



CARIBOU GOURMAND

Quebec Terroir Bistro
5308 St Laurent boulevard
Montréal H2T 1S1 - Mile End
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caribougourmand.com

SUMMER DINNER

From wednesday to saturday evening

TO SHARE

Charcuterie & cheese board - 24

Two artisan charcuteries, two artisan Quebec cheeses, fresh grapes, toasted sourdough bread, fruit ketchup, fried corn ribs, assorted nuts and homemade pickles.

: Quebec white wine Capella

Montreal croquettes - 6 for \$19

House recipe made with smoked meat, cheese curds and fresh onions, breaded and served with pickles and a honey mustard sauce.

: Red wine Beaujolais les Marcellins

Duck legs* - 6 for \$14 - 12 for \$22

From Brome-Lake, glazed with maple syrup and barbecue sauce, served with an herb sour cream.

: Quebec red wine Canis Minor

STARTERS

Salmon gravlax - 16

Prepared with beet, gin, orange and lemon, served with dill oil, fresh cucumber, herb sour cream and homemade croutons.

: White wine Muscadet Chéreau Carré

Lobster & shrimp arancini - 19

Risotto ball filled with fresh lobster and Nordic shrimp, breaded and served with a homemade lobster bisque with smoked paprika.

: White wine Bio Gruner Veltliner Heideboden

Wild seal from Magdalen Islands* - 18

Tataki-style with sour cream made with herbs from the Bas-du-Fleuve, sea buckthorn coulis from the Eastern Townships, rice vermicelli, and mustard caviar.

: Quebec red wine Canis Minor

TARTARES (STARTERS / MAIN COURSES)

Served with baguette croutons. Main course served with fries and mesclun.

Wagyu beef & red deer tartare - 18 / 35

Prepared with balsam fir-infused oil, honeyberry, fresh herbs and walnuts. Served with smoked paprika roasted corn and pickled onions.

: Organic red wine Cahors - Le pur fruit du Causse

Arctic char & shrimp tartare - 17 / 33

With raspberry chips, basil, cucumber and fresh herbs, pink peppercorn goat cheese cream, raspberry vinaigrette and basil crumble.

: Organic white wine Campo Flores or : Quebec rosé Lilly Rose

Vegetarian tartare - 14 / 27

Heirloom tomatoes, squash, goat cheese, cucumber, peach and fresh herbs. Served with beet chips and a peach balsamic reduction.

: White wine Olli Grillo from Sicily

EXTRAS

To accompany your dish

Homemade fries - 5 Seasoned mesclun - 4

Roasted vegetables - 8

MAIN COURSES

Sanglichon burger - 26

A remarkable meat from Le Bohémien farm in Valcourt. Served in a brioche bun with double cream brie, red onion chutney with honeyberry, mystery burger sauce, bacon and arugula. Served with mixed greens and homemade fries.

: Quebec red wine Canis Minor

Summer salmon - 34

A salmon steak roasted under a crust made of St-Viateur bagel, parmesan, roasted hazelnuts, and white pepper. Served on a creamy sweet potato purée with sea buckthorn, accompanied by fresh market greens.

: White wine Riesling Lucien Albrecht cuvée réserve

Stuffed yak polpettes - 33

Three generous yak meatballs from Yakiti Yak farm in Bolton-Est, stuffed with cheese curds, set on a Provençal sauce and accompanied by a ratatouille made with vegetables from Olivier's garden.

: Red wine Côtes du Rhône Rémy Ferbras

Gnocchinis - 26

Mini gnocchi made with spinach pesto, served in a creamy basil sauce with zucchini, broccolini, and cherry tomatoes. Served with cottage cheese and basil-infused oil.

: Quebec white wine Capella

Duck magret - 36

Sourced from Montréalie, seared and glazed with Montreal honey, served on a bed of fresh green beans cooked with mild spices, and topped with a velvety roasted red pepper cream.

: Red wine Pinot noir

Nagano pork ribs - 32

100% Quebec-raised, marinated in Wills microbrewery white beer, and glazed with a whisky barbecue sauce. Served with small roasted potatoes cooked in olive oil and thyme, house burger sauce and fried corn ribs.

: Quebec red wine Rick and Roll

Butcher's cut - MP

Depending on arrivals, grilled, served with the sauce of the day, mesclun salad and fries.

: Red wine Bordeaux - Les ormes de vieux moulin

Aged beef prime rib* (to share ... or not) - MP

Aged AAA Canadian beef, marrowbone, and sauce of the day, served with homemade fries and roasted vegetables

: Red wine Gigondas Francois-Xavier Lambert

DESSERTS

(All our desserts are homemade by our pastry chef)

Lemon butterfly - 13

Imagine a half tartlet filled with a creamy lemon filling, topped with a flambéed Italian meringue, and garnished with a crispy topping and crumble.

Joconde strawberry cake - 14

A soft joconde sponge cake filled with pistachio diplomat cream and a strawberry compote, crowned with fresh strawberries and vanilla whipped cream.

Double chocolate panna cotta - 12

An elegant panna cotta with dark and milk chocolate, served with a red berry coulis, fresh fruit and a house-made maple syrup granola.

Passionately coconut - 14

A gourmet trompe-l'œil: a dark chocolate shell filled with a light coconut mousse and a coconut rice pudding center, decorated with a mango curd and coconut chocolate granola.

MP : Market price

: Wine pairing suggest.

* : Dep. on arrivals

: Vegetarian

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ALLERGIES ? It's important, please inform your server !

Many allergens are present in the kitchen and may come into contact with your dish. For gluten intolerance, options are available. Don't hesitate to ask.