



LE SÉLECT BISTRO



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

SALADE BETTERAVE ET 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

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 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

ESCARGOTS AU BEURRE À L'AIL

½ doz Burgundy escargots in the shell
with garlic and herb butter 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



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 CHAMPIGNONS

with Chanterelles, Hen of the Woods, King
oyster mushroom, Pleurotus, roasted pine nuts,
leeks, fennel, and Parmesan Tuiles 21.95



LES VIANDES

PALETTE DE PRÉ-SALÉ À L'ÉCHALOTE
grilled 6oz flapmeat steak from PEI salt meadows
served 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 VERT

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 AUX LENTILLES

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

MAGRET DE CANARD À L'ORANGE

seared duck breast with orange sauce,
white bean purée, Camargue rice 31.95

MERCREDI

ST-JACQUES AU BOIS DE POMMIER

Atlantic scallops lightly-smoked over
applewood, seared and served, with
celery and cauliflower purée 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

HANDECK

COMTÉ-like, firm, with nutty overtones

BLEU BÉNÉDICTIN

whole milk, deeply veined blue cheese

Laura Maxwell, Chef

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