



LE SÉLECT BISTRO



LES SOUPES

SOUPE DU JOUR 9.50

SOUPE À L'OIGNON GRATINÉE
with genuine Swiss raw-milk Emmentaler 14.95



LES SALADES

SALADE MAISON

assorted greens, fennel, Swiss chard, kale,
pickled radish, honey-thyme vinaigrette 9.95

BORÉCOLE À LA FAISELLE DE BUFFLONNE

kale, pistachios, charred baby leeks, local
buffala Ricotta, olive oil vinaigrette 13.95

SALADE DE BETTERAVE AU CHÈVRE

roasted beets with aged Ontario goat cheese,
hazelnuts, honey and crème fraîche 14.95

SALADE FRISÉE LARDONS

frisée lettuce with pork lardons, avocado,
tomato, Jerez vinaigrette, poached egg 13.95



LES HORS-D'ŒUVRE

SOCCA PROVENÇALE

gluten-free Provençal chickpea galette,
carrot cumin coulis, fresh buffala ricotta,
seasonal vegetable and wild plants 12.95

BRANDADE DE MORUE

Fogo Island cod whipped with potato,
crème fraîche and virgin olive oil 15.95

TARTARE DE SAUMON

dusted with dried sumac berries, roasted pumpkin
seeds, lemon pearls, grilled focaccia, 14.95

TERRINE DE POISSON FUMÉ

airy terrine of smoked Georgian Bay whitefish,
served grilled home-baked focaccia 13.95

PARFAIT DE FOIES DE CANARD

duck liver parfait, pistachios and berries 12.95

ASSIETTE DE CHARCUTERIE

daily assortment of house-cured meats 18.95

ESCALOPE DE FOIE GRAS POÊLÉE

Seared Foie Gras, white bean purée, wild
blueberry preserve and puffed sorghum 19.95

VOL-AU-VENT D'ESCARGOTS

escargots in puff pastry with leeks,
cream, white wine, and fresh herbs 12.95

TERRINE DE FOIE GRAS 18.00

Best with one of our
recommended « vins doux » :

Sauternes (2oz) 14.50

or Gewurztraminer, Alsace (3oz) 8.00



MENU PRIX FIXE

\$ 3 5

Soupe du jour • Salade maison

Steak frites (4oz filet)

Duck confit

Risotto

Mousse au chocolat • Crème brûlée

Laura Maxwell, Chef
Gavin Gordon, Executive Sous-Chef
Jeremiah Courtney, Senior Sous-Chef
Joel Watson and Collin Schwartz, Sous-Chefs



LES VIANDES

BAVETTE D'ALOYAU AUX ÉCHALOTES

grilled tender and lean 5oz "flapmeat steak"
with caramelized shallots and frites 27.95

STEAK TARTARE

Grass-fed Angus beef Tartare with chopped
pistachios. Served with frites 24.95

PAVÉ DE BŒUF « AU POIVRE »

8 oz centre cut filet, green peppercorn
sauce with Brandy and cream.
Served with frites 29.95



TYPIQUE BISTRO

CHOUCROUTE GARNIE

The House specialty! Cabbage braised in white
wine, with pork hock, lardons, Strasbourg
and smoked Montbéliard sausages 29.95

TRIPES À LA TRIPEL

beef tripe gently braised in tomato
and a strong Québec Ale 24.95

STEAK HACHÉ D'AGNEAU À L'HARISSA

lamb burger with Moroccan spices and
aromats, served with frites 15.95

PALERON DE BŒUF BOURGUIGNON

slowly braised beef with red wine sauce,
crispy pork lardons and Alsatian spätzle 27.95

GIGOT D'AGNEAU AU JUS

roasted fresh Alberta leg of lamb
with a lemon and rosemary jus 34.95

CUISSOT DE CHEVREUIL

seared Red Deer haunch served rare with
glazed turnips, pork lardons, fondue of leeks,
rainbow chard, and a red wine sauce 32.95

SUPRÊME DE POULET

roasted chicken supreme with grilled zucchini,
eggplant, and a basil hazelnut pistou 24.95

CONFIT DE CANARD

duck leg confit with crispy skin, served
with veg from the garden, potatoes au gratin
One leg: 20.95 / Two legs 28.95

CASSOULET

braised white lingot beans with lamb, pork
belly, Toulouse sausage and duck confit 29.95



VÉGÉTARIEN

GARGOUILLOU D'ASPERGES

bundle of roasted asparagus, wild mushroom,
pumpkin seeds, fermented rye berries 22.95

RISOTTO AUX POIS VERTS

grilled wild leeks, fresh peas, braised
fennel, mint, sorrel, and Parmesan 19.95

We only feature seafood from fisheries
certified sustainable by a reputable third-
party such as OceanWise, SeaChoice
or the Marine Stewardship Council.

We also privilege organic ingredients and
products from traditional farming.

Private salons available for special functions

For tables of 6 or more, an industry standard
15% gratuity is added to the gross total. Merci.



LA PÊCHE

FILET DE MAQUEREAU GRILLÉ

grilled mackerel filet, soya beans, tomato,
toasted almonds, pork jowl, and verjus 20.95

HŪÎTRES

OYSTERS ½ doz. \$19 / 1 doz. \$29

BOUILLABAISSE À LA RASCASSE

a fish soup as intense as the one served in
Marseille, with red rockfish, shellfish,
croûtons, cheese and Rouille 29.95

SALADE NIÇOISE

duo of Albacore tuna, one confit, the other seared
rare, served on a salad of French green beans,
tomato, egg, white anchovy and black olives 24.95

SAUMON PÔCHÉ

lightly poached Atlantic salmon served cold on a
salad of red quinoa with asparagus sauce 26.95

MOULES AU PORC FUMÉ

ET À LA « FIN DU MONDE »
Atlantic Mussels steamed in strong Québec
Ale with smoked pulled pork 19.95



PLATS DU JOUR

LUNDI

BOUDIN NOIR AU SARRASIN

crispy seared terrine of boudin with
buckwheat, roasted apple, pulled pork,
and a red wine, Port, mustard sauce 24.95

MARDI

ST-JACQUES AU CHOU-FLEUR

seared scallops, cauliflower purée,
grilled endive and wild mushroom 29.95

MERCREDI

QUEUE DE BŒUF

open face oxtail ravioli with salsiff,
Port and red wine sauce 27.95

JEUDI

RIS DE VEAU

sweetbread braised in a Madeira sauce
with a medley of mushrooms 27.95

VENDREDI

RASCASSE SAUCE CRESSON

seared red rockfish, sunchoke, white
anchovy, watercress Beurre Blanc 28.95

SAMEDI-DIMANCHE

TENDRON DE BŒUF

beef shortrib smoked & braised for 72h,
with greens and pommes fourchette 34.95



ASSIETTE DE FROMAGE

artisan cheese from Québec & Ontario 18.95

MAÎTRE JULES

a soft cheese with a creamy texture

CHÈVRE NOIR

medium-firm goat cheese

OXFORD'S HARVEST

Tomme-like, semi firm, with a washed rind

BLEU BÉNÉDICTIN

whole milk, deeply veined blue cheese