

OUR PHILOSOPHY

Kitchen 73 takes great pride in offering a varied menu that supports local farms. We strive to use ingredients that are grown and harvested in Quebec, when seasonally available. We believe that our province is rich in fresh, naturally delicious produce. Embark on a culinary journey and discover the many flavours of Quebec through some of our signature dishes!

K73 contributes to local foundations, every year we will be donating \$0.73 per invoice to Quebec Foundations.

We would also like to take the opportunity to explain to our celiac clients, that our establishment is gluten-free friendly and not a gluten-free area. We do our best to make sure there is no cross contamination.

Thank you for your understanding.

EGGS

Our breakfast dishes are served with toast, potatoes, fruit and endless coffee. Our house potatoes are tossed in Parmesan, olive oil, garlic and green shallots. Add \$2.00 for our famous **MoZZa-potatoes**.

One egg served with toast, potatoes, fruit and coffee... \$5.73
Two eggs served with toast, potatoes, fruit and coffee... \$7.73

2 Eggs with Choices of: bacon, breakfast sausage, homemade Italian sausage, ham, pancakes, crepes, French toast, baked beans, cretons, 1 egg.

1 choice...	\$8.73	2 choices...	\$10.73	3 choices...	\$12.73
4 choices...	\$14.73	5 choices...	\$16.73	6 choices...	\$18.73

"La Crise Cardiaque" breakfast poutine with potatoes, bacon, mozzarella cheese topped with our creamy hollandaise sauce and choice of egg... \$11.73

K73 **"Le K73 BLT"** choice of toast with bacon, lettuce, tomatoes, egg and K73 sauce... \$13.73

"Le Mont-Blanc" a sesame seed bagel with 2 eggs, bacon and mozzarella... \$14.73

"Le Mont-Royal" 2 eggs, bacon, sausage and ham... \$12.73

"Le Saint-Sauveur" 2 eggs, bacon, sausage, ham and baked beans... \$14.73

"Le Burgo" homemade bun filled with egg, Italian sausage, bacon, ham, cheddar, lettuce and tomato served with avocado mayo... \$15.73

"Le Tremblant" 2 eggs, bacon, sausage, ham, pancake and baked beans... \$16.73

"Le Sutton" 2 eggs, bacon and a crepe filled with strawberries and Nutella... \$16.73

K73 **"Le St. Bruno"** 2 eggs, Italian sausage crepe filled with bananas and English cream... \$16.73

"Le Sainte-Anne" 2 eggs, bacon, sausage, ham, French toast and cretons... \$16.73

"Le Palazzo" homemade pizza topped with our creamy hollandaise sauce, smoked ham, crispy bacon, Italian sausage, mozza-cheddar cheese and your choice of egg... \$16.73

K73 **"Le Mt. Gabriel"** 2 eggs, bacon, sausage, ham, half waffle topped with Nutella and English cream... \$17.73

"Le Massif" 2 eggs and a 6 oz. Angus sirloin steak grilled to perfection over charcoal... \$17.73

K73 **"Monte Ferrero"** 2 eggs, bacon, ham, sausage and nutella panettone \$17.73

"L'Avalanche" 3 eggs, bacon, sausage, ham, crepes, French toast, baked beans and a 6 oz. Sirloin steak grilled to perfection over charcoal... \$23.73

Extra (each)

Toast	\$2.73
Meat, Cheese, Fruits	\$2.73
Crepe, pancake, French toast	\$3.73
½ Waffle, Berries	\$4.73
Replace potatoes with breakfast poutine	\$3.73

OMELETTES

All our omelette dishes are prepared with three extra-large eggs, served with toast, potatoes, fruit and endless coffee. Our house potatoes are tossed in Parmesan, olive oil, garlic and green shallots. Add \$2.00 for our famous **Moza-potatoes**.

“Le Tout Simplement Bon” plain...	\$9.73
“La Fromagerie” cheddar, mozzarella and Parmesan Padano...	\$12.73
“Le Centre de la Nature” cherry tomatoes, asparagus, peppers, onions, mushrooms and mozzarella...	\$12.73
“Le 440 Ouest” ham, sweet peppers, onions, cherry tomatoes and cheddar...	\$12.73
“Les Alpes” ham and Swiss cheese...	\$13.73
“La Dolce Vita” homemade Italian sausage, cherry tomatoes, Portobello mushrooms and bocconcini...	\$13.73
“Le Lavallois” spinach, asparagus, cheddar and mozzarella...	\$13.73
“Le Colossus” ham, bacon, homemade Italian sausage and cheddar...	\$14.73
“Le Saucisson” rapini, homemade Italian sausage and mozzarella...	\$14.73
^{K73} “Le Bello” spinach, Portobello mushrooms, fresh avocado and swiss cheese...	\$14.73
^{K73} “Le Montrealais” smoked meat, red onions and cheddar cheese...	\$14.73
“Le Rivière-des-Milles-Îles” onions, guacamole, smoked salmon and mozzarella...	\$15.73
“Le Bouffon” angus braised beef, Portobello mushrooms, truffle and mozzarella...	\$15.73
Extra	\$2.73
Egg whites	

EGGS BENEDICT

All our Eggs Benedict dishes come with two extra-large eggs, served with potatoes, fresh fruit and endless coffee. Our house potatoes are tossed in Parmesan, olive oil, garlic and green shallots. Add \$2.00 for our famous **Mozza-potatoes**. Our hollandaise sauce is prepared fresh every morning.

<p>“Le Bénédictein” 2 poached eggs on a toasted English muffin topped with ham and creamy hollandaise sauce...</p>	<p>\$13.73</p>
<p>“L’Olympien” 2 poached eggs on toasted homemade ciabatta bread topped with creamy hollandaise sauce; served with fresh sautéed spinach and asparagus...</p>	<p>\$14.73</p>
<p>“Le Boucher” 2 poached eggs on an English muffin topped with bacon, ham, cheddar cheese and hollandaise sauce...</p>	<p>\$14.73</p>
<p>“La Parmossa” 2 poached eggs on toasted homemade ciabatta bread topped with prosciutto, mozzarella and tomato sauce...</p>	<p>\$14.73</p>
<p>“Le Smokey” 2 poached eggs on toasted rye bread topped with smoked meat, cheddar and hollandaise sauce...</p>	<p>\$14.73</p>
<p><small>K73</small> “Le Carminuccio” oven-baked breakfast pasta gratinée, with Italian sausage, bacon, ham, hollandaise sauce, topped with an egg...</p>	<p>\$15.73</p>
<p><small>K73</small> “L’Avocat” 2 poached eggs with portobello mushrooms, rapini, fresh avocado and mozzarella served with rye bread and hollandaise sauce...</p>	<p>\$15.73</p>
<p>“Le Benedict 73” 2 poached eggs on toasted homemade ciabatta bread topped with cherry tomatoes, Italian homemade sausage and bocconcini and hollandaise sauce...</p>	<p>\$15.73</p>
<p><small>K73</small> “Le Porc-dictin” 2 poached eggs on a ciabatta bread topped with pulled-pork, cheddar cheese, caramelized onions and creamy hollandaise sauce...</p>	<p>\$16.73</p>
<p>“Le Scandinave” 2 poached eggs on a delicious St-Viateur bagel topped with creamy hollandaise sauce, fresh Norwegian smoked salmon, red onions, capers...</p>	<p>\$17.73</p>
<p>“Le Gauffre-dictin” 2 poached eggs on a half waffle topped with Angus braised short rib, mozzarella cheese, hollandaise sauce...</p>	<p>\$16.73</p>
<p>Extra</p> <hr/> <p>Pulled pork Braised beef Chicken breast Smoked salmon</p>	<p>\$4.73</p>

PANCAKES & CREPES

Our pancake, crepe and waffle batters are prepared fresh daily with no preservatives added, served with endless coffee.

SWEET

"Original" stacked high...	\$9.73
"Le Choco-nana" topped with bananas and Nutella...	\$12.73
^{K73} "La Brisure" chocolate chip and whip cream...	\$12.73
"La Fruiterie" topped with fresh fruit and English cream...	\$13.73
"La Vie en Bleu" topped with tons of fresh blueberries and English cream...	\$13.73
"La Cascade de Fraises" bursting with strawberries and topped with English cream...	\$14.73
"À la Mode" crepes filled with apples, almonds, caramel and topped with vanilla ice cream...	\$13.73

SALTY

(served with potatoes & fruit)

"Le Vert-ment Bon" a crepe filled with asparagus, ham and mozzarella...	\$13.73
"Sel & Sucre" a crepe filled with eggs, bacon, ham and cheddar...	\$13.73
"Le Delicatessen" a crepe filled with smoked meat, cheddar, onions, topped with coleslaw...	\$15.73

BELGIAN WAFFLES & FRENCH TOAST

"Au Naturel" topped with Québec maple syrup...	\$9.73
"Simplement Délicieux" topped with fresh fruits and English cream...	\$12.73
"Le Belge" drizzled with Nutella...	\$12.73
"Dans le Champs" topped with wild berries and English cream...	\$14.73
"Fleur-de-Lys" topped with fresh blueberries and English cream...	\$14.73
"Gaufanana" topped with bananas, strawberries and Nutella...	\$15.73
"Le Cinnabon" cinnamon brioche dipped in French toast batter; topped with fresh fruit, granola and creamy yogurt...	\$13.73
"Le Wafflicious" 2 eggs on a waffle topped with ham, bacon and cheddar cheese served with potatoes and fruit...	\$14.73
"Le Frenchastique" french toast stuffed with banana, cream cheese, Frangelico topped with fresh strawberries, bananas and Nutella...	\$13.73
"Le Club Doré" 3 slices of French toast stuffed with egg, bacon, ham and mozzarella cheese...	\$14.73

Extra

Nutella, English cream, Hollandaise sauce, Fruits	\$2.73
Québec maple syrup	\$2.00
Berries	\$4.73

HEALTHY MENU

(Served with endless coffee.)

"Le Guru Matin" oatmeal with brown sugar and toast...	\$5.73
"Le Guru Royale" oatmeal with brown sugar, cottage cheese, fruit and toast...	\$9.73
^{K73} "Le Guru K73" 2 poached eggs, ham, tomatoes, cottage cheese and berries served with homemade multigrain bread...	\$16.73
"CheeriOs" bowl of Multi-Grain Cheerio's with milk...	\$5.73
"Bon Matin" toast with jam and peanut butter..	\$5.73
"Le Baggell" St-Viateur bagel with cream cheese and fresh fruit...	\$7.73
"Frais & Délicieux" bowl of assorted fresh fruit topped with English cream...	\$10.73
"Léger-Léger" St-Viateur bagel topped with cream cheese, granola and yogurt...	\$12.73
"Le Bagelox" toasted St-Viateur bagel topped with cream cheese, Norwegian smoked salmon, onions, capers and fresh fruit...	\$15.73
"La Montagne" mountain of fresh fruit with crunchy granola and yogurt...	\$12.73
"Santé Extrême" 3 egg white omelette with chicken, cherry tomatoes, asparagus, sweet peppers and mozzarella, served with potatoes, toast and fresh fruit...	\$15.73
"Le Nord-Est" 3 egg white omelette with Norwegian smoked salmon, onions, capers and extra-virgin olive oil, served with potatoes, toast and fresh fruit...	\$16.73
"Le Popeye" 3 egg white omelette, rapini, asparagus, spinach, onions and mozzarella, served with potatoes, toast and fresh fruit...	\$16.73
"Le MonteBello" 3 egg whites, asparagus, spinach, onions, cherry tomatoes, topped with bocconcini and arugula; lightly drizzled with balsamic reduction served with toast...	\$16.73

KIDS MENU \$5.73

(10 years old & under)

One egg omelette plain served with house potatoes, toast and fresh fruit

One egg served with house potatoes, toast, fresh fruit and 1 choice of meat

1 mini pancake or 1 crepe or 1 French toast served with fresh fruit

½ Waffle served with fresh fruit

Peanut butter and jelly toast served with fresh fruit

Grilled cheese sandwich served with house potatoes and fresh fruit

Bowl of cereal topped with bananas and strawberries

Chocolate chip pancake served with fresh fruit

Extra

Nutella, English cream, Hollandaise sauce, Fruits	\$2.73
Québec maple syrup	\$2.00
Berries	\$4.73

BEVERAGES

	Small	Large
Milk / Chocolate Milk	\$2.25	\$2.95
Hot Chocolate (with whipped cream & marshmallows)		\$4.73
Coffee, tea		\$1.95
Espresso		\$2.50
Espresso macchiato		\$3.00
Espresso allongé		\$2.50
Espresso K73 with Baileys		\$4.50
Café au lait		\$3.95
Café au lait bowl		\$5.95
Cappuccino		\$3.95
Eska spring water 355 ml		\$2.75
Eska spring water 750 ml		\$6.00
Eska carbonated water 355 ml		\$2.75
Eska carbonated water 750 ml		\$6.00
Bottled soft drinks		\$3.25
Soft drinks		\$2.95
Assorted juices	\$2.95	\$3.95
Freshly squeezed juices	\$2.95	\$3.95
Mimosa (peach, cranberry, orange, pear)		\$7.00

SMOOTHIES \$5.73

All our smoothies are made with fresh fruit, 2% milk and vanilla yogurt.

“**Cascades de Fruits**” mango, strawberry, blueberry, pineapple

“**L’Explosion**” banana, strawberry

“**Bananarama**” banana and chocolate fudge

“**Burberry Blast**” strawberry, blueberry, raspberry and blackberry

FRUIT COCKTAILS \$5.73

All our cocktails are made with fresh fruit, ice and juice.

“**Fusion de Melon**” melon, mango and apple juice

“**Les Eaux Tropicales**” kiwi, pineapple, strawberry with orange juice

“**Crush aux Agrumes**” melon with fresh orange & grapefruit juice

“**K73 Overdrive**” strawberry, banana, blackberry and orange juice

ASSAGGINI DELLA CASA

"Bruschetta" diced tomatoes, onions, parsley with olive oil and red wine vinegar topped on our homemade ciabatta bread...	\$5.73
"Rapini & Sausage" homemade Italian sausage tossed with roasted garlic, extra-virgin olive oil, rapini and cannellini beans...	\$10.73
"Pepperonata" Italian homemade sausage sauteed with white wine, roasted red peppers, mushrooms, onions and tomato sauce...	\$9.73
"Grilled Italian Sausage" homemade Italian sausage grilled to perfection, served with a honey mustard sauce...	\$8.73
"Portobello Padano" sliced portobello mushrooms sautéed with garlic, extra-virgin olive oil aged Modena balsamic vinegar; topped with grated Grana Padano cheese...	\$12.73
"Garlic Bread" made with our homemade bread and topped with garlic butter...	\$4.73
"Garlic Bread" gratiné...	\$5.73

K73 POUTINE

"Poutine Original" mozzarella cheese and poutine...	\$8.73
"Poutine Calabrese" minced beef, hot sauce, mozzarella cheese and tomato sauce...	\$11.73
"Poutine K73" Angus beef, mozzarella cheese and poutine sauce...	\$12.73
^{K73} "Poutine OMG" pulled pork, mozzarella cheese and poutine sauce...	\$12.73

PASTA

Choice of: Penne • Spaghetti • Gnocchi • Tortellioni (meat)

"Agl'è olio" roasted garlic, extra-virgin olive oil and Grana Padano cheese...	\$11.73
"Carnaccina" cubed Angus beef, porcini mushrooms and truffle oil, in a creamy alfredo sauce...	\$15.73
"Carbonara" egg yolk, bacon and cracked black pepper in a creamy Alfredo sauce...	\$14.73
"Di Esmé" homemade Italian sausage, rapini, bacon, garlic and extra-virgin olive oil ...	\$14.73
"Di Nico" Parma prosciutto, cappicollo, mushrooms in a creamy rosée sauce...	\$14.73
"Di RJ" chicken, asparagus, cherry tomatoes in a creamy Alfredo sauce...	\$14.73
"Di Rogina" Norwegian smoked salmon, capers, onions and Grey Goose vodka in a creamy rosée sauce...	\$15.73
"Di Rococo" homemade Italian sausage, red peppers, onions and white wine in a spicy arrabiata sauce...	\$13.73
"Di Mena" shallots, cracked black pepper and Grey Goose vodka in a light rosée sauce...	\$14.73
"Della Mamma" grated Grana Padano cheese and meat sauce...	\$14.73

Pasta Sauces \$13.73

Rosée, Alfredo, Tomatoe

SALADS

All our salad dressings are homemade with no preservatives added.
Our salads are served with homemade soup prepared daily.

"Yummy" mixed greens, granola, bocconcini cheese, dried cranberries topped with honey-mustard vinaigrette...	\$14.73
"Cobb" arugula and mixed greens, ham, hard-boiled egg, yellow cheddar, red onions, avocado and cherry tomatoes, topped with honey-mustard vinaigrette...	\$14.73
"L'Atlantique" California mix salad tossed with kalamata olives, cherry tomatoes, capers, onions and Norwegian smoked salmon; topped with red wine & fine herb dressing...	\$16.73
"Modena" California mix salad with Parmesan shavings, avocado, sliced green apples and pecans; topped with aged Modena balsamic vinegar...	\$14.73
"Pollo-César" romaine lettuce topped with crispy bacon, croutons, grated Grana Padano cheese and a delicious creamy Caesar dressing; served with a grilled chicken breast...	\$14.73
"L'Exotique" arugula and mixed greens, fresh berries, grilled chicken and honey-mustard vinaigrette...	\$15.73
Extra	\$4.73
Chicken breast	
Smoked salmon	
Homemade Italian sausage	

SUBMARINES

All our submarines are made with fresh baked bread, topped with coleslaw, tomatoes, onions, cheese and balsamic mayo, served with choice of fries or house salad.

Charbroiled homemade Italian sausage and mozzarella cheese...	\$13.73
Philly steak, onions and cheddar cheese...	\$14.73
Steak & homemade Italian sausage and mozzarella cheese...	\$15.73
Marinated grilled chicken breast and mozzarella cheese...	\$14.73
Portobello mushrooms, asparagus, olives, caramelized onions, peppers, spinach and mozzarella cheese...	\$13.73
Braised beef, onions, mozzarella cheese and marsala sauce...	\$15.73
Extra	
Peppers, mushrooms, coléslaw, onions...	\$2.00
Pepperoni, bacon, Italian sausage, steak, chicken	\$4.73
Poutine side	\$4.73
Caesar side	\$2.73
½ fries & ½ salad	\$2.73

HAMBURGERS & SANDWICHES

All our burgers are made with 100% Angus beef served on a fresh toasted bun with a choice of fries or house salad.

^{K73} "LE JD" pulled pork Jack Daniels sauce with mozzarella cheese...	\$15.73
"La Fumée" charbroiled 100% Angus beef patty topped with caramelized onions, bacon, cream cheese and K73 sauce...	\$13.73
"K73" charbroiled 100% Angus beef patty topped with tons of bacon, red peppers, caramelized onions, cheddar and K73 sauce...	\$12.73
"Le Jardin" with red peppers, mushrooms, asparagus, mozzarella and K73 sauce...	\$12.73
"Le Club" grilled chicken breast, bacon, grilled peppers, cheddar and K73 sauce...	\$13.73
"Le Deli" smoked meat, mustard, pickles and coleslaw...	\$16.73
"Le Boeuf Braisé" pulled Angus braised beef, caramelized onions topped with marsala sauce and cheddar cheese...	\$14.73

PIZZA

All our pizzas are topped with tomato sauce and mozzarella. Our dough is prepared fresh daily with the best ingredients.

"Margherita" grated Grana Padano cheese, tomato sauce and fresh basil...	\$12.73
"Firmosa" tomato sauce topped with pepperoni and mozzarella...	\$13.73
"Canadienne" pepperoni, mushrooms and red peppers...	\$14.73
"Sardegna" mozzarella, bocconcini and grated Grana Padano cheese...	\$13.73
"Toscana" portobello, porcini mushrooms, truffle oil and cherry tomatoes...	\$14.73
"Parma" arugula, parma prosciutto, bocconcini and extra virgin olive oil...	\$15.73
"Calabrese" homemade Italian sausage, hot peppers and bacon...	\$15.73
"La Settantatre" cherry tomatoes, asparagus, spinach, portobello and peppers...	\$14.73

Extra

Poutine side	\$4.73
Caesar side	\$2.73
Pasta side	\$3.73

SIGNATURE K73

All our signature dishes are served with homemade soup which is prepared daily.

"Poulet Teriyaki" chicken breast marinated in teriyaki sauce and grilled to perfection; served with choice of pasta, house salad or fries...	\$17.73
"Parma 73" oven-baked, breaded chicken breast topped with tomato sauce and bocconcini; served with choice of pasta, house salad or fries...	\$18.73
"Côte de Boeuf Angus Braisée" Angus short rib (slowly-braised for 8 hours) topped with porcini and truffle sauce; served with choice of pasta, house salad or fries...	\$22.73
"Gnocchi au Fromage" fried gnocchi tossed with grated Grana Padano cheese and cheddar; topped with mozzarella...	\$14.73
"Saumon Citroné" grilled Atlantic salmon filet topped with fine herb lemon oil served with choice of pasta, house salad or fries...	\$19.73
"Surlonge" 7 oz Sirloin steak grilled to perfection with a truffle mushroom sauce served with choice of pasta, house salad or fries...	\$17.73

Extra

Poutine side	\$4.73
Caesar side	\$2.73
Pasta side	\$3.73

SIDE DISHES

Soup of the day...	\$5.73
Homemade French fries...	\$5.73
Small Caesar salad...	\$5.73
Small mesclun salad with balsamic dressing...	\$5.73
Sautéed rapini in garlic and extra-virgin olive oil...	\$5.73