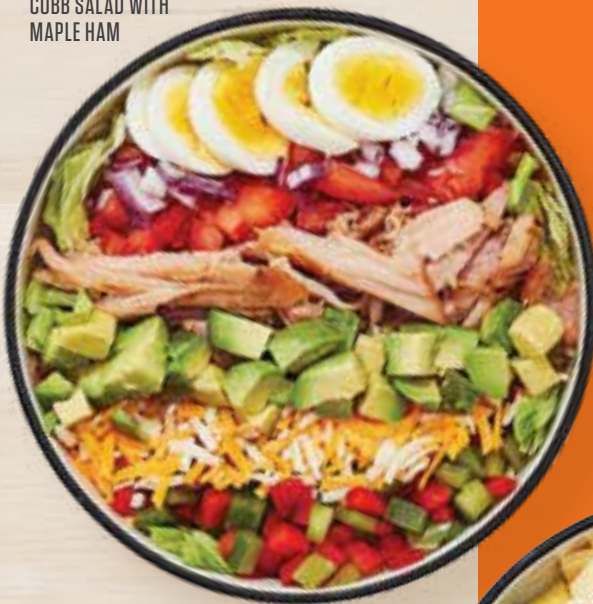
Rice and quinoa bowl topped with pieces of B&F exclusive chicken & parmesan sausage, tomatoes, avocado, peppers, red onions, portobello mushrooms, spinach, Swiss cheese and nut-free pesto mayonnaise

REPLACE
your rice and quinoa
with lettuce at no charge

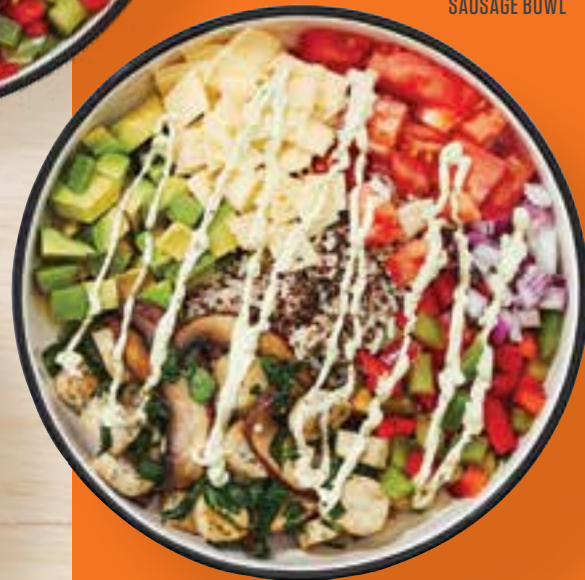
New COBB SALAD WITH MAPLE HAM 18⁹⁵

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



B&F CHICKEN &
PARMESAN
SAUSAGE BOWL



CRISPY CHICKEN
BOWL

*Replace your coffee
or tea with a soft drink

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

SANDWICHES and burgers

Coffee or tea included*

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 19⁹⁵

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 20²⁵

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



*Replace your coffee
or tea with a soft drink

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.

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, cretons 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 6:00 TO 8:30 A.M.
(except public holidays). Coffee or tea included.

BAGEL BLT ETC. **13⁴⁵**
Fried egg, bacon, lettuce and tomatoes. Served with our famous home fries

BACON BENEDICT **14²⁵**
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 **11⁴⁵**
of bacon, ham
or sausages
— 2 eggs with **14⁴⁵**
two choices of bacon,
ham or sausages

WESTERN OMELET **12²⁵**
Ham, peppers and caramelized onions. Served with our famous home fries, applesauce and toast.

+ Add Swiss cheese : : **2⁷⁵**

GRILLED CHEESE WITH HAM **10²⁵**
12-grain bread, ham and sliced cheddar. Served with our famous home fries

BACON
BENEDICT

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

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



Suggested servings. Taxes extra. Coffee or 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., 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.

