



RESTAURANT

la Quintessence

THE QUINTESSENCE BOX MENU

APPETIZERS

SALMON GRAVLAX

Rice chips, sour cream

21

FOIE GRAS TERRINE

Mango chutney, peanuts, brioche bread

28

OCTOPUS

*Beet hummus, pickled onions
with buckwheat*

24

RED CURRY TOFU

*Butternut squash puree and
cranberry vinaigrette*

19

MAIN DISHES

COD & HERB CRUST

*Wild black rice risotto, edamames,
Dugléré sauce*

42

CONFIT LAMB SHOULDER

Coconut beans and carrots, lamb jus

46

GRILLED BEEF FILET

*Pan seared foie gras, celeriac gratin, Jerusalem arti-
chokes, gravy sauce*

59

GRILLED PRAWNS

*Porcini mushroom compote with prosciutto,
chestnuts and truffle butter, parsnip crisps*

59

Taxes en sus



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THE DESSERTS

VANILLA CAKE, LIME & LEMON MOUSSE

14

CHOCOLATE, HAZELNUTS
& BAILEY'S CAKE

14

QUÉBEC FINE CHEESES

& Nut mix

(3) 19

CREATE YOUR OWN SWEET PLATE

2.50 each.

Passion fruit Chocolat

Sea-salt caramel

Pistachio Cinnamon Chocolate

Black ganache

Gianduja

Macaroon

Taxes in extra

To order

819-425-3400

48 hours in advance

Pick-up between Noon and 4 p.m.