



SAVOR THE LOCAL FLAVOR
AT THE HEART OF HISTORY



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APPETIZERS & SIDES

SOUP OF THE DAY ☀ 8.25

FRENCH ONION SOUP 🍀 9.50

Made with local craft blonde beer.

BUTTERNUT SQUASH & MAPLE CREAM SOUP 🍀 7.75

Butternut squash, chicken broth, maple syrup, onion and garlic.

GARLIC ESCARGOTS AU GRATIN ★ 11.50

Escargots baked with mushrooms, shallots, garlic, parsley, white wine and mozzarella.

SMOKED DUCK BREAST ★ ♥ 14.95

House-smoked Lac Brome duck breast served with onion marmalade.

NACHOS ★ 18.50

Corn chips topped with salsa, jalapeños, black olives and melted cheese.

BEEF TARTARE (75 G) 🍀 ★ ♥ 15.50

Hand-cut Alberta Angus beef seasoned with the Bistro's signature blend, served with crostini and traditional sauce.

SALMON TARTARE (75 G) 🍀 ★ ♥ 16.50

Fresh Atlantic salmon, lightly seasoned and hand-cut, served with crostini and Bistro house sauce.

BEEF CARPACCIO 16.50

Thin slices of raw beef dressed with mustard and shallot vinaigrette, topped with Parmesan shavings, arugula, capers and crostini.

for sharing

CHARCUTERIE BOARD 21.95

Charlevoix dry sausage, Artisan sausage, duck rilette, cranberry game terrine, capicola, olives, condiments and nuts.

CHEESE BOARD ★ 21.95

Selection of three cheeses from Fromagerie Ruban Bleu, served with onion confit, nuts and olives.

BISTRO-STYLE BURRATA & CHERRY TOMATO MEDLEY 23.75

Burrata, cherry tomatoes, pesto, balsamic glaze, arugula, olives and focaccia bread.

salads

CAESAR SALAD ★

A flavourful romaine salad topped with fresh Parmesan shavings, bacon and our homemade Caesar dressing.

Entrée 11.00 | Main 15.00

SPINACH SALAD ★

Baby spinach, maple vinaigrette, raisins, walnuts and goat cheese.

Entrée 12.00 | Main 16.00

BEEF SALAD ★ ♥

Roasted beets with balsamic vinegar, goat cheese and raspberry vinaigrette.

Entrée 10.25 | Main 14.25

KALE, GOAT CHEDDAR AND DRIED FRUIT SALAD

Kale, apricots, dried cranberries, goat cheddar, honey vinaigrette and pumpkin seeds.

Entrée 13.50 | Main 17.50

Add a protein to your salad : Chicken + 6.00 | Grilled Salmon + 8.00 | Tofu + 6.00

ALLERGIES AND INTOLERANCES : Please always inform your server to minimize risks as much as possible.

🍀 Product of Quebec

🍀 Product of Canada

★ Gluten-Free

♥ Dairy-Free

☀ Vegan

MAIN COURSES

sandwichs and burgers

CRISPY CHICKEN WRAP ♥ 19.50

Breaded chicken breast served in a tomato tortilla with spicy mayonnaise, mozzarella and lettuce, accompanied by homemade chips and guacamole.

LA TRAITE BURGER ♣ ♥ 21.00

Hormone-free, grass-fed Bon Boeuf beef topped with cheese, lettuce, tomato, onion, pickles and La Traite sauce, served with homemade chips and kale salad.

D'YOUVILLE BURGER ♣ ♥ 21.50

Hormone-free, grass-fed Bon Boeuf beef topped with Camembert, bacon, lettuce, tomato and pickles, served with homemade chips and kale salad.

CLUB LA TRAITE ♥ 20.25

Grilled chicken breast served on focaccia bread with tomato, lettuce, bacon, onion and cheddar cheese, accompanied by homemade chips and kale salad.

SALMON BURGER ♣ ♥ 21.95

Salmon fillet marinated with red pesto, served on focaccia bread with arugula, guacamole, red onion, cheddar and sliced tomatoes, accompanied by homemade chips and kale salad.



pasta

PENNE WITH SAUSAGE RAGÙ AND BRAISED BEEF 22.25

Slow-cooked shredded blade roast in a tomato sauce with mushrooms and vegetables, blended with pieces of Italian sausage and topped with Parmesan shavings.

PENNE À LA TARA 22.50

Pasta tossed in a creamy wild mushroom sauce, topped with chicken strips and Parmesan shavings.

FETUCCINI VERDURA 21.00

Seasonal grilled vegetables, Parmesan cheese, red pesto and arugula.

CANNELONI STUFFED WITH BEEF GRATINÉE ♣ 22.25

Fresh pasta tubes generously stuffed with ground beef, topped with a slow-simmered tomato basil sauce and creamy béchamel, then oven baked with mozzarella.

\$3 DONATED TO



La fondation
COMPAGNOM
engagée pour une meilleure santé mentale

fish

CEDAR PLANK TROUT ♥ 26.75

Rainbow trout fillet grilled on a cedar plank and marinated with fine herbs, served with Québec black garlic coulis, rice and vegetables.

bowls

POKE BOL ★ ♥ 19.75

Jasmine rice, shredded carrots, sliced radish and mixed greens, edamame, cherry tomatoes, diced cucumbers and maple vinaigrette.

Choice of:

Salmon, Katsu chicken or crispy tofu



tartares

All tartares are served with the chef's salad.

BEEF TARTARE (150 G) ♣ ★ ♥ 26.75

Hand-cut Alberta Angus beef seasoned with the Bistro's signature blend, served with crostini and traditional sauce.

SALMON TARTARE (150 G) ♣ ★ ♥ 27.75

Fresh Atlantic salmon, lightly seasoned and hand-cut, served with crostini and Bistro house sauce.

SURF & TURF DUO (75 G each) ♣ ★ ♥ 29.50

Beef tartare and salmon tartare served with crostini and Bistro house sauce.

poultry and meat

MOUSSAKA 20.00

Layers of roasted eggplant and Bon Boeuf ground beef cooked with onions and spices, topped with béchamel sauce and oven baked.

SHEPHERD'S PIE WITH DUCK CONFIT ♥ 24.75

A rich twist on the classic shepherd's pie, prepared with duck confit, shallots cooked in duck fat, hearty pieces of duck meat, corn and mashed potatoes blended with sour cream.

BRAISED BEEF CHEEK ♥ ★ 32.00

Served with red wine sauce, seasonal vegetables and roasted potatoes.

HAMBURGER STEAK ♥ 21.50

Hormone-free, grass-fed Bon Boeuf beef served with a shallot and Québec craft dark beer sauce, accompanied by rice and sautéed vegetables.

BEEF BOURGUIGNON ♥ 27.00

Traditional slow-braised beef bourguignon with tender beef cubes in a rich red wine sauce, accompanied by bacon, mushrooms and pearl onions. Served with roasted baby potatoes and market vegetables.

BEEF FLANK STEAK ♥ 36.00

Served with a shallot and Québec craft dark beer sauce, seasonal vegetables and roasted potatoes.

vegetarian dishes

VEGAN BURGER ♥ ☀ 20.25

Black bean, eggplant and sautéed mushroom patty served with a creamy cilantro lime sauce, accompanied by homemade chips and a small salad of the day.

BUTTER TOFU ☀ 18.25

A flavourful vegan option featuring firm tofu simmered in a creamy tomato and coconut milk sauce with vegetables and Indian spices. Served with jasmine rice.

TORTELLINI SAIAO 16.95

Tri-colour cheese-filled tortellini tossed with grilled summer vegetables, cherry tomatoes, cucumber, Kalamata olives, arugula and Parmesan, served with balsamic vinaigrette.



DESSERTS



CHOCO_CARAMEL CAKE	8.00
CHEESECAKE	8.00
KEY LIME PIE	7.75
QUÉBEC MAPIE CRÈME BRÛLÉE	8.50
BLUEBERRY & MAPIE MOUSSE	8.50
DESSERT OF THE MOMENT	7.50

BEVERAGES

coffees

Regular coffee	3.25	Flavoured latte	5.50
Espresso	3.50	Cappuccino	4.00
Latte	4.50	Americano	4.00

specialty coffees

Brazilian coffee	9.00
Baileys coffee	9.00
Coureur des Bois coffee	9.00

Tea or herbal tea	3.25	Bottled water	3.50
Bistro hot chocolate	4.50	Sparkling water	3.50
Juice	3.50	Soft drinks	2.95
Milk	3.95		