

APPETIZERS

SOUP, CREAM, CREATION OF THE MOMENT

Cooked daily with fresh vegetables \$4

PIZZETTA

Pizza Sauce, fresh vegetables and Italian Padano cheese \$4

HOUSE TZATZIKI & KALAMATA OLIVES

Fresh house Tzatziki and Kalamata olives served with pita bread and Tapenade \$5

CHEF INSPIRATION SALAD

Chef's inspired Lettuce and Vegetable Mix \$5

CESAR SALAD

Romaine lettuce, house vinaigrette, real bacon, garlic croutons, capers and Italian Padano parmesan \$6

SEAFOOD GRATIN (or MELT)

Shrimps, octopus, mussels, squid, clams, Poseidon cream and grilled garlic bread \$7

PEPPER AND AIOLI CALMARI

Lightly breaded and fried, served with our house aioli \$7

GARLIC SAUTEED ESCARGO

Sautéed with garlic and white wine, served in cream with grilled garlic bread \$8

GREEK VEGETARIAN PIKILIA

House Tzatziki, feta, stuffed vine leaf, artichoke heart, dolmades and Kalamata olives \$8

OUR FAMOUS DU BRETON PORK TENDERLOIN, FRESH EXCELDOR CHCKEN & HOUSE RIBS

Ribs: Smoked, Southwest, Sweet or Buffalo

SERVED 2 WAYS : WITH FRIES OR WITH SALAD, RICE WITH VEGETABLES AND SPICY PARMENTIER

NOW SERVED WITH BORDEAUX SAUCE OR WITH OUR NEW PEPPER SAUCE

*TRANSFORM YOUR
INSPIRATION SALAD INTO A
CESAR SALAD FOR \$2*

*ACCOMPANY YOUR MEAL
WITH OUR NEW
STUFFED POTATO GRATIN \$5*

SLICED PORK TENDERLOIN

Pork raised without antibiotics, house marinade with garlic and ginger, cooked on our grill
4oz \$12 - 8oz \$15 - 12oz \$19

CHICKEN BREAST, ORIGINAL OR BUFFALO

Grain-fed chicken breast, air-cooled and marinated, cooked on our grill
MODERATE 4oz \$12 - 8oz \$15 - 12oz \$19

RACK OF RIBS

Rack of back ribs, 20oz to 24oz, slow cooked on site for 7 hours
Half \$17 Full \$23

½ RACK OF RIBS & SHRIMP

White shrimp (5) served with our Poseidon sauce

OUR POPULAR DUOS AND TRIOS

SERVED 2 WAYS : WITH FRIES OR WITH SALAD, RICE WITH VEGETABLES AND SPICY PARMENTIER

NOW SERVED WITH BORDEAUX SAUCE OR WITH OUR NEW PEPPER SAUCE

PORK & CHICKEN

8oz \$16 - 12oz \$20

PORK & RIBS

Quarter \$19 - Half \$23

CHICKEN & RIBS

Quarter \$19 - Half \$23

PORK, CHICKEN, RIBS

Quarter \$21 - Half \$25

OUR DELICIOUS SEAFOOD OVEN BAKED

Served with inspiration salad, fresh vegetable rice, spicy parmentier and Poseidon cream.

WHITE SHRIMP

7 Shrimps \$17 - 10 Shrimps \$21

NORTH ATLANTIC SCALLOPS

5 Scallops \$24 8 Scallops \$35

ICELAND GOLD SCAMPI

Iceland scampi are reputed to be the best in the world

5 units \$26 8 units \$37

SEAFOOD PLATTER

3 shrimps, 2 scallops and 2 scampi \$27

EXTREME SEAFOOD PLATTER

5 shrimps, 3 scallops and 3 scampi \$37

OUR FISH MADE WITH 3 SECRET SPICES

Served with inspiration salad, fresh vegetable rice, spicy parmentier, house tartare and seaweed.

CANADIAN HADDOCK

Haddock filet 5oz \$16 - 10oz \$21

HOUSE BREADED HADDOCK PIECES

Lightly breaded and fried 5oz \$16 - 10oz \$21

GRILLED ATLANTIC SALMON

Fillet with Skin 6oz \$19 - 12oz \$25

CANADIAN WALLEYE

Walleye Fillet 6oz \$19 - 12oz \$25

NEWFOUNDLAND RAINBOW TROUT

Trout Filet 6/7oz \$21 - 12/14oz \$27

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OUR NEW EXTREME FISHERMAN PLATTERS

Served with inspiration salad, fresh vegetable rice, spicy parmentier, Poseidon cream and house tartare

HADDOCK FISHERMAN

5oz Haddock regular or house breaded house + 2 Shrimps + 2 Scallops + 1 Scampi \$24

WALLEYE FISHERMAN

6oz Walleye + 2 Shrimps + 2 Scallops + 1 Scampi \$26

SALMON FISHERMAN

6oz of Salmon + 2 Shrimps + 2 Scallops + 1 Scampi \$26

TROUT FISHERMAN

6/7oz Rainbow Trout + 2 Shrimps + 2 Scallops + 1 Scampi \$28

GLUTEN-FREE MENU

GLUTEN-FREE FISH

Our natural fish and fishermen

GLUTEN-FREE SEAFOOD

Our natural seafood

GLUTEN-FREE RIB-EYE BEEF FILLET

Our non-spicy beef striploin

GLUTEN FREE SURF AND TURF

GLUTEN-FREE SIDE DISHES

Inspiration salad, balsamic vinaigrette or olive oil and lemon. Choice of homemade fries, natural parmentiere or baked potato

SEA SALT & WHOLE PEPPER

Season your gluten-free dish, according to your taste, at your table

Our striploin Surf and Turf only

GLUTEN-FREE CAKE: see desserts section

OUR FAMOUS AAA+ CERTIFIED WESTERN BEEF

A MUST SINCE 2008



THE CURRENT TRED

THE BEST IN THE REGION **Steak** **Fries** **AGED 35 TO 45 DAYS**

OUR MEATS ARE ALSO AVAILABLE IN THE BUTCHERY



SERVED 2 WAYS : WITH FRIES OR WITH SALAD, RICE WITH VEGETABLES AND SPICY PARMENTIER

NOW SERVED WITH BORDEAUX SAUCE OR WITH OUR NEW PEPPER SAUCE

*TRANSFORM YOUR
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CERTIFIED AAA + TEXAS STEAK

Cut exclusively from AAA Certified Beef +
carefully seasoned in-house
6oz \$14 - 12oz \$20 - 18oz \$25

AAA + CERTIFIED SIRLOIN STEAK +

Carefully seasoned certified AAA + beef.
Suggested Cooking: Blue to Medium-Rare
6oz \$23 - 12oz \$31 - 18oz \$40

CERTIFIED AAA + STRIPLOIN STEAK

Certified AAA + beef with fat in the center and
on the edges 8oz \$26 - 12oz \$34 - 18oz \$42

CERTIFIED AAA + FILET MIGNON

Certified AAA + beef wrapped in bacon and
carefully seasoned in-house
6 oz \$ 28 - 12 oz \$ 41 - 18 oz \$ 54

OUR FAMOUS SURF AND TURF

**SERVED 2 WAYS: WITH FRIES OR WITH SALAD, RICE WITH VEGETABLES AND SPICY
PARMENTIER**

NOW SERVED WITH BORDEAUX SAUCE OR WITH OUR NEW PEPPER SAUCE

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TEXAS BIFTECK OF BEEF 6oz &

5 White Shrimps \$20
3 North Atlantic Scallops \$22
3 ICELAND GOLD Scampi \$24
3 Shrimps, 2 Scallops and 2 Scampi \$27

SIRLOIN FLANK STEAK 6oz &

5 White Shrimps \$28
3 North Atlantic Scallops \$30
3 ICELAND GOLD Scampi \$32
3 Shrimps, 2 Scallops and 2 Scampi \$35

PORK TENDERLOIN 8oz &

- 5 White Shrimps \$22
- 3 North Atlantic Scallops \$24
- 3 ICELAND GOLD Scampi \$26
- 3 Shrimps, 2 Scallops and 2 Scampi \$29

STRIPLOIN STEAK 6oz &

- 5 White Shrimps \$31
- 3 North Atlantic Scallops \$33
- 3 ICELAND GOLD Scampi \$35
- 3 Shrimps, 2 Scallops and 2 Scampi \$40

CHICKEN BREAST 8oz &

- 5 White Shrimps \$22
- 3 North Atlantic Scallops \$24
- 3 ICELAND GOLD Scampi \$26
- 3 Shrimps, 2 Scallops and 2 Scampi \$29

FILET MIGNON 6oz &

- 5 White Shrimps \$34
- 3 North Atlantic Scallops \$36
- 3 ICELAND GOLD Scampi \$38
- 3 Shrimps, 2 Scallops and 2 Scampi \$42

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FRESH VEGETABLE BAKE (GRATIN)

Gratin cooked with creamy soup of the moment

Served with inspiration salad, fresh vegetable rice and spicy parmentier

INSPIRATION OF THE MOMENT GRATIN (BAKE)

Broccoli, cauliflower, squash, carrots and fresh mushrooms with cream of the moment \$16

GRILLED CHICKEN GRATIN (BAKE) \$19

SHRIMP GRATIN (BAKE) \$20

DINNER SALADS

Served with grilled garlic bread

CHEF INSPIRATION SALAD

Mix of 5 lettuces, fresh vegetables and Ranch dressing \$12

CHEF`S CHICKEN SALAD \$15

CHEF`S SHRIMP SALAD \$18

CESAR SALAD

Fresh romaine lettuce, house vinaigrette, real bacon, garlic croutons, capers and Italian Parmesan Padano cheese \$14

CEASAR SALAD WITH GRILLED CHICKEN \$17

CEASAR SALAD WITH SHRIMP \$20

GREEK PIKILIA

Inspiration salad, house tzatziki, feta cheese, stuffed vine leaves, artichokes hearts, spinach pastry, Kalamata olives

NEW PANINI

Grilled Original, Southwest or Buffalo
Served with inspiration salad and HOME FRIES

Onions, tomatoes, salad, Mozzarella and Monterey Jack. EXTRA BACON + \$ 1

NEW TEXAS AAA + PAN-BURGER \$15

Cut exclusively from AAA Certified Beef + carefully seasoned in-house

PORK TENDERLOIN PANINI \$15

GRILLED CHICKEN PANINI \$15

PITA

Served with inspiration salad and HOME FRIES

PORK TENDERLOIN PITA

House Tzatziki, onions and tomatoes \$15

GRILLED CHICKEN PITA

House Tzatziki, onions and tomatoes \$15

PIKILIA VEGETARIAN PITA

House Tzatziki, feta cheese, stuffed vine leaf, artichoke heart, tomatoes, onions and sweet peppers \$15

PITA PIZZA

Served with inspiration salad and HOME FRIES

SOUTH-WEST CHICKEN PIZZA

Grilled chicken breast, onions and house cheese mix \$16

With a Greek steak 6oz \$ 15

With a Pork Tenderloin or **GRILLED CHICKEN**
4oz \$15 - 8oz \$18

MONT ST-BENOIT CHIC

POUTINE

Served with HOME FRIES and red wine sauce

MONT ST-BENOIT CHIC POUTINE

Semi-firm cheese \$15

CHIC POUTINE EXTREME CHEESE \$20

MARGHERITA PIZZA

Tomato sauce, zucchinis, tomatoes, sweet peppers,
green olives and house cheese mix \$16

GREEK PIZZA

Tomato sauce, feta, sweet peppers, black olives and
house cheese mix \$16

POSÉIDON SHRIMP PIZZA

Poseidon sauce, shrimp, sweet peppers and
house cheese mix \$17

DESERTS

Ice cream 1 scoop \$1.50 or 2 scoops \$2.25

Bistro Dessert of the Day \$2.50

House Crème Brulée \$5

Apple and Cream Sugar Pie \$5

Choco-Caramel Melt cake \$5.50

St-Honoré Cake \$5.50

Crispy Chocolate Cake \$5.25

Caramel Cheesecake Brule \$5.75

Chocolate-Almond Cake WITHOUT GLUTEN \$5.75

COFFEES

Latté (cafe au lait) \$3

Cappuccino \$3

Espresso \$3

Columbian Coffee \$2.50

Tea or Herbal Tea \$2.50

BEVERAGES

Virgin Caesar \$3

San Pellegrino Mineral Water \$2.50

Perrier Mineral Water \$2.50

Tropicana Lemonade \$2.50

Soft drink \$2.25

Vegetable, Clamato Juice or Milk \$2

Red Rain \$2.50

ALCOHOL- FREE BEERS AND COOLERS

Cooler \$3

Labatt Blue \$3

Grolsch 500 ml \$3.50

KITCHEN CLOSED

MONDAY 9 PM

TUESDAY 9 PM

WEDNESDAY 9 PM

THURSDAY 9 PM

FRIDAY 9 PM

SATURDAY 9 PM

SUNDAY 9 PM

RESTAURANT CLOSED

MONDAY 10 PM

TUESDAY 10 PM

WEDNESDAY 10 PM

THURSDAY 11PM

FRIDAY 11PM

SATURDAY 11PM

SUNDAY 10 PM

NOTICE TO WINE AND BEER CONSUMERS

PLEASE NOTE. ONLY ALCOHOLIC OR NON-ALCOHOLIC WINES AND BEER ARE PERMITTED IN OUR ESTABLISHMENT. ALL OTHER BEVERAGES OR FOODS ARE STRICTLY PROHIBITED.

COOKED MEALS
WITH FOODS OF SUPERIOR QUALITY

