



## LES SOUPES

SOUPE DU JOUR 12.95

SOUPE À L'OIGNON GRATINÉE  
with genuine Swiss raw-milk Emmentaler 16.95



## LES SALADES

SALADE MAISON

organic greens, fennel, Swiss chard, kale,  
pickled radish, honey-thyme vinaigrette 12.95

ENDIVES GRILLÉES, NOIX ET ROQUEFORT  
grilled endive salad with pear, orange,  
walnuts, Brioche croûtons, Roquefort cheese,  
and an olive oil vinaigrette 16.95

SALADE À LA BETTERAVE & AU CHÈVRE  
roasted beets, organic greens, aged Ontario goat  
cheese shavings, clotted cream, hazelnuts and a  
honey, apple cider vinaigrette 16.95

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



## LES HORS-D'ŒUVRE

PÂTÉ FORESTIER VÉGÉTALIEN  
mushroom, ground lentils and pecan pâté with  
Brandy and Port. Served with condiments 12.95

**POULPE À LA BASQUAISE**  
braised Octopus, piperade, olives, espelette  
pepper and a squid ink Tuile 18.95

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 15.95



**HUÎTRES**  
OYSTERS ½ doz. \$19.95 / 1 doz. \$35

PARFAIT DE FOIES DE CANARD  
duck liver parfait, pistachios and berries 16.95

PÂTÉ DE CAMPAGNE  
traditional pork meat & chicken liver pâté 13.95

PLATEAU DE CHARCUTERIE  
daily assortment of house-cured meats 19.95

VOL-AU-VENT D'ESCARGOTS  
escargots in puff pastry with leeks,  
cream, white wine, celeriac Rémoulade 16.95

**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 \$45

Soupe du jour • Salade maison  
Pâté de Campagne

Steak frites (6oz Palette)  
Duck confit  
Risotto

Mousse au chocolat • Crème brûlée



# LE SÉLECT BISTRO



## VÉGÉTARIEN

GARGOUILLOU

This plant-based dish is not only good for you  
and the planet, it is delicious! Crispy croquettes  
of sweet potato, buckwheat, quinoa, seeds, with  
Ratatouille, almonds & tomato fondue 22.95

RISOTTO AUX POIS VERTS ET FENOUIL  
with sweet peas, zucchini, heirloom tomato,  
fennel, mint and Goat cheese 19.95



## 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 27.95

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

BURGER D'AGNEAU À L'HARISSA  
lamb burger with Moroccan spices and  
aromats, served with frites 16.95

BŒUF BOURGUIGNON  
slowly braised beef with red wine sauce, crispy  
pork lardons and pommes fourchette 28.95

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

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 24.95

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

**MOULES À LA PROVENÇALE**  
steamed mussels, white wine, saffron,  
tomato, leeks & fine herbs 22.95



## PLATS DU JOUR

LUNDI

BOUDIN NOIR AU SARRASIN  
seared terrine of boudin with  
buckwheat, roasted apple, pulled pork,  
and a red wine, Port, mustard sauce 26.95

MARDI

ST-JACQUES AU BOIS DE POMMIER  
Atlantic scallops lightly-smoked over  
applewood, seared and served, with  
celery and cauliflower purée 31.95

MERCREDI

MAGRET DE CANARD À L'ORANGE  
seared duck breast with orange sauce,  
white bean purée, Camargue rice 31.95

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

Jeremiah Courtney, Executive Sous-Chef  
Joel Watson, David Smith, Dennis Shin, Sous-Chefs