



RESTAURANT

la Quintessence

READY TO GO MENU EVENING

*Available everyday
from 6 p.m. to 9 p.m.*

APPERTIZERS

EGG «PARFAIT»

Parsnip mousse, bacon, croutons, parsley juice
18

RED CURRY TOFU

Butternut squash purée, cranberry vinaigrette
19

SALMON GRAVLAX MARINATED WITH BEETS

*Lemon jelly, mascarpone cream,
tapioca chips*
21

OCTOPUS

beet hummus, pickled onions, buckwheat
24

FOIE GRAS TERRINE

Mango chutney, peanuts, brioche bread
28

Taxes in extra



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MAIN DISHES

NAGANO PORC TENDERLOIN

Miso & apple glaze, homemade gnocchis, Brussels sprouts

39

COD & HERB CRUST

Wild black rice risotto, edamames, Dugléré sauce

42

POACHED MONKFISH

Lemongrass & coconut broth, boy choy, soya sprouts, fried leeks

42

QUEBEC CONFIT LAMB SHOULDER

White beans, "Sortilège" cream, herb butter, maple sauce

46

GRILLED PRAWNS

Porcini mushroom compote with prosciutto, chestnuts and truffle butter

59

GRILLED BEEF FILET

Pan seared foie gras, celeriac gratin, Jerusalem artichokes, gravy sauce

59

SIDE DISHES

French fries	7
Vegetables	10
Grilled asparagus	10
Sautéed mushrooms	15

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 Chocolate

Sea-salt caramel

Pistachio Cinnamon Chocolate

Black ganache

Gianduja

Macaroon

Taxes in extra

To order

819-425-3400