

Our drinks

Organic Juices

Cranberry Pomegranate, Raspberry Lemonade, Orange Mango, Québec Apple Juice. \$ 5.25

Organic Kombuchas

Lemongrass green tea, Ginger, Hibiscus chai, Litchi Passion (Fous de l'île, made in Montreal, 355 ml). \$ 5.75

Regular Juices and other beverages

Orange or Grapefruit (glass). \$ 4.75
Bottled Juice (340 ml): Apple-Grape, Orange, Apple. \$ 4.75
Montelier Carbonated Mineral Water \$ 4.25
Milk. \$ 4.25
Milk or Soy milk \$ 4.75

Homegrown products



For a greener environment and out of a fellow-feeling for the small producers, it's with great pleasure that Bügel became partners with the Marché de proximité de Québec in 2008. This initiative, which supports agriculture and local shopping, allows us to offer our products at the market and include the tasty and majoritarily organic products of small producers on our menu.

Cassis et Mélisse: Our great Goat cheese.



Ferme VMT: Our eggs laid by free-range chicken.

Le Fumoir du Nord : Our smoked salmon made in a traditional smokehouse according to methods developed by the Aboriginal people of Québec.



Les Moulins de Soulange :High quality specialty flours milled with 100% local grains from Agriculture Raisonnée™, certified farming practices respecting the environment.



Les cuisines Fol-Atre: Our famous végété-pâté has people talking about it from Québec to Bordeaux! We have been Lina's clients since 1987 and it's a renewed pleasure to see her stop by with her large smile and delicious products.



Les Jardins Atsenti Auarata: All our herbal teas.

Miellerie Prince-Leclerc: Local honey we use to sweeten our bagels rather than cane sugar



Only Blue: Pesticides and fertilizer-free blueberries to make our delicious bagels and desserts



The fleur-de-lys next to products Partners these are local and Homegrown products.

Extras

- Peanut butter \$2.00
- Homemade jam, honey, maple syrup \$3.00
- Green peppers, mushrooms, jalapeños, onions \$3.25
- Tomatoes, asparagus, olives, \$3.25
- Brie. \$4.50
- Ham, végété-pâté, cream cheese, Swiss cheese, fruits. \$4.50
- Small salad. \$7.95
- Homemade yogurt from organic milk. \$5.50
- Smoked turkey breast, \$5.50
- Smoked salmon \$6.50

With breakfast, instead of coffee

Latte cup extra \$2.00 - bowl extra \$2.50
Cappuccino extra \$2.50
Hot Chocolate cup extra \$2.00 - bowl extra \$2.50
Café Viennois or Mocha cup extra \$2.50 - bowl extra \$3.00
Latte with Oat, Almond or Soy Milk cup extra \$2.50 - bowl extra \$3.00
Organic Juices extra \$2.25
Juices extra \$1.75
Hot milk extra \$1.75

All coffees can be refilled twice with filtered coffee.

- Filtered Coffee \$3.75
- Les Jardins Atsenti Auarata herbal Tea from Pont-Rouge Qc \$3.75
- Espresso from (short or long). \$4.25
- Double Espresso \$4.95
- Cappuccino \$4.95
- Latte cup \$4.95 - bowl \$6.00
- Café Viennois or Mocha cup \$5.50 - bowl \$6.50
- Hot Chocolate cup \$4.95 - bowl \$6.00
- Extra whipped cream \$2.50
- Chai Latte \$6.00
- Extra Oat, Almond or Soy Milk. \$1.00
- Extra honey from Québec \$1.50

Alcohol

- Bottle of wine (250 ml) \$8.75
- Boréale Beer (bottle 341 ml). \$6.95
- La Souche Microbrasserie Beer (500 ml) \$8.50

Bügel

An unexpected journey



Illustration Graphic Design: Christine Baby

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Our breakfasts

All our breakfasts are served with fresh fruits and a long espresso.*

Breakfast
is served between
8 AM and 2 PM
on weekdays and
between 8 AM and
3 PM on weekends
and holidays

Please help us maintain
reasonable prices by not
wasting food. Feel free to
inform our employees if you
don't like particular fruits or
vegetables. Thank you for
your understanding.

Veggie

Le Bügel's Grand Déjeuner



1 or 2 eggs served with a toasted
sesame seed bagel, Végé-pâté, tomatoes,
Swiss cheese, and homemade jam 1 egg \$16.50 • 2 eggs \$17.50

Veggie

Le Bügel's Petit Déjeuner



1 or 2 eggs served with a toasted sesame seed bagel,
homemade jam, and a choice of Végé-pâté
or Swiss cheese 1 egg \$14.75 • 2 eggs \$15.75

Veggie

Fraîche intro

(Maple Syrup, extra \$3.00)



Homemade plain organic Yogurt and Cereals served with a toasted
sesame seed bagel, and homemade jam \$16.25

Le Poussin

Bagel au gratin with ham, mushrooms,
herbs cream cheese, red onions, Swiss cheese,
topped with a sunny side up egg half \$16.50 • full \$19.95

Veggie

Le Poussin végétarien au chèvre



Bagel au gratin with végé-pâté, mushrooms,
herbs Quark goat cheese, red onions, Swiss cheese,
topped with a sunny side up egg half \$16.95• full \$20.50

Veggie

Le Bircher Muesli

(Maple Syrup, extra \$3.00)



Recipe highly inspired by the now closed restaurant
le Mille-Feuille's recipe. Ah, nostalgia! House blend of local organic oatmeal,
grated apple, honey and dates, served with homemade plain organic
yogurt, sesame seed bagel, and homemade jam \$16.25

Veggie

Le Sandwich presque western



Toasted bagel with végé-pâté or ham, over easy egg,
lettuce, tomatoes, Swiss cheese, and mayonnaise \$17.25

Kids' menu

(10 years old or under)

Veggie

Breakfast

1 egg or a bowl of EnviroKidz cereals, served with half a toasted
sesame seed bagel, cream cheese, homemade jam,
sliced fruits and bottled fruit juice \$11.50

Le 2 fromages au gratin

Half a bagel 2 fromages (au gratin with herbs and
spices cream cheese, Swiss cheese, and ham) served
with crudités of the moment or fresh fruits, a small fruit
juice of your choice and a brownie for dessert \$12.50

*You can substitute the coffee for an orange juice for an extra \$1.00. For other possible switch
see the extras section at the back of the menu.

*You can substitute fruits for a small salad with a breakfast for 2.50\$

Our bagel snacks

On a sesame or poppy seed bagel. Choose another variety for \$0.50 more. For all bagel snacks,
the filtered coffee is \$1.25, espresso is \$2.50 extra.



Toasted bagel with butter. \$6.50



Toasted bagel with homemade jam. \$7.25

Toasted bagel with swiss or cream cheese \$7.75



Toasted bagel with Quark goat cheese \$8.50



Bagel au gratin with swiss cheese \$9.25



Toasted bagel with Végé-pâté or brie cheese \$9.25

Our bagel meals

(sandwiches)

All our sandwiches are on a sesame seed bagel and served with a side salad. Choose another
bagel variety for \$0.50 more.

Jambon fromage

Toasted bagel with ham, lettuce, cream cheese or swiss cheese \$16.50

Salami hongrois

Toasted bagel with lettuce, spicy hungarian salami, cream or swiss cheese . . \$16.50

Veggie

Tomates et fromage

Toasted bagel with lettuce, tomatoes, cream cheese or swiss cheese . . . \$15.00

Veggie

Végépâté



Toasted bagel with végé-pâté, lettuce,
tomatoes, cream cheese or swiss cheese \$16.50



Saumon fumé

Toasted bagel with cream cheese, smoked salmon from Fumoir du Nord,
red onions, capers, extra virgin olive oil, lettuce and lemon juice \$19.95

Dinde fumée

Toasted bagel with smoked turkey breast,
curry mayonnaise, tomatoes and lettuce. \$17.50

Smoked Meat

Toasted bagel with smoked meat and pickles \$18.50

Our salad

Greek salad

Mesclun greens, curly lettuce, tomatoes, cucumbers, red onion, feta cheese
cheese, Kalamata olives, napped with olive oil and
lemon juice, served with a toasted sesame seed bagel. . . half \$13.50 • full \$17.75

Vegan salad

Mesclun, cucumbers, red cabbage, tomatoes, pecans, kalamata olives,
red onion, grated carrots, all drizzled balsamic
vinaigrette, served with a scoop of veggie pâté. . . . half \$13.50 • full \$17.75

Our soups

Soupe du jour. small \$6.25 • large \$7.95

Gazpacho small \$6.95 • large \$8.50

Meal soup (served with a small salad and a toasted sesame seed bagel) add \$8.00

Our bagels au gratin

All our gratins come on a sesame seed bagel with a side salad.
Choose another bagel variety for \$0.50 more.

Le 2 fromages

Bagel au gratin with ham, herbs and spices
cream cheese, swiss cheese and mozzarellahalf \$15.25 • full \$18.50

Le Croque

Bagel au gratin with ham, asparagus,
tomatoes, swiss cheese and mozzarella half \$15.25 • full \$18.50

Veggie

Le Provençal

Bagel au gratin with tomatoes, pesto,
brie cheese and mozzarella half \$15.25 • full \$18.50

Veggie

Le Végé



Bagel au gratin with vegetable spread, tomatoes,
green peppers, onions, mushrooms, green
olives, swiss cheese and mozzarellahalf \$15.25 • full \$18.50

Veggie

Delicious Nikos, Greek style

Bagel au gratin with tomatoes, green peppers,
onions, Feta cheese, jalapeños kalamata olives,
mozzarella, origanohalf \$15.25 • full \$18.50

Veggie

Le Sarza

Bagel au gratin with homemade spicy
tomato sauce, green peppers, tomatoes, mushrooms,
swiss cheese, mozzarella and choice of kalamata
olives, anchovies or jalapeños half \$15.25 • full \$18.50

Le Sarza plus

Bagel au gratin with homemade spicy tomato sauce, spicy hungarian salami,
ham, tomatoes, green peppers,
mushrooms, swiss cheese, mozzarella and choice of
kalamata olives, anchovies or jalapeños half \$15.75 • full \$19.95

Veggie

Le Chèvre chaud



Bagel au gratin with black olives tapenade,
tomatoes, goat cheese, grenn onions,
almonds and mozzarella. half \$15.75 • full \$19.95

Le Brie fondant

Bagel au gratin with slices of apple, honey,
Dijon mustard, brie, pecans and mozzarellahalf \$15.75 • full \$19.95

Veggie

Le Saumon pesto



Bagel au gratin with pesto, smoked salmon from
Fumoir du Nord, red onions, capers, swiss
cheese and mozzarella. half \$17.25 • full \$21.95

Veggie



Le Sauvagine

Bagel au gratin with, Homemade Caramelized Onion Confit,
Végé-Pâté, dried cranberries, pecans, Dijon mustard,
Sauvagine cheese and mozzarella half \$17.25 • full \$21.95

Our desserts

Enjoy our delicious homemade desserts

Homemade cakes and pies (slice) \$7.25

Homemade brownies \$4.60