
CHEZ SUPER MOUSSE BISTRO

Welcome to the Chez Super Mousse Bistro where we combine superfoods with super taste in an intimate dining atmosphere. Power up with one of our delicious menu items and then embark on your latest adventure with the energy to take on whatever the world has in store.

Start the Day Right

PROTEIN WAFFLES

EGG WHITES, Banana PROTEIN POWDER, Banana, natural PEANUT BUTTER. \$8

Take a Break

FUNKY MONKEY PROTEIN SHAKE

ICE, COCA POWDER, Banana, Banana PROTEIN POWDER, almond MILK, CHIA SEEDS, KALE and COCONUT OIL. \$6

GORGEOUS GOJI GREEK YOGURT

Greek YOGURT, PUMPKIN SEEDS, GOJI BERRIES, SHREDDED COCONUT, agave nectar. \$5

Mid Day Munch

WRAP TO THE BEET

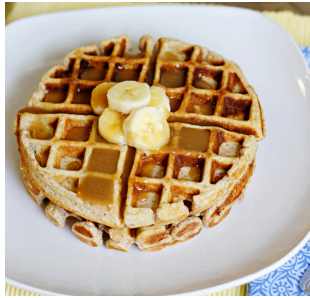
WHOLE WHEAT LOW CARB TORTILLA WRAP, BEETS, Hummus, SPINACH, GOAT CHEESE. \$5

Dinner of Champions

POWER SALAD

ROMAINE LETTUCE, red onion, cucumber, TOMATO, avocado, almonds, CHICKEN BREAST, HARD BOILED EGG. BALSAMIC VINEGRETTE DRESSING. \$12

Menu gallery



Contact Us:

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"Chez Super Mousse is a unique and healthy dining adventure!"

-Gordan Ramsey

Menu for Your Assignment

Starters

You may work individually or with a group of no more than 3.

Research some superfoods and how they are incorporated into different dishes. Think of some healthy and tasty items that you would like to try.

Main Course

Create a minimum ten item menu for your restaurant. Include breakfast, lunch and dinner as well as some desserts or snacks, and beverages. Remember they must be healthy and ideally tasty including superfoods.

Make sure to give each item a catchy name and give a description including all ingredients.

*At home create one of the dishes that you have researched or thought of all by yourself!
Taste it, share it and if you chose bring in a sample for your favourite health teacher (remember you only have one health teacher:)).*

Create a video or take step by step pictures of your cooking process and final dish.

Desserts

Dress up your menu with eye catching pictures and do your best to make it look like a real menu.

*Sub headings, A name and description of your restaurant will help make your menu look real.
An About our chefs section could be added as well.*

Extras

- *If you have a Twitter account upload your picture to the Twitter hashtag #TTgetshealthy2015 #10years@thetrail*
- *Adding the calorie count for each dish is a nice extra that will help show your understanding. If you choose to do this make sure you make it accurate.*
- *Have your parents, sister or a friend write a quick review on the meal you created.*
- *Menu hard copy is due Wednesday, December 16, 2015.*
- *Email your video link to me @ matt.mousseau@publicboard.ca or share it through One Drive*

Completion Checklist (note this is just the minimum requirements)

- ☐ *I have researched superfoods and healthy recipes that they are used in.*
 - ☐ *I have thought of my own healthy recipe including a superfood.*
 - ☐ *I have created a title and added extras onto my menu.*
 - ☐ *I have created my minimum of 10 menu items and gave a description of the ingredients.*
 - ☐ *I have items for breakfast, lunch, dinner and snacks as well as a few beverages.*
 - ☐ *I have made a dish at home and documented the process through pictures or video.*
 - ☐ *I have handed my menu to Mr.M and emailed my video.*
 - ☐ *Boom!*
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