



S A I N T - A M O U R

1 9 7 8

Menu created by chef executive co-owner Jean-Luc Boulay
and his head chef, François Hughes

Chef Jean-Luc Boulay

Maîtres Cuisiniers de France

Prix lumière 2019 du Québec, nommé par la Société des Chefs Cuisiniers et Pâtisseries
du Québec (SCCPQ)

Médaille d'Officier du mérite agricole
de France en 2016

Juge à l'émission Les Chefs

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Prix Renaud Cyr 2012

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Lauréat du Prix du gouverneur général du Canada 2010 pour les arts de la table

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Chef de l'année 2002 du Québec (National), nommé par la Société des Chefs Cuisiniers
et Pâtisseries du Québec (SCCPQ)

Welcome to Le Saint-Amour

Please inform us of any food allergies.

The fresh market cuisine experience requires a certain time for preparation.

Thank you for your understanding.



SAINT-AMOUR

1 9 7 8

 Vegetarian

 Gluten free

DISCOVERY

Mise en bouche gourmande

Foie gras

Lobster bisque

Arctic char filet

Palet cleanser

Quebec AAA beef filet mignon

Chef Éric Lessard's
desert fantasy

98

GRAND DISCOVERY

Oyster and caviar

Foie gras

Quebec game meat

Lobster bisque

Arctic char filet

Palet cleanser

Quebec AAA beef filet mignon

Local fine cheeses

Local Québec nuts

Chef Éric Lessard's
desert fantasy

Petit fours

148

All guests at the table must order the same menu.
Ask our sommeliers' about a wine pairing experience

Have your friends experience Jean-Luc Boulay's distinctive cuisine
by offering his book for 25\$ when ordering from these menus.

DUCK FOIE GRAS

OUR SIGNATURE FROM LE CANARD GOULU FARM

Classic terrine, Quebec flavours 50g 28.
ground cherry jelly, crabapple butter
blackcurrants candied in cherrywood syrup, toasted brioche

The Experience 80g 35.
tradition and innovation six ways
variations of textured fruits
toasted brioche

Seared Foie Gras escalope from Canard Goulu Farm 44.
giblets, strawberries, beets and black walnuts tartlet
Sauce grand veneur and chocolate, green alder Mikado

Our sommeliers wine pairing suggestions :

Champagne, Brut 4 oz 22.
Sauternes 2 oz 19.
Ice Wine, Tawse Winery, Niagara Peninsula, Canada 2 oz 20.
Coteaux du Layon, Domaine de la Bergerie, France 2 oz 12.



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APPETISERS

Quebec crawfish plate

poached lobster and marinated Nordic crawfish
asparagus mousse, emulsified orange lobster roe
radish slivers and honey mushrooms

28.
⑨

Mediterranean octopus medallion

Charlevoix chorizo and coppa chips
smoked pepper purée and daisy buds
aiolo and black garlic brioche croutons

28.

Quebec game meat

gravlax and tartar Saint-Amour
perfumed with sea buckthorn and balsam fir water

26.
⑨

Canadian oysters and sturgeon caviar 12g

vodka sour cream
shallots and lardoons reduction
sorbet and blinis

86.

Lobster bisque

porcini sabayon, vanilla
brioche bread crumble

18.

Quebec nuts, fine greens and Nordic fruits

roasted noix de coeur and brown butter
blueberry and black walnut sorbet
confit fruits and Orleans Island young shoots

20.
① ⑨

Fine Quebec cheeses 3 x 25g

pepper chutney, house focaccia and fireweed jelly

18.
①

MAIN COURSES

Arctic char filet

grilled and served with its crispy skin
cauliflower and dill taboule, purée
fennel and vermouth butter sauce

52.



Atlantic halibut

herb crust, Gorria pepper oil
carbonara style squid ink linguine
white wine sauce and Louis d'Or cheese

52.

Magdalene Island scallops

stuffed with tartufata, artichoke tapenade
creamy potatoes, pea declination

52.



House made wild mushroom raviolis

grilled mild garlic and thyme zucchinis
kale chips, tomato water and mousse

46.



Quebec AAA beef filet mignon 52.
summer truffle french toast, baby spinach leaves
meat jus emulsified with foie gras

Quebec lamb short loin 52.
puff pastry wrap, ratatouille stuffing
eggplant caviar and black garlic
oregano natural jus

Sweetbreads and crawfish 52.
sage corn bread
seared morel mushrooms
Nantua sauce flamed with Crown Royal

Turlo Farm squab 52.
legs confit and stuffed with foie gras
seared sweet potato gnocchis and maitake mushrooms
red wine sauce

Jean-Luc and François would like to suggest a delicious
serving of foie gras with your main course.

Extra foie gras terrine 30 g 15.

Extra seared foie gras 80 g 30.