

# ART IS IN PASTRIES

*Unless Otherwise specified, all our pastries contain gluten, eggs & dairy. We cannot guarantee our foods free from cross contamination from other allergens and are not liable for any reactions arising from any allergen.*

## Croissant pastry

*Flakey and yeasty dough layered with butter. We use our croissant pastry dough to create many of our decadent treats.*

Name	Description
Butter Croissant \$3.25	Flakey & yeasty dough layered with butter
Chocolate Croissant \$3.99	Flakey & yeasty dough layered with butter and folded with sticks of chocolate
Almond Croissant \$4.25	A butter croissant that has been soaked in <b>rum syrup</b> , filled with <b>almond cream</b> and topped with sliced almonds
Chocolate Almond Croissant \$4.50	A chocolate croissant that has been soaked in <b>rum syrup</b> , filled with <b>almond cream</b> and topped with sliced almonds
Sticky Bun \$4.50	The butter croissant dough rolled with cinnamon, pecans, raisins and a sticky glaze (honey, brown sugar, vanilla and butter)
Cinnamon Bun \$4.05	The butter croissant dough & the brioche dough is rolled with a brown sugar and cinnamon filling, glazed and drizzled with icing

## Cookies

Name	Description (bold terms defined in glossary)
Chewy Chocolate Walnut Cookie \$3.50	Dairy and gluten free cookie with a crisp exterior and soft chewy centre
Trio-Chocolate with Almond Cookie \$3.25	White, milk and dark chocolate chunk cookie with toasted almonds

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## Donuts and O-Towners

*We carry a variety of classic style donuts with a twist as well as the unique O-Towners \*previously named "Kronut", spelled with a K for Kevin.*

Name	Description (bold terms defined in glossary)
O-Towners \$5.95	Previously called our "Kronuts". A cross between a croissant and a donut. The pastry is made by frying laminated donut dough, which is then sugared. We feature a new filling everyday!
O-Towner Holes \$1.75	
Berliner \$4.05	A European bread style of donut that we fill with <b>vanilla cream</b> , <b>raspberry jam</b> or <b>lemon cream</b>

## Other

Name	Description (bold terms defined in glossary)
Raspberry Scone \$4.05	An English biscuit made from flour, butter, sugar, cream and baking powder; not much different from the American version. Traditionally, they are made with currants but we make ours with raspberries and white chocolate.

## Specialty Pastries

Name	Description (bold terms defined in glossary)
Chocolate Espresso Brownie \$4.75	Brownie batter with espresso, pieces of 64% chocolate, rich 50% <b>chocolate ganache</b> and cocoa powder
Macaron \$2.75	Not to be confused with the American macaroon, this is a sandwich cookie made with two feather-light meringues held together by ganache, buttercream or preserves. The meringues for macarons are generally made with almonds, egg whites and sugar, and they may be accented with a range of flavors, which are generally reflected in their pastel coloring.

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# GLOSSARY

Name	Description
<b>Brioche</b>	A yeast bread enriched with eggs and butter; brioche is created in various shapes (from rings to tall cylinders) in different regions of France, and it may also be stuffed with various items, such as nuts, raisins, other dried fruit or cheese
<b>Buttercream</b>	There are many varieties of buttercream used in a pastry kitchen; most buttercreams contain unsalted butter, either egg yolks or egg whites, sugar and flavourings. In most cases, the butter is double the weight of the sugar, incorporating as much air as possible.
<b>Buttermilk</b>	Composed of skim milk and bacterial cultures; contains no butter. It gives a rich, tangy flavour to baked goods. Derives its name from its history as a by-product of butter. Method of production is similar to yogurt and sour cream
<b>Caramel</b>	Cooking sugar syrup to the point where all the water has evaporated and the sugar begins to burn results in caramel. The sugar begins to colour when it reaches about 325 degrees Fahrenheit. Caramel can also be made by the dry method, where no water is added before cooking. This is a faster method as it eliminates the evaporating time but requires more attention to avoid burning. Caramel sauce is made with the addition of whipping cream and butter. Caramel can be made into spun sugar, and it is the base for nougatine and praline.
<b>Cocoa powder</b>	Cocoa cakes, as described above, are passed through hydraulic presses to extract more of the cocoa butter. The mass which remains is pressed into cakes, dried, pulverized and sifted to make cocoa powder
<b>Crème anglaise</b>	A rich, smooth custard sauce made with eggs, sugar and milk or cream. It is naturally thickened by the coagulation of the eggs. Literally "English cream".
<b>Crème chantilly</b>	Very lightly sweetened whipped cream, served with desserts or folded into mousses and creams. The name Chantilly comes from the Chateau of Chantilly, which had a reputation in the 17th century for fine food.
<b>Crème patissiere</b>	Also known as pastry cream, this is a starch thickened custard made from eggs, milk, sugar and cornstarch or flour. Enhanced with butter and pure vanilla. It is used as the filling for fruit tarts, cream puffs and other custard type desserts.

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Name	Description
Crèmeux	Crèmeux is French for 'creamy'. A crèmeux sits between a chocolate sauce and a mousse in terms of consistency. It is made from egg yolks, sugar, milk and the flavouring of choice.
Feuilletine	Crisp flakes make a wonderful crunchy addition to ganache, candies, pastries and cakes.
Fondant	Mixture of water, sugar and glucose that is brought to a boil, then worked into a white paste; rolled sheets of fondant typically cover cakes and may help them stay fresh longer.
Ganache	Filling or coating made from heavy cream and sometimes butter; created in Paris around the 1850s, this versatile, velvety ingredient can range from thin to firm and can be flavored with liqueurs, pastes, extracts or infusions.
Glaze	to glaze is to coat a product to give it a shiny or glassy appearance. Many pastries are glazed with an egg/water mixture before baking; fruit tarts and small pastries are glazed with diluted and strained apricot preserves.
Lemon curd	this is made from the juice of lemons, sugar, eggs and butter. It is used to fill tarts, spread on bread and as the base for lemon mousse. Curd originates in England and can be made from the juice of any citrus fruit.
Manjari chocolate	A type of chocolate made from a blend of criollo and trinitario beans from Madagascar, Africa. At 64% cocoa content, Manjari boasts tangy notes of citrus and cedar with a short finish
Marshmallow	First made in Egypt, from the mallow root. They are now made from sugar, water, vanilla and gelatin. A high compression method called "jet puffing" makes the commercial varieties light and fluffy
Mascarpone	
Meringue	Made by beating sugar and egg whites until they become stiff; variations can be achieved by adjusting the proportions and the temperature of the ingredients (to change the consistency from soft to firm) and by adding flavorings.
Mousse	literally meaning "foam" in French, mousse is a preparation of aerated eggs, yolks or whites combined with flavourings, fruit purees or chocolates, folded in whipped cream and usually bound with gelatin (with the exception of dark chocolate mousse). Mousse has many forms, some light, some firm but always velvety smooth in texture.
Orange flower water	A fragrant liquid distilled from neroli, an oil obtained from the flowers of orange trees.
Pâte brisée	Flaky, short pastry dough made with butter and some shortening but no eggs. Used for fruit and nut pies and quiche.

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Name	Description
Pâte feuilletée	Also known as puff pastry, this pastry is composed of hundreds of layers of butter alternating with layers of flour and water dough. Carême established the modern method of developing the layered texture of the pastry, using six turns. When baked, water in the butter forms steam, pushing the layers of butter and flour apart, at the same time the butter fat melts into the layers. The result is a pastry dough that is flaky, buttery and multi-layered. Used for Mille Feuille, Napoleons, Pithiviers and other traditional French fruit tarts.
Pâte sucrée	A sweet, crisp pastry used for fruit tarts and flans; made with butter, flour, sugar and eggs; also known as sweet paste.
Pâte sablée	A sweet shortbread pastry that is similar but more delicate than pate sucrée. With a cookie like texture. Used as a base for desserts with soft and delicate fillings.
Puff pastry	See pâte feuilletée
Praline	Praline is a mixture of roasted almonds (or hazelnuts) combined with caramel. It can be pureed into a paste or crushed. It has been used in French patisserie since the 16th century. The paste is used to flavour mousse, buttercreams and ice cream and in the fillings of chocolates. Crushed praline can be folded into pastry creams and buttercreams or used as decoration on cakes. There is also a soft candy from New Orleans named Praline: a mix of brown sugar, butter, cream and pecans.
Shortbread	Scottish in origin, cookies made of flour, sugar and butter (sometimes cornstarch or rice flour are used to create a drier texture) that melt in your mouth. They are baked very slowly and evenly to make sure the full flavor of the butter is baked through.

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