

BREAKFAST

être/avec toi



THREE EGGS ANY STYLE
choice of maple bacon, sausage
or ham, home fries & toast

17

PANCAKES
caramelized bananas & maple syrup

17

**BASKET OF
BREAKFAST PASTRIES**
croissant, muffin, danish,
chocolate croissant

4 / 12

"FOLIE FOLIE" LOBSTER

32

• **LOBSTER BENEDICT**
lobster, poached egg, spinach,
hollandaise sauce and English muffin

• Coffee or tea or cappuccino

• 1 glass of orange juice
or grapefruit juice

• Choice of bread

MONTRÉALAIS

29

• **SMOKED SALMON PLATE**
Montréal bagel, capers, citrus cream

• Coffee or tea or cappuccino

• Choice of smoothie or
1 glass of orange juice
or grapefruit juice

CABANE À SUCRE

30

• **CABANE À SUCRE**
egg, crepe with maple butter,
glazed French ham with maple
baked beans, cretons and bacon

• Coffee or tea or cappuccino

• 1 glass of orange juice
or grapefruit juice

• Choice of bread

THE CONTINENTAL

BUFFET

24

- mixed fruit plate
- variation of cereals and dried fruits
 - yogurt choice
 - pastries choice
- filter coffee, home-made
hot chocolate, espresso
- orange juice and grapefruit juice

HOT BUFFET :

- scrambled eggs
- hash browns
- bacon slices
- breakfast sausage

DETOX

29

• **GRANOLA PARFAIT**
berries, dried fruit & nuts
OR **EGG WHITE OMELETTE**

• Mixed fruit plate

• Coffee or tea or cappuccino

• Choice of smoothie or
1 glass of orange juice
or grapefruit juice

GLUTEN FREE

29

• **GLUTEN FREE BREAD**
avocado and poached egg

• **SEASONAL FRUIT BOWL**

• Coffee or tea or cappuccino

• Choice of smoothie or
1 glass of orange juice
or grapefruit juice

• Gluten free bread

TEA

4.25

GREEN

ZEJIANG LONG JING, China
DRAGON PEARLS, China
BAI HAO JINGMAI, China

BLACK

DARJEELING 2ND FLUSH
GOPALDHARA, India
EARL GREY, India
CHAI CAMELLIA, India
LAPSANG SOUCHONG, China

WULONG

ASSAM BANASPATY, India

HERBAL

ZESTE ÉCLAIR
SUBLIME ORGANIC, Canada
LABRADOR TEA, Canada

AGED

PU ER 1992 MENGHAI

SMOOTHIES

11

passion fruit,
mango & banana

mix of berries,
yogourt & honey

kale, spiruline,
Granny Smith apples
and almond milk

FRESH JUICE

6

orange
grapefruit

COFFEE

LATTE
6,00

CAPPUCCINO
6,00

CAFÉ CORTADO
4,25

ESPRESSO
3,85 / 4,50

ESPRESSO MACCHIATO
4,50

FILTER COFFEE
3,00

home made
HOT CHOCOLATE
5,00

HOURS

BREAKFAST

MON-FRI
6:30 - 11:30
SAT & SUN
7:00 - 11:30

LUNCH

MON - FRI
11:30 - 16:30

DINNER

MON - SUN
16:30 - 23:00

BRUNCH

SAT & SUN
11:30 - 16:30

être/avec toi



BREAKFAST

COCKTAILS

MIMOSA

10

Nino Franco Prosecco
+ please select:

- orange • strawberry • mango • lychee

CHAMPAGNE COCKTAIL

16

Cointreau, Angostura bitters,
sugar, Champagne

BRUNCH

à travers toi



LE MAGNIFIQUE

25

ê.a.t. signature burger
angus beef, bacon,
black beer cheddar, romaine lettuce,
tomato and sweet onion butter

BASKET OF PASTRIES
croissant, muffin, danish, chocolate croissant

4 / 12

"FOLIE FOLIE" LOBSTER

LOBSTER BENEDICT

lobster, poached egg, spinach,
hollandaise sauce and English muffin

26

- Coffee or tea or cappuccino
- Choice of smoothie or 1 glass of orange juice or grapefruit juice
- Choice of bread

All included: 32

MONTRÉALAIS

SMOKED SALMON PLATE

Montréal bagel, capers, citrus cream

22

- Coffee or tea or cappuccino
- Choice of smoothie or 1 glass of orange juice or grapefruit juice

All included: 29

MEZZE

SALMON

22

- sashimi, saké eau du désir
- smoked salmon, creamy dill marinated in lemon & grilled Chicago style
- tartare with sweet mustard

For the table 34

MEDITERRANEAN

24

- Bella di Cerignola olives, truffle oil, grated cauliflower
- Kalamata olive tapenade, baguette croutons
- rouille
- grilled octopus, lemon olive oil

For the table 36

DUCK

28

- foie gras, fleur de sel, fig confiture
- duck rillettes with orange peel
- foie gras panna cotta, and caramelized pecans
- smoked duck breast with lavender honey

For the table 39

SEAFOOD POUTINE

market selection of seafood,
French fries, cheese curd,
shellfish sauce & white wine

19

BANANA DREAM

- waffle, chantilly, caramelized banana, maple candied pecans

21

- Coffee or tea or cappuccino
- Choice of smoothie or 1 glass of orange juice or grapefruit juice

All included: 29

STEAK & EGGS

- faux-filet, 2 eggs any style, potatoes & bacon

32

- Coffee or tea or cappuccino
- Choice of smoothie or 1 glass of orange juice or grapefruit juice

All included: 39

CABANE À SUCRE

CABANE À SUCRE

egg, crepe with maple butter,
glazed French ham with maple
baked beans, cretons and bacon

22

- Coffee or tea or cappuccino
- Choice of smoothie or 1 glass of orange juice or grapefruit juice
- Choice of bread

All included: 30

MISH-MASH OMELETTE

(3 EGGS)

5 CHOICE OF :

- tomato
- pepper
- spinach
- onion
- asparagus
- aged cheddar
- Oka cheese
- goat cheese
- maple bacon
- French ham

21

- Coffee or tea or cappuccino
- Choice of smoothie or 1 glass of orange juice or grapefruit juice
- Choice of bread

All included: 29

• ALL ORDERS WILL BE ACCOMPANIED BY A BOWL OF FRUIT FOR TABLE •

SMOOTHIES

11

passion fruit,
mango & banana

mix of berries,
yogourt & honey

kale, spiruline,
Granny Smith apples
and almond milk

FRESH JUICE

6

orange
grapefruit

TEA

4.25

GREEN

ZEJIANG LONG JING, China
DRAGON PEARLS, China
BAI HAO JINGMAI, China

BLACK

DARJEELING 2ND FLUSH
GOPALDHARA, India
EARL GREY, India
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WULONG

ASSAM BANASPATY, India

HERBAL

ZESTE ÉCLAIR
SUBLIME ORGANIC, Canada
LABRADOR TEA, Canada

AGED

PU ER 1992 MENGHAI

COFFEE

LATTE

6,00

CAPPUCCINO

6,00

CAFÉ CORTADO

4,25

ESPRESSO

3,85 / 4,50

ESPRESSO MACCHIATO

4,50

FILTER COFFEE

3,00

home made
HOT CHOCOLATE

5,00

HOURS

BREAKFAST

MON-FRI
6:30 - 11:30
SAT & SUN
7:00 - 11:30

LUNCH

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11:30 - 16:30

DINNER

MON - SUN
16:30 - 23:00

BRUNCH

SAT & SUN
11:30 - 16:30

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BRUNCH

SPÉCIALITÉS

G TARTARES

BEEF
capers, shallots, tabasco,
mayonnaise, fine herbs
18 / **22** as a dish

SALMON
lemon, coriander, olive oil,
19 / **23** as a dish

TUNA 110gr
Moroccan spices, dates,
quail egg, almond and mint
22 / **26** as a dish

HORS D'ŒUVRES

ARUGULA SALAD
parmesan, olive oil,
xeres vinaigrette
10

G GRILLED CAESAR SALAD
grilled romaine, smoked black cod,
parmesan & lime
12

LOBSTER SALAD
lobster, Granny Smith apple
in Champagne, citrus vinaigrette
22

SANDWICHES

CLUB SANDWICH
grilled chicken & fresh herbs,
bacon, tomatoes,
avocado, multigrain bread
18

LOBSTER GUEDILLE
lobster, saffron garlic mayonnaise,
crispy vegetables & chive oil
19

Ê.A.T. SIGNATURE BURGER
angus beef, bacon, black
beer cheddar, romaine lettuce,
tomato & sweet onion butter
25

LUNCH

être/avec toi



OYSTERS

See market selection
1.50 each

G LE PLATEAU DE LUXE

88

1 RILLETES
1 TARTARE
6 SHRIMPS
½ LOBSTER
20 OYSTERS
12 MUSSELS
1 CEVICHE

to share for 2 to 4 person



24,90

THE BISTRO BOX,
by Sébastien Giannini
THE NEW LUNCH CONCEPT
WITH A DAILY CHANGING MENU.

THREE DIFFERENT OPTIONS:
meat, fish
and vegetarian.

#BISTROBOX

quick order
30 min



G À LA PLANCHA

Includes one side dish

SALMON
26

TODAY'S MARKET FISH
P/M

OCTOPUS
29

RIB STEAK
42

Selection of sauces:

- bordelaise
- lemon Mousseline
- herbs Meunière style
- vierge sauce (olives, tomatoes & basil)

G SIDES

8

- French fries
- Caesar salad
- heirloom carrots & fresh mint
- mashed potatoes
- cauliflower, almonds, raisins & curry oil
- broccolini, lemon vinaigrette

* CONSUMING RAW OR UNDER COOKED MEAT, SEAFOOD OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

G GLUTEN-FREE

22OCT16

être/avec toi



LUNCH

G TARTARES

SALMON
lemon, coriander, olive oil,
19 / **23** as a dish

TUNA 110gr
Moroccan spices, dates,
quail egg, almond and mint
22 / **26** as a dish

ENTRÉES

ARUGULA SALAD
parmesan, olive oil,
xeres vinaigrette
10

GRILLED CAESAR SALAD
grilled romaine,
smoked black cod,
parmesan & lime
12

CALAMARI À LA CARBONARA
calamari, smoked bacon, parmesan
14

FOIE GRAS
Champagne & Granny Smith
apple salad, grilled country bread
18

LOBSTER SALAD
lobster, Granny Smith apple
in Champagne,
citrus vinaigrette
22

G LE PLATEAU DE LUXE

88

1 RILLETES
1 TARTARE
6 SHRIMPS
½ LOBSTER
20 OYSTERS
12 MUSSELS
1 CEVICHE

G LE PLATEAU ROYAL

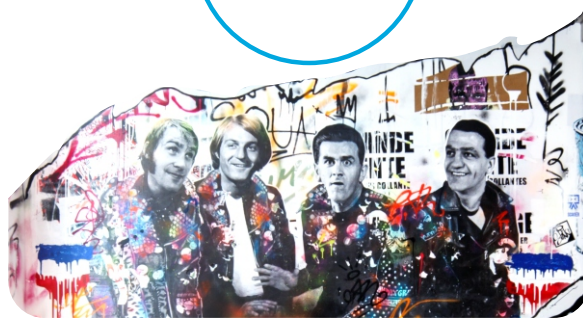
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1 TARTARE
1 RILLETES
10 SHRIMPS
1 CEVICHE
24 OYSTERS
16 MUSSELS
16 LITTLENECKS
1 WHOLE LOBSTER
1 MARINATED FISH
to share for 2 to 4 person

DINNER

être/avec toi

eat



SPECIALTIES

SEAFOOD POUTINE
market selection of seafood,
French fries, cheese curd,
shellfish sauce & white wine
19

FRIED CHICKEN
crispy chicken tenderly spiced,
includes a side dish
22

Ê.A.T. SIGNATURE BURGER
angus beef, bacon,
black beer cheddar, romaine lettuce,
tomato and sweet onion butter
25

PAËLLA
calmari, grilled octopus,
saffron rice, mussels
and shrimp au jus, chorizo
29

RIB STEAK
bordelaise sauce,
includes side dish
42

CÔTE DE BOEUF* /2pers.
with candied shallots
*includes 2 side dishes
122

MUSSELS & FRENCH FRIES

Select one of the following options:

G À LA TOULONNAISE
crushed tomatoes, basil and garlic confit
19

G À LA MARINIÈRE
white wine, parsley & shallot broth
21

À LA MONTRÉLAISE
Griffon blond beer, tarragon,
aged cheddar
21

MEZZE

G SALMON
22

- sashimi, saké eau du désir
- smoked salmon, creamy dill marinated in lemon & grilled Chicago style
- tartare with sweet mustard
For the table 34

MEDITERRANEAN
24

- Bella di Cerignola olives, truffle oil, grated cauliflower
- Kalamata olive tapenade, baguette croutons
 - rouille
- grilled octopus, lemon olive oil
For the table 36

DUCK
28

- foie gras, fleur de sel, fig confiture
- duck rillettes with orange peel
- foie gras panna cotta, and caramelized pecans
- smoked duck breast with lavender honey
For the table 39

G À LA PLANCHA

Includes one side dish

TODAY'S MARKET FISH
P/M

OCTOPUS
29

WHOLE FISH OF THE DAY
P/M

Selection of sauces:

- bordelaise
- lemon Mousseline
- herbs Meunière style
- vierge sauce (olives, tomatoes & basil)

G SIDES

8

- French fries
- Caesar salad
- heirloom carrots & fresh mint
- mashed potatoes
- cauliflower, almonds, raisins & curry oil
- broccolini, lemon vinaigrette

être/avec toi



DINNER