

# PAUL

depuis 1889

## Petit Déjeuner & Brunch Menu





## PAUL, bakers at heart

In 1889, when my great-great grandparents opened their first bakery, they would never have imagined that one day their passion for bread would take us so far away from France... and that you would welcome us so warmly to Canada!

With more than 130 years of history, we are truly happy to continue sharing our most important values with you, those which have been passed down through 5 generations of our family: love for bread, the French “art de vivre” and the constant monitoring of the quality of our products...

Wonderfully combining tradition and modernity, our chefs have created the best platters for you: generous salads topped with the best ingredients, traditional dishes with a creative twist, and your favourite mouth-watering “pâtisseries”...

You will also find some favourite local dishes using local ingredients, but each dish has been given a small French touch.

Sit down, relax, and let your savoury journey to France begin here.

**Bienvenue chez PAUL et... bon appétit !**

**Maxime HOLDER**  
Chairman  
PAUL



## Eat well, well-being

Because we have been feeding people since 1889, we know that, at any age, pleasure must be associated with well-being.

In this respect, PAUL offers you a range that is both nutritionally balanced and full of taste. A range that has been conceived so that we can offer you something for every occasion.

At breakfast, lunch or dinner, taste our high-quality products all made especially for you by our teams, ensuring authenticity, emphasizing the natural ingredients whilst being attentive to the need for a balanced diet.

We hope that you will enjoy this new range as much as we have enjoyed bringing it all together for you.



VEGAN



WELL-BEING RANGE



VEGETARIAN - No meat, no fish, but may contain eggs or dairy products.

ALLERGENS - For any dietary restrictions or allergies, please ask our team.

\*Prices do not include any applicable taxes.

\*An 18% service charge is added for parties of 6 or more.

# Breakfast

Le petit déjeuner



## FRUITS & CÉRÉALES

<b>Orange &amp; passion fruit</b>	<b>8.25</b>
Greek yogurt, passion fruit purée, granola, orange segments.	
<b>Red fruit bircher</b>	<b>10.25</b>
Greek yogurt, apple, rolled oats, mixed grains & seeds, cherry compote, strawberry, raspberry, blueberry.	
<b>Muesli chocolat framboise</b>	<b>10.00</b>
Greek yogurt muesli, chia seed, rolled oat, chocolate mousse, hazelnut, raspberry coulis, fresh raspberries.	
<b>Fresh fruit salad</b>	<b>8.25</b>
Seasonal fresh local fruit with mint syrup.	



Muesli chocolat framboise

## PETIT DÉJEUNER

<b>Le Parisien</b>	<b>19.50</b>
Medium hot beverage, 1 viennoiserie, ½ baguette with butter, jam.	

<b>Le Continental</b>	<b>22.50</b>
Medium hot beverage, fresh orange juice, 1 viennoiserie, ½ baguette with butter, jam.	

<b>Le Complet</b>	<b>28.50</b>
Medium hot beverage, fresh orange juice, 1 viennoiserie, ½ baguette with butter, jam, plain omelette.	



Le complet

## PAIN PERDU

<b>Pain perdu aux fruits rouges</b>	<b>19.75</b>
French toast served with fresh berries, honey, powdered sugar.	

Add-on:  
Vanilla ice cream +3.50

<b>Pain perdu au maple syrup</b>	<b>14.75</b>
French toast served with maple syrup, honey, powdered sugar.	

<b>Banana Foster pain perdu</b>	<b>18.75</b>
French toast with Belgian chocolate sauce, caramelized banana, powdered sugar.	

## CRÊPES SUCRÉES

<b>Crêpe au chocolat &amp; chantilly</b>	<b>18.50</b>
Crepe with Belgian chocolate sauce, banana, sweet whipped cream, powdered sugar.	

<b>Crêpe aux fruits rouges</b>	<b>18.50</b>
Crepe, fresh berries, mascarpone cream, Canadian maple syrup, powdered sugar.	

## PETIT PLUS

<b>Cream cheese</b>	<b>3.00</b>
<b>Goat cheese</b>	<b>3.00</b>
<b>Swiss cheese</b>	<b>3.00</b>
<b>Maple syrup</b>	<b>2.00</b>



Crêpe au chocolat & chantilly

# Breakfast savoury

Les plats du petit déjeuner



## CHEF'S SPECIALS

### Gaufre de Liège 23.50

Liege waffle, berry compote, apple compote, apple crumble, waffle syrup, berries, mascarpone cream, dehydrated orange and orange sugar powder, fresh mint.

Add on:  
Ice cream +3.50  
In-house made Chocolate sauce +4.00

### Gaufre de Liège au poulet épicé 27.50

Liege waffle, crumbed chicken, arugula, candied walnut, pickled onion, maple syrup, tabasco, sriracha mayonnaise, honey mustard mayonnaise, cheddar & smoked paprika dust.

### Côte de bœuf coupée en dés pour petit-déjeuner 27.50

Diced prime rib, breakfast hash potato, pepper, tomato salsa, basil, pickled jalapeno, house made chicken gravy, poached egg, Hollandaise sauce, smoked paprika & cheddar dust with fresh herb mix.

Add on: Gravy +6.00

### Hachis végétarien pour petit-déjeuner 25.50

Breakfast hash potato, pepper, tomato salsa, basil, pickled jalapeno with wild mushroom mix, spinach, house made tomato sauce, poached egg, Hollandaise sauce, smoked paprika & cheddar dust with fresh herb mix.

Add on: Avocado +4.00

### Triple grain aux herbes, betterave et légumes de saison 22.00

Farro, barley, quinoa, extra virgin olive oil, fresh herbs, seasonal vegetables with beet gel, beet crema, whipped Ricotta cheese, crumbled Feta cheese, crostini.

## CRÊPES SALÉES

### Crêpe aux champignons & aux épinards 23.50

Crepe, sautéed mushroom, spinach, emmental cheese, served with Provençal tomato.

### Crêpe complète 23.50

Crepe with Paris ham, emmental cheese, topped with a fried egg, served with Provençal tomato.

## SÉLECTION DES OEUFS

### Omelette classique 24.50

A four egg omelette with a side of crispy potatoes, which includes your choice of three fillings:

smoked salmon, bacon, ham, onion, tomato, spinach, mushroom, peppers, ricotta cheese, feta cheese, goat cheese, mozzarella cheese, chorizo sausage.

Each additional filling: \$2.50

Butter croissant: \$3.90

### Croissant oeuf brouillé 24.50

A four egg scramble which includes your choice of three fillings:

smoked salmon, bacon, ham, onion, tomato, spinach, mushroom, peppers, ricotta cheese, feta cheese, goat cheese, mozzarella cheese, chorizo sausage.

Each additional filling: \$2.50

### Oeuf Au Four 20.00

Baguette, baked egg, beans, tomato sauce, onion, carrots, celery, mozzarella, basil.

Add on: Chorizo sausage \$3.50

## PETIT PLUS

Side Salad 6.50

Crispy potatoes 8.00

Avocado 4.00

Egg - poached/fried/scrambled 4.00

Bacon 6.00

## OEUF BÉNÉDICTE

### Oeufs au saumon 24.50

Sautéed spinach, pickled fennel, smoked salmon, poached eggs, Hollandaise sauce on brioche bread with dill oil.

### Oeufs au bacon 24.50

Brioche bread, bacon, poached eggs, Hollandaise sauce, ricotta cheese, spicy mayonnaise.

### Oeufs aux crevettes 23.00

Tomato salsa, prawn emulsion, poached prawn, poached eggs, Hollandaise sauce on brioche bread.

### Oeufs au jambon 19.00

Tomato salsa, ham, poached eggs, Hollandaise sauce on brioche bread with furikake, black garlic mayonnaise.

### Oeufs aux champignons sauvages 21.00

Sautéed kale, wild mushroom, goat cheese, poached eggs, Hollandaise sauce on brioche bread with roasted hazelnuts.

### Oeufs à l'avocat 24.50

Sautéed kale, mashed avocado, cherry tomato, feta cheese, poached eggs, Hollandaise sauce on brioche bread with roasted pumpkin seeds.



Oeufs au bacon

# Lunch

Déjeuner

## PLATS PRINCIPAUX

<b>Croque madame à la truffe</b>	<b>22.50</b>
Whole wheat spelt sourdough, truffle mayonnaise, ham, Swiss cheese, bechamel sauce, Fried egg.	
<b>Club sandwich au poulet</b>	<b>23.50</b>
Grilled chicken breast, bacon, avocado, lettuce, tomato, mustard-mayonnaise, fries	
<b>BLTAR</b>	<b>19.00</b>
Brioche bread, bacon, lettuce, avocado, tomato, ricotta cheese, spicy mayonnaise.	
<b>Wonder garden</b>	<b>20.00</b>
<span style="color: green;">V</span> Pain de mie, avocado mousse, truffle mayonnaise, ricotta cheese, mint, cucumber, cherry tomato, 5 seeds, crispy quinoa, balsamic glaze, arugula, pickled fennel.	
<i>Add on: Egg +4.00</i>	
<b>Steak de faux-filet et frites</b>	<b>29.50</b>
12 oz ribeye steak, roasted vine Campari tomato, chimichurri sauce, fries.	
<i>Add on: Surf &amp; turf (prawns - 5pcs) +12.00</i>	



Club sandwich au poulet

## HAMBOURGEOIS

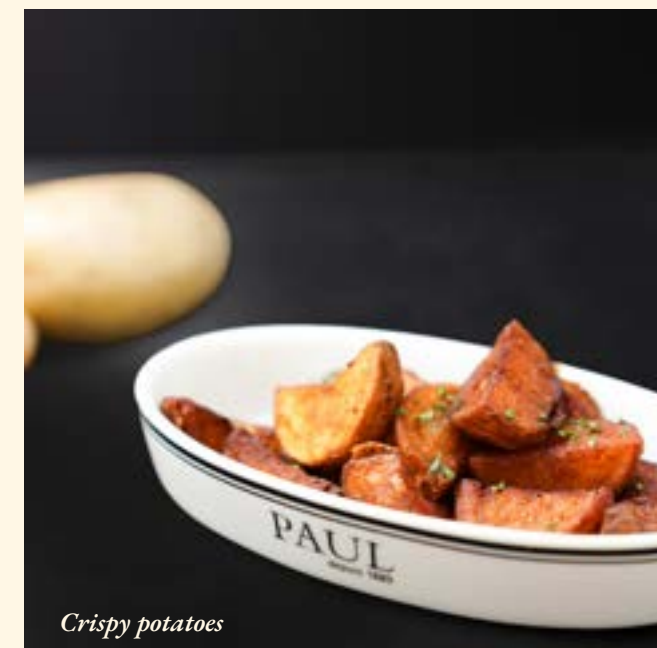
<b>Burger de poulet pané croustillant</b>	<b>23.00</b>
Crumbed chicken breast, coleslaw, cornichon, banana pepper, mustard and sriracha mayonnaise.	
<i>Add on: Fries +7.50</i>	
<b>Hambourgeois au bœuf</b>	<b>25.50</b>
House-made beef patty, lettuce, tomato, cornichon, Spanish onion, bacon, emmental cheese, mustard-mayonnaise, sriracha mayonnaise.	
<i>Add on: Crispy potatoes +8.00</i>	
<b>Burger de poisson pané croustillant</b>	<b>25.50</b>
Crumbed cod, lettuce, cucumber, tomato, onion, tartar sauce.	
<i>Add on: Truffle fries +11.00</i>	



Hambourgeois au bœuf

## PETIT PLUS

Side Salad	6.50
Crispy potatoes	8.00
Truffle fries	11.00
Fries	7.50
Avocado	4.00
Sautéed mushrooms	6.00
Bacon	6.00
Cream cheese	3.00
Goat cheese	3.00
Swiss cheese	3.00
Egg - poached/fried/scrambled	4.00
Freshly baked half baguette and jam	6.75
Two grilled toasts	4.00
Assorted jams and honey	4.00
Maple syrup	2.00
Chocolate sauce	2.50



Crispy potatoes

# Beverages

Les boissons

## CAFÉS

Double espresso	3.95
Espresso macchiato	4.10
Café viennois	5.10
Brewed coffee	4.50
Americano	4.60
Cappuccino	6.30
Latte	6.30
PAUL mocha	6.60
Café miel	6.60
Café medici	6.70

## CHOCOLATS CHAUDS

Chocaccino	8.50
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Our very own blend of PAUL hot chocolate with milk foam.



## THÉS

PAUL tea	6.30 (S) 7.00 (L)
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Served in PAUL traditional tea pot.  
Choose from chamomile, mint green tea, yunnan green tea, English breakfast, vanilla, red-fruits, lemon rooibos, darjeeling.

Matcha tea	6.50
Matcha latte	7.50
London fog	6.50
Chai tea latte	6.50



## JUS DE FRUITS

Jus frais pressé	8.50
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Freshly squeezed and unsweetened.  
Selection of flavours:

- Orange juice
- Carrot juice
- Apple juice
- Seasonal fruit juice



## BOISSONS GLACÉES

Noisette shake	8.50
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Hazelnut shake.

Macaron shake	9.50
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Affogato 6.50

Shakerato	8.50
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Double espresso milkshake with your choice of flavour.  
Choose from original, vanilla, caramel, hazelnut.

PAUL mix	8.50
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Strawberry, kiwi, mango purée.

Banane bleue	8.50
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Blueberry, banana, blueberry purée.

Victorian lemonade	6.00
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Large water	5.50
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Sparkling water	5.50
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Coca Cola	4.00
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Soda pop	4.00
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*Edmond-Charlemagne Mayot, his wife Victorine and their daughter Suzanne in front of their original bakery located in the city of Croix in the northern part of France*

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T&C's apply. Subject to availability. Presentation of actual dishes may differ from the pictures shown. All detailed information about non-packed food products, including the name of the manufacturer and the list of ingredients that cause allergies or intolerances is available at your request. Please be advised that food prepared in this premises may contain these ingredients: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish and shellfish. Certain menu items are made from non-dairy cream. Portion weights are raw weights.