



Ben
& Florentine®

Surprise yourself!



Smoothies

- New

BERRIES & PEACH

6⁴⁵

Blueberries, raspberries, peaches, vanilla yogurt and Heritage 77 juice (apple, raspberry & strawberry)
- RUBY RED**

6⁴⁵
- Raspberries, strawberries, vanilla yogurt and cranberry juice
- HEALTHY GREEN**

6⁴⁵
- Spinach, apples, mangoes, vanilla yogurt, chia seeds and pineapple juice
- ALOHA**

6⁴⁵
- Mangoes, peaches, vanilla yogurt and pineapple juice
- "FRAISINETTE"**

6⁴⁵
- Strawberries, bananas, mangoes, vanilla yogurt and pineapple juice
- POWER PROTEIN**

8⁹⁵
- Blueberries, raspberries, vanilla yogurt, chocolate protein and oat beverage
- ACAI & CO**

7⁴⁵
- A mix of lyophilized acais, mangoes, blueberries & raspberries, cane sugar, cranberry juice and oat beverage
- MATCHA & COCO**

7⁴⁵
- Matcha and coconut beverage
- UBE COCO**

7⁴⁵
- A mix of ube, cinnamon, vanilla, coconut and oat beverage
- DRAGON ENERGY**

7⁴⁵
- A mix of lyophilized dragon fruit, pineapple & raspberries, oat beverage and cranberry juice

ADD
PROTEIN
+ 2⁷⁵



ALOHA
SMOOTHIE

UBE COCO
SMOOTHIE

New
BERRIES & PEACH
SMOOTHIE

RUBY RED
SMOOTHIE



PLANT-BASED BEVERAGES
Replace the yogurt in your smoothie with almond or oat beverage. Available at participating restaurants.



COTTAGE CHEESE
Replace the yogurt in your smoothie with cottage cheese for extra protein and an even creamier texture
0⁷⁵

Hot BEVERAGES

- WHITE HOT CHOCOLATE WITH UBE**

6²⁵
- A mix of white chocolate, ube, cinnamon, vanilla, coconut and oat beverage, hot milk and whipped cream
- DELUXE HOT CHOCOLATE**

3⁹⁵
- Served with whipped cream and wafer cookies
- S'MORES HOT CHOCOLATE**

4⁴⁵
- Served with marshmallows, whipped cream, hazelnut chocolate, cinnamon and wafer cookies
- MATCHA & COCO LATTE**

6²⁵
- Matcha and coconut beverage

Cold COFFEE

- New

PROTEIN ICED COFFEE

6⁷⁵

CHOCOLATE OR VANILLA
Espresso, protein and oat beverage
- ICED COFFEE**

4⁷⁵
- Espresso, milk, vanilla syrup and cinnamon
- B&F FRAPPÉ**

6²⁵
- Espresso, vanilla syrup, whipped cream and caramel drizzle

B&F FRAPPÉ

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

APPLE & CINNAMON LATTE

Latte coffee, apple syrup, cinnamon

CUP 5²⁵ / BOWL 6⁴⁵

Cold BEVERAGES

- STRAWBERRY & LYCHEE FIZZ**

6²⁵
- Sparkling drink with lyophilized strawberries, lychee syrup and lemon juice
- MANGO & PASSION FRUIT FIZZ**

6²⁵
- Sparkling drink with lyophilized mangoes, passion fruit syrup and lemon juice
- SPARKLING SANGRIA NON-ALCOHOLIC**

5⁷⁵
- Mix of Heritage 77 juice (apple, raspberry & strawberry), orange juice, simple syrup, raspberries, blueberries and sparkling water
- FRESHLY SQUEEZED ORANGE JUICE**

7⁴⁵
- ORANGE JUICE BLEND**

4⁷⁵
- HERITAGE 77 JUICE (APPLE, RASPBERRY & STRAWBERRY)**

4⁷⁵
- APPLE, GRAPEFRUIT, PINEAPPLE OR CRANBERRY JUICE**

3⁷⁵
- SOFT DRINK MILK**

2⁹⁵
- CHOCOLATE MILK**

2⁷⁵
- CHOCOLATE MILK**

3²⁵



S'MORES HOT
CHOCOLATE

New
APPLE & CINNAMON LATTE



BANANA & CHOCOLATE
CREPE COMBO



"CHURROS STYLE"
BITES COMBO

Combos

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

New
RASPBERRY & WHITE CHOCOLATE PANCAKES 20²⁵
Sausages and bacon served with raspberry & white chocolate pancakes (2), topped with white chocolate chips and toasted almonds

"CHURROS STYLE" BITES 19⁹⁵
Bacon and sausages served with a bowl of "churros style" crispy French toast bites, sugar & cinnamon mix and hazelnut chocolate

"GOURMANDISE" 20²⁵
Bacon and sausages served with a chocolate chips half-waffle topped with toasted almonds, white chocolate chips and hazelnut chocolate

BANANA & CHOCOLATE CREPE 20²⁵
Bacon and sausages served with a banana and hazelnut chocolate crepe

New
RASPBERRY & WHITE CHOCOLATE PANCAKES COMBO

APPLE CREPE 20⁷⁵
Bacon and sausages served with a caramelized apple crepe, caramel and shredded cheese blend

CRISPY FRENCH TOAST 20⁷⁵
Bacon and sausages served with crispy French toast topped with bananas, strawberries and a choice of hazelnut chocolate or caramel

TEN ON TEN 20⁷⁵
Bacon, ham, sausage, cretons and baked beans with a choice of half-waffle, French toast, pancake or crepe

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!

 **FLORENTINE POTATOES**
Replace your home fries with Florentine potatoes: 3²⁵

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

Benedicts

with a side of
SWEET

The best of both worlds!

Served with our famous home fries and fresh fruit. Coffee or tea included.

New
PHILLY STEAK AND "CHURROS STYLE" BITES 20⁷⁵
English muffin with poached egg, seasoned Philly steak, portobello mushrooms, red onions, peppers, Swiss cheese and BBQ Hollandaise sauce, served with a bowl of "churros style" crispy French toast bites, sugar & cinnamon mix and hazelnut chocolate

BACON & "GOURMANDISE" 20²⁵
English muffin with poached egg, bacon and Hollandaise sauce, served with a chocolate chips half-waffle topped with toasted almonds, white chocolate chips and hazelnut chocolate

AVOCADO AND BANANA & CHOCOLATE CREPE 20²⁵
English muffin with poached egg, bacon, avocado and Hollandaise sauce served with a banana and hazelnut chocolate crepe

BENEDICT WITH A SIDE OF SWEET - AVOCADO AND BANANA & CHOCOLATE CREPE



New
PHILLY STEAK
BENEDICT

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.



SPICY HOLLANDAISE SAUCE
Try our sriracha Hollandaise sauce at no charge

New
PHILLY STEAK 21⁴⁵
Seasoned Philly steak, portobello mushrooms, red onions, peppers, Swiss cheese and BBQ Hollandaise sauce

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

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

AVOCADO 19⁹⁵
Avocado and bacon

FLORENTINE  19²⁵
Spinach and shredded cheese blend

LOX 22²⁵
Smoked salmon, caramelized onions and cream cheese



BAGEL
Replace your English muffin with a bagel: 0⁶⁰



LOX BENEDICT



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!

New

STEAK PHILLY 21²⁵
Seasoned Philly steak, portobello mushrooms, red onions, peppers, Swiss cheese and BBQ Hollandaise sauce

MAPLE SYRUP 20⁹⁵
Bacon, peppers, red onions and shredded cheese blend. 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 pesto Hollandaise sauce

BACON & AVOCADO 20⁴⁵
Bacon, avocado, tomatoes, peppers, red onions and shredded cheese blend

VEGETARIAN 18⁹⁵
Portobello mushrooms, red onions, tomatoes, Kalamata olives, peppers and shredded cheese blend

THREE MEAT 20²⁵
Bacon, ham, sausages, red onions and shredded cheese blend

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

B&F CHICKEN & PARMESAN SAUSAGE SKILLET

SHREDDED MAPLE HAM & CHEESE CURDS SKILLET

CUSTOMIZE YOUR MEAL



EGG
Add a second egg to your skillet: 1⁴⁵



SAUCE
Add sauce:
- Hollandaise: 1⁷⁵
- Sriracha Hollandaise: 1⁷⁵
- BBQ Hollandaise: 1⁹⁵
- Pesto Hollandaise: 1⁹⁵
- Pure maple syrup Hollandaise: 3²⁵



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



New

STACK OF 5 RASPBERRY & WHITE CHOCOLATE PANCAKES



MATCHA & COCO SMOOTHIE



APPLE & CHEESE CREPE

NEVER TOO MUCH SYRUP
Add maple syrup + 2⁴⁵

CREPES, PANCAKES & waffles French toasts

Coffee or tea included.

New

STACK OF 5 RASPBERRY & WHITE CHOCOLATE PANCAKES 18⁹⁵
Raspberry & white chocolate pancakes topped with strawberries, blueberries, white chocolate chips and toasted almonds, served with pure maple syrup

STACK OF 5 PANCAKES WITH FRUITS 18⁷⁵
Pancakes topped with strawberries, bananas and blueberries, served with pure maple syrup

CRISPY FRENCH TOAST & CARAMELIZED APPLES 18⁷⁵
Crispy French toasts (2), caramelized apples, toasted almonds, caramel and vanilla yogurt

SHREDDED MAPLE HAM & CHEESE CREPE 19⁹⁵
Crepe filled with shredded maple ham, spinach and shredded cheese blend. Served with Hollandaise sauce, our famous home fries and fresh fruit

APPLE & CHEESE CREPE 19²⁵
Crepe filled with caramelized apples, shredded cheese blend, toasted almonds, caramel and vanilla yogurt

BANANA & STRAWBERRY WITH HAZELNUT CHOCOLATE & ENGLISH CREAM 18⁷⁵
Choose 1 base from the following options:
- 1 waffle
- 1 crepe
- 2 French toasts
- 3 pancakes

HAZELNUT CHOCOLATE OR CARAMEL
Make it even more indulgent! Add a side of hazelnut chocolate or caramel: 2²⁵

CRISPY FRENCH TOAST
Get a crispy version of your French toast: 1⁵⁰

BUCKWHEAT FLOUR
All our crepes can be prepared with buckwheat flour

"FRAISINETTE" SMOOTHIE



Florentine's choices

Coffee or tea included.

OLD-FASHIONED OATMEAL  **11⁹⁵**
Choice of strawberries and bananas or caramelized apples and toasted almonds. Served with brown sugar, cream and toast

HIGH PROTEIN OATMEAL !
Add protein: 2⁷⁵

HEALTHY DELIGHT  **18⁷⁵**
2 poached eggs, fresh fruit, 12-grain bread and a choice of vanilla yogurt or cheese: cottage, mascarpone, Swiss or cheddar

MASCARPONE & CARAMELIZED
APPLE GOURMET TOAST

AVOCADO AND B&F
CHICKEN & PARMESAN
SAUSAGE GOURMET TOAST

SUPERFOOD DUO  **19⁷⁵**
Smoothie bowl with protein and bananas: choice of Matcha & coco or Ube coco smoothie, blueberries, chia seeds, pumpkin seeds and 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 lemon, our famous home fries and fresh fruit



SUPERFOOD DUO

GOURMET TOAST

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

MASCARPONE & CARAMELIZED APPLE  **20²⁵**
Mascarpone, caramelized apples, toasted almonds and caramel on 12-grain bread

MASCARPONE & STRAWBERRY  **20²⁵**
Mascarpone, strawberries, granola, honey and mint on 12-grain bread

AVOCADO LOX **22²⁵**
Guacamole, smoked salmon, capers and red onions on 12-grain bread. Served with lemon and our famous home fries

AVOCADO, BACON & GOAT CHEESE **19⁹⁵**
Guacamole, bacon and goat cheese on 12-grain bread. Served with lemon and our famous home fries

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



ADD
AN EGG
+ 1⁴⁵

3-egg OMELETS

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

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

BUTCHER'S CHOICE **20⁴⁵**
Bacon, ham, sausages and shredded cheese blend

VEGETARIAN  **18⁴⁵**
Portobello mushrooms, red onions, tomatoes, Kalamata olives, peppers and shredded cheese blend

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

+ Add Swiss cheese: 2⁷⁵

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

FLORENTINE POTATOES



EXTRA...

MEATS:

- Bacon, Sausages or Ham
- Seasoned Philly steak
- Shredded maple ham
- B&F exclusive chicken & parmesan sausages
- Cretons

BAKED BEANS **2⁹⁵**
FLORENTINE POTATOES **5⁹⁵**
Hollandaise sauce, bacon and cheese **4⁷⁵**
PURE MAPLE SYRUP **5⁹⁵**
ENGLISH CREAM **2²⁵**

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

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

BOWLS and SALADS

Coffee or tea included*

New
PHILLY STEAK BOWL 20⁷⁵
Rice and quinoa bowl topped with seasoned Philly steak, tomatoes, avocado, peppers, red onions, portobello mushrooms, shredded cheese blend and Southwest sauce

BREAKFAST BOWL 20⁷⁵
Rice and quinoa bowl topped with bacon, sausages, ham, scrambled egg, tomatoes, avocado, peppers, red onions, shredded cheese blend and Southwest sauce

B&F CHICKEN & PARMESAN SAUSAGE BOWL 20⁴⁵
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 pesto mayo

CRISPY OR GRILLED CHICKEN BOWL 20⁷⁵
Rice and quinoa bowl topped with crispy or grilled chicken, tomatoes, avocado, peppers, red onions, shredded cheese blend and ranch sauce

COBB SALAD WITH MAPLE HAM 19⁴⁵
Lettuce, tomatoes, bacon, hard-boiled egg, shredded maple ham, avocado, red onions, peppers, shredded cheese blend and ranch sauce

 **REPLACE**
your rice and quinoa with lettuce at no charge

New
PHILLY STEAK BOWL

CRISPY CHICKEN BOWL



POUTINE

With our famous home fries or seasoned fries

BEN & FLORENTINE POUTINE 18⁹⁵
Egg any style, bacon, ham, sausages, cheese curds and Hollandaise sauce



COBB SALAD WITH MAPLE HAM

*Replace your coffee or tea with a soft drink

SANDWICHES and burgers

Coffee or tea included*

New
BREAKFAST MUFFIN 18⁷⁵
Fried egg in a toasted English muffin with bacon and ham, sliced cheddar and Southwest sauce. Served with our famous home fries and fresh fruit

New
PHILLY STEAK SANDWICH 20⁹⁵
12-grain bread, seasoned Philly steak, portobello mushrooms, red onions, peppers, lettuce, shredded cheese blend and Southwest sauce. Served with seasoned fries and Southwest sauce

BREAKFAST CLUB 19²⁵
Fried eggs, bacon, sliced cheddar, lettuce and tomatoes. Served with our famous home fries and fresh fruit

CLUB SANDWICH WITH CHICKEN 20⁷⁵
Grilled chicken, bacon, avocado, lettuce and tomatoes. Served with our famous home fries and fresh fruit

RANCH CHICKEN WRAP 20²⁵
Crispy or grilled chicken, bacon, tomatoes, peppers, lettuce, shredded cheese blend and ranch sauce in a whole wheat tortilla. Served with house salad, seasoned fries and Southwest sauce

CHICKEN & AVOCADO WRAP 19²⁵
Grilled chicken, avocado, peppers, caramelized onions, lettuce and shredded cheese blend in a whole wheat tortilla. Served with house salad, seasoned fries and Southwest sauce

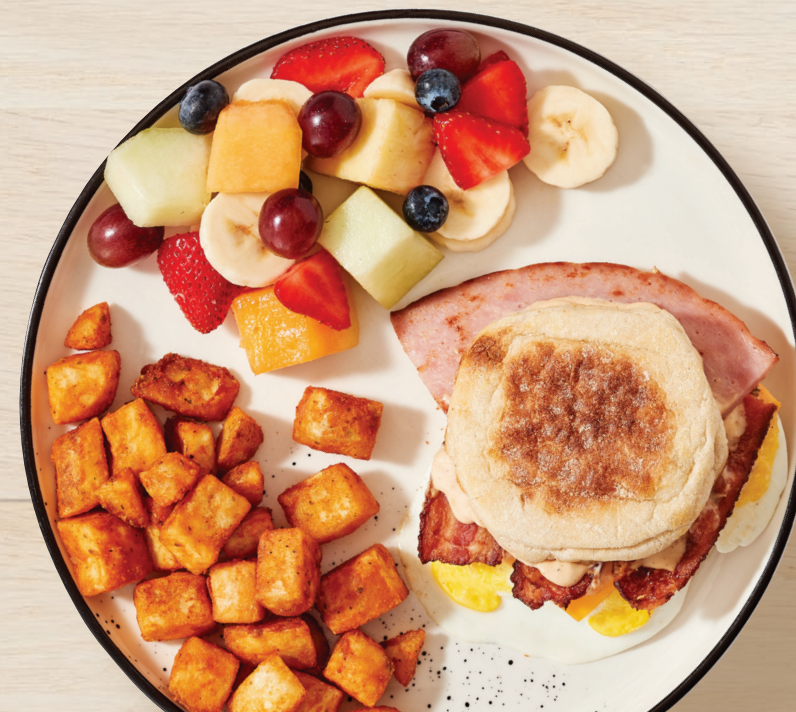
B&F CHICKEN & PARMESAN SAUSAGE WRAP 20⁷⁵
B&F exclusive chicken & parmesan sausage, spinach, peppers, red onions, portobello mushrooms, pesto mayo and shredded cheese blend in a whole wheat tortilla. Served with house salad, seasoned fries and Southwest sauce

GRILLED VEGETABLES & GOAT CHEESE WRAP 18²⁵
Goat cheese, portobello mushrooms, Kalamata olives, peppers, red onions and lettuce in a whole wheat tortilla. Served with house salad, seasoned fries and Southwest sauce

HEALTHY WRAP 18⁹⁵
Scrambled eggs, avocado, red onions, lettuce, tomatoes and shredded cheese blend in a whole wheat tortilla. **Served with fresh fruit and vanilla yogurt**

DELUXE CHEESEBURGER 20⁴⁵
Beef patty, bacon, lettuce, tomatoes, red onions, pickles and sliced cheddar, topped with one egg any style. Served with seasoned fries and Southwest sauce

 **OUR HOUSE SALAD**
is a delicious blend of crisp red and green lettuce, peppers, tomatoes, red onions, pumpkin seeds and ranch sauce.



New
BREAKFAST MUFFIN

*Replace your coffee or tea with a soft drink

Breakfast classics

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

CLASSICS

- 2 eggs and one choice of: **13⁹⁵**
bacon, ham, sausages, cretons
or baked beans
- 2 eggs and 2 different
choices of: bacon, ham,
sausages, cretons or baked beans **18²⁵**
- 2 eggs and shredded **16²⁵**
maple ham
- 2 eggs and fresh fruit  **17²⁵**

THE AUTHENTIC

2 eggs, bacon, cretons,
baked beans, tomatoes and
cheddar cheese **18²⁵**

BIG BEN

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



TOMATO SLICES

Replace your potatoes
with tomato slices at
no charge



COUNTRY BREAD

Replace your toast with
country bread: 0⁶⁰



Good morning

MONDAY TO FRIDAY FROM 6:00 TO 8:30 A.M. (except public holidays)
Coffee or tea included.

New

BREAKFAST MUFFIN **12²⁵**

Fried egg in a toasted English
muffin with a choice of bacon,
ham or open sausage, sliced
cheddar and Southwest sauce.
Served with our famous
home fries

BAGEL BLT ETC. **13⁷⁵**

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

WESTERN OMELET **12⁴⁵**

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

+ Add Swiss cheese: 2⁷⁵

TWO EGGS +

Served with our famous home
fries, applesauce and toast

— 2 eggs and a choice **11⁷⁵**
of: bacon, ham
or sausages

— 2 eggs and **14⁷⁵**
2 different choices of:
bacon, ham or sausages

GRILLED CHEESE WITH HAM **10⁴⁵**

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

MORNING OATMEAL **9⁴⁵**

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

BACON BENEDICT **14⁴⁵**

Poached egg (1), English
muffin, bacon and Hollandaise
sauce. Served with our famous
home fries and fresh fruit

New

RASPBERRY & WHITE CHOCOLATE PANCAKE COMBO **14⁷⁵**

2 eggs any style, sausage
and bacon, raspberry &
white chocolate pancake
topped with white
chocolate chips and
toasted almonds. Served
with our famous home
fries and applesauce



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 nuts, 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.

