



**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.



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SAINT-AMOUR

1 9 7 8

 Vegetarian

 Gluten free

## DISCOVERY

Mises en bouches gourmandes

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Foie gras

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Winter vegetable consommé

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Scallops

\*\*\*

Palet cleanser

\*\*\*

Duckling breast

\*\*\*

Chef Éric Lessard's  
dessert fantasy

98.

## GRAND DISCOVERY

Oyster and caviar

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Foie gras

\*\*\*

Quebec game meat

\*\*\*

Winter vegetable consommé

\*\*\*

Scallops

\*\*\*

Palet cleanser

\*\*\*

Duckling breast

\*\*\*

Local fine cheeses

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Local Quebec nuts

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Chef Éric Lessard's  
dessert fantasy

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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.



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# APPETISERS

- Winter vegetable consommé** 18.  
Sea buckthorn and ginger hat  
crispy flakes of carrot and parsnip 
- Arctic Char** 26.  
smoked and marinated in black spruce and carvi  
beetroot and fennel symphony 
- Gaspesian seafood and organic Charlevoix charcuterie** 28.  
shrimp and dill baton, smoked mussels  
abalone and Strimpson clam escabeche  
urchin mousse, chorizo vinaigrette and coppa chips
- Quebec game meat** 26.  
juniper and green alder gravlax carpaccio  
apple declension and Louis d'Or cheese shavings 
- Canadian oysters and sturgeon caviar** 12g 86.  
vodka sour cream  
sorbet and blinis
- Fine Quebec cheeses** 3 x 25g 18.  
thyme foccacia, compote and macerated raisins  
local honey and flowers 
- Cheese casserole** 18.  
Quebec cheese fondue  
cranberry jam and nut bread sticks 

# 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 hazelnut 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

## **Sablefish**

carrots seared with savory and mild garlic  
blue potatoes poached in white wine  
pearled onion and smoked lardoons, leek and vermouth mousse sauce

52.



## **Quebec crustaceans**

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

52.

## **Canadian scallops and white pudding**

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

52.

**Quebec AAA beef filet mignon** 52.

Yukon gold potato rösti

Brussels sprouts, seared maitake and oyster mushrooms

bordelaise sauce

**Quebec piglet duet** 52.

loin and flank candied with Boreal spices

lingonberry and black spruce bannock bread

carrot and indigenous berry purée, meat jus

**Sweetbreads and wild shrimps** 52.

celery, celeriac and kohlrabi

sweetbread crumble

meat jus creamed and black winter truffle

**Duckling breast from the Canard Goulu Farm** 52.

lacquered with honey and rosemary

sweet potato roasted in duck fat and juniper berries

confit thigh wrapped in cabbage, grand veneur and prune sauce

**Turlo farm whole squab** 52.

stuffed with foie gras

maple and thyme glazed parsnips

Valentine radish purée, hazelnut natural jus

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.