



# LE SÉLECT BISTRO



## LES SOUPES

SOUPE DU JOUR 11.95

SOUPE À L'OIGNON GRATINÉE  
with genuine Swiss raw-milk Emmentaler 15.95



## LES SALADES

SALADE MAISON

organic greens, fennel, Swiss chard, kale,  
pickled radish, honey-thyme vinaigrette 11.95

BORÉCOLE À LA FAISELLE DE BUFFLONNE  
kale, pistachios, charred leeks, local buffalo  
Ricotta, olive oil vinaigrette 15.95

SALADE À LA BETTERAVE & AU CHÈVRE  
roasted beets and assorted greens  
with aged Ontario goat cheese shavings,  
hazelnuts and a honey dressing 15.95

SALADE FRISÉE LARDONS

frisée lettuce with pork lardons, avocado,  
tomato, Jerez vinaigrette, poached egg 15.95



## LES HORS-D'ŒUVRE

BRANDADE DE MORUE

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

TARTARE DE SAUMON

with capers, sunflower seeds,  
horseradish, a herb-infused virgin olive oil  
and toasted slices of rye sourdough 16.95

TERRINE DE POISSON FUMÉ

airy terrine of smoked Georgian Bay whitefish,  
served with grilled home-baked focaccia 14.95



HUÎTRES

OYSTERS ½ doz. \$19 / 1 doz. \$34

PARFAIT DE FOIES DE CANARD

duck liver parfait, pistachios and berries 15.95

PLATEAU DE CHARCUTERIE

daily assortment of house-cured meats 19.95

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, celeriac Rémoulade 15.95

TERRINE DE FOIE GRAS 19.95

Best with one of our  
recommended « vins doux » :

Sauternes (2oz) 14.50

or Gewurztraminer, Alsace (3oz) 7.50



## MENU PRIX FIXE \$39

Soupe du jour • Salade maison  
Pâté de Campagne

Steak frites (6oz Palette)  
Duck confit  
Risotto

Mousse au chocolat • Crème brûlée



## LES VIANDES

PALETTE AUX ÉCHALOTES

grilled tender and lean 6oz "flapmeat steak"  
with caramelized shallots and frites 29.95

STEAK TARTARE

grass-fed Angus beef Tartare with chopped  
pistachios. Served with frites 26.95

PAVÉ DE BŒUF « AU POIVRE »

8 oz centre cut filet, green peppercorn  
sauce with Brandy and cream.  
Served with frites 35.95



## TYPIQUE BISTRO

CHOUCROUTE GARNIE

The House specialty!

Cabbage braised in white wine,  
with pork hock, lardons, Strasbourg  
& smoked Montbéliard sausages 29.95

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 Ontario leg of lamb  
with a lemon and rosemary jus 35.95

SUPRÊME DE POULET CHASSEUR

roasted chicken supreme with a tomato and  
white wine sauce, Chanterelles, Savoy cabbage  
and roasted heirloom carrots 26.95

CONFIT DE CANARD

duck leg confit with crispy skin, served  
with veg from the garden, potatoes au gratin  
One leg: 22.95 / Two legs 29.95

CASSOULET

Returning in the Fall...



## VÉGÉTARIEN

GARGOUILLOU

croquettes of quinoa and sweet potato,  
ratatouille, toasted almonds 22.95

RISOTTO AUX ASPERGES

tossed with an asparagus and wild onion  
purée, served with morels, smoked  
tomatoes, and Parmesan 19.95

We only feature seafood from fisheries  
certified sustainable by a reputable third-  
party such as OceanWise or SeaChoice

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, toasted almonds,  
fennel, dates, soya beans, tomato,  
and crunchy focaccia croûtons 23.95

BOUILLABAISSE À LA RASCASSE  
a flavourful fish soup—as intense as the one  
served in Marseille—, with red rockfish, shellfish,  
croûtons, grated 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 POCHÉ

lightly poached Atlantic salmon served cold  
on a salad of red quinoa, with fennel,  
candied ginger and asparagus sauce 28.95

MOULES À LA PROVENÇALE

steamed mussels, white wine, saffron,  
tomato, leeks & fine herbs 21.95



## 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 26.95

MARDI

ST-JACQUES SAUCE VERTE

seared scallops, with a warm  
grilled baby gem lettuce, pea tendrils,  
and fried green tomatoes 31.95

MERCREDI

QUEUE DE BŒUF

open face oxtail ravioli with salsifi,  
Port and red wine sauce 29.95

JEUDI

RIS DE VEAU

sweetbread braised in a Madeira sauce  
with a medley of mushrooms 29.95

VENDREDI

RASCASSE À L'OCCITANE

seared red rockfish, with a tomato fondue,  
ratatouille, fennel & olive 29.95

SAMEDI-DIMANCHE

TENDRON DE BŒUF

beef shortrib smoked & braised for 72h,  
with greens and pommes fourchette 35.95



## ASSIETTE DE FROMAGE

artisan cheeses from Québec & Ontario \$19.95

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

Laura Maxwell, Chef

Gavin Gordon, Executive Sous-Chef

Jeremiah Courtney, Senior Sous-Chef

Joel Watson and David Smith, Sous-Chefs