



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 Pâtisiers
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 Pâtisiers 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

Mises en bouches gourmandes

Foie gras

Vegetable pho

Scallops

Palet cleanser

Duckling breast

Chef Éric Lessard's
dessert fantasy

98

GRAND DISCOVERY

Oyster and caviar

Foie gras

Quebec game meat

Vegetable pho

Scallops

Palet cleanser

Duckling breast

Local fine cheeses

Local Québec nuts

Chef Éric Lessard's
dessert fantasy

Petits 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 38.
poached pear with cassis liqueur from Monna & Filles
house brioche bread and spices tile
natural jus and poached pear reduction

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.



SAINT-AMOUR

1978

 Vegetarian

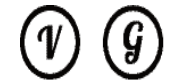
 Gluten free

APPETISERS

Saint-Amour vegetable Pho

herb and tofu dumplings

Beluga lentils and Gorria pepper, fried leek



18.

Arctic Char

smoked and marinated in black spruce and carvi

beetroot and fennel symphony



26.

Mediterranean octopus medallion

Charlevoix chorizo and coppa chips

smoked pepper purée and daisy buds, aiolo

28.

Quebec game meat

juniper and green alder gravlax Carpaccio

apple declension and Louis d'Or cheese shavings



26.

Canadian oysters and sturgeon caviar 12g

vodka sour cream

shallots and lardoons reduction

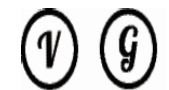
sorbet and blinis

86.

Fine Quebec cheeses 3 x 25g

thyme foccacia, compote and macerated raisins

local honey and flowers



18.

VEGETARIAN DISHES

Market fine greens

floral mesclun and Daniel's fine herbs from Île d'Orléans
white wine, shallot and camelina oil vinaigrette

16.



Quebec nuts and Nordic fruits

roasted noix de coeur and brown butter
blueberry and black walnut sorbet, confit fruits

24.



Butternut squash tatin

caramelised onions and creamed corn
root vegetables and goat's cheese
balsamic reduction with elderflower berries

46.



MAIN COURSES

Sturgeon from lac Saint-Pierre

cauliflower purée, risotto and clusters
crushed roasted hazelnuts
Noilly Pratt mousse sauce

48.



Quebec crustaceans

squid ink raviolis
lobster and Nordic shrimp
royal Kombu persillade, foamy white wine bisque

52.

Canadian scallops and white pudding

Jerusalem artichoke and tarragon purée
black garlic mousse from Île d'Orléans
tarragon meat jus reduction

52.

Quebec AAA beef filet mignon 52.

Yukon gold potato rösti

fine beans, seared maitake and oyster mushrooms

bordelaise sauce

Sweetbreads and wild shrimps 52.

celery, celeriac and kohlrabi

sweetbread crumble

meat jus creamed and pearled with truffle oil

Duckling breast from the Canard Goulu Farm 50.

lacquered with honey and rosemary

sweet potato roasted in duck fat and juniper berries

confit thigh wrapped in cabbage, grand veneur and prune sauce

Guinea fowl from Élevages JK 48.

thigh ballotine and breast cooked at low temperature

Saskatchewan wild rice and seared chanterelles

crispy skin chips, pullet sauce and mullet eggs



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.