

# 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

assorted 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 14.95

SALADE DE BETTERAVE AU CHÈVRE  
roasted beets with aged Ontario goat cheese,  
hazelnuts, honey and crème fraîche 15.95

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

## LES HORS-D'ŒUVRE

SOCCA PROVENÇALE

Gluten-free chickpea galette, charred  
eggplant purée, smoked dried tomato, Buffalo  
fresh ricotta, roasted red peppers 15.95

BRANDADE DE MORUE

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

TARTARE DE SAUMON

with capers, dill, shallots, sunflower seeds,  
horseradish, and potato gaufrette 15.95

TERRINE DE POISSON FUMÉ

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

PARFAIT DE FOIES DE CANARD

duck liver parfait, pistachios and berries 15.95

ASSIETTE 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, and fresh herbs 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

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

## 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 Alberta leg of lamb  
with a lemon and rosemary jus 35.95

CUISSOT DE CHEVREUIL  
seared Red Deer haunch served rare with  
braised red cabbage, celeriac purée, Brussel  
sprouts, leafy greens, and a red wine sauce 36.95

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

## VÉGÉTARIEN

GARGOUILLOU  
light tempura of squash, with ratatouille,  
toasted almonds, and mustard sprouts 22.95

RISOTTO AUX CHAMPIGNONS  
served with Chanterelles, Hen of the Woods,  
King oysters, Pleurotus, roasted pinenuts,  
braised fennel, & roasted Parmesan Tuiles 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, soya beans, tomato,  
toasted almonds, pork jowl, and verjus 23.95

HÛITRES  
OYSTERS ½ doz. \$19 / 1 doz. \$34

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 RÔTI VAPEUR  
steamed roasted salmon served on sprouted lentils  
with celery, charred shallots, celeriac purée 28.95

MOULES AU PORC FUMÉ  
ET À LA « FIN DU MONDE »  
Atlantic Mussels steamed in strong Québec  
Ale with smoked pulled pork 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 AU CHOU-FLEUR  
seared scallops, cauliflower purée,  
grilled endive and wild mushroom 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 SAUCE CRESSON  
seared red rockfish, sunchoke, white  
anchovy, watercress Beurre Blanc 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