

Crêpe Recipes

Traditional

For the traditionalist, the classic crepe made with white flour

Buckwheat

Healthier crepe made with buckwheat flour, chives, and no butter. High in fiber

Gluten Free

Made with gluten free all purpose flour

Sweet Vanilla

Our classic traditional crepe with added sugar and a hint of vanilla

Breakfast Crêpes

\$5

2 **Sage Breakfast Sausage**
Sage Breakfast Sausage, Tomatoes, Avocado, Maple Syrup, Egg Whites

1 **Smoked Salmon**
Smoked Salmon, Egg Whites, Fat-Free Cream Cheese, Red Onion

3 **Bacon & Egg**
Bacon, Eggs, Potatoes, Cheddar Cheese

3 **Strawberry Nutella**
Nutella, Bananas, Granola, Strawberry

3 **Blueberry Raspberry**
Blueberry, Raspberry, Vanilla Yogurt, Granola

3 **Ham, Egg and Cheese**
Ham, Eggs, and Cheddar Cheese

• Turkey Bacon is available

Mini Crepe Platters

Half Platter: 12 Mini Crepes 39.99

Full Platter: 24 Mini Crepes 69.99

Savory Crêpes

\$8

2 **Chicken Artichoke**
Chicken, Artichoke, Sun-Dried Tomatoes, Tarragon, Parnesan Cheese

2 **Peppered Beef**
Lean Beef, Roasted Roma Tomatoes, Basil, Mozzarella

1 **Louisiana Shrimp**
Louisiana Shrimp, Pineapple, Spring Mix, Ginger, Mint, Sesame Seed, Soy

1 **Smoked Turkey**
Smoked Turkey, Caramelized Onion, Broccoli, Cheddar

2 **Louisiana Crawfish**
Louisiana Crawfish, Yellow Corn, Roasted Red Bell Pepper, Jack Cheese, Cilantro

1 **Savory Salmon**
Fresh Salmon, Asparagus, Fennel, Light Sour Cream, Lemon, Capers, Horseradish

2 **Hawaiian Ham**
Ham, Pineapple and Cheddar Cheese

3 **Buffalo Chicken**
Chicken, Romaine, Buffalo Sauce and Blue Cheese

3 **Shrimp Alfredo**
Shrimp, Spinach, Alfredo Sauce, and Mozzarella Cheese

\$6

1 **Tofu Almond**
Tofu, Arugula, Apricot-Barbeque Sauce, Almonds, Raisins

2 **Grilled Portabella***
Grilled Portobella Mushrooms, Spinach, Garlic, Feta Cheese

1 **Southwest Black Bean***
Black Beans, Pineapple, Cilantro, Lime, Garlic, Shallots

* Add Chicken for \$2

Soup and Salads

\$9

3 **Grilled Chicken BLT**
Chicken, Bacon, Tomatoes, Romaine, Cheddar Cheese and Honey Mustard Dressing

3 **Tuna**
Tuna, Mixed Greens, Carrots, Peas, Cucumber, Pecans, Sweet Soy Vinaigrette

2 **Fruit**
Melon, Strawberry, Kiwi, Almonds, Spinach, Light Raspberry Walnut dressing

2 **Tofu Artichoke**
Arugula, Basil Pesto Tofu, Cherry Tomatoes, Grilled Onions, Parmesan

1 **Chicken Noodle Soup (\$2.50)**
Made with Chicken and Whole Wheat Noodles

Dessert Crêpes

\$6

1 **Raspberry Pistachio**
Raspberry, Pistachios, Goat Cheese

1 **Strawberry Rhubarb**
Strawberry, Rhubarb, Almonds, Light Sour Cream

2 **The Louisiana Banana**
Banana, Pralines, Pecans

2 **Grilled Apple Sweet Potato**
Grilled Apple, Sweet Potato, Walnuts, Cinnamon

2 **Banana Nutella**
Nutella, Banana

3 **Blueberry Nutella**
Nutella, Peanut Butter, Blueberries

Parfaits

\$4

2 **Fruit Parfait**
Granola with Blueberries, Strawberries & Vanilla Yogurt

2 **Banana Nutella Parfait**
Banana, Nutella and Vanilla Yogurt