

Menu Table Verte

“Evolving with your opinions”

French Vegetarian Bistro

Soups

- French onion soup au gratin 9.50
Caramelized onions, croutons, Swiss au gratin in veggie stock.
- Soup of the season (V,GF) 6.75
Butternut squash with crispy sage.
- Soup du Jour (V,GF) 6.75
Specialty of the day, almost always vegan.

“Chaud Froid”

- Celeriac Remoulade (GF) 7.25
Shredded celery root marinated with lemon juice and dressed with home made mayonnaise.
- Lentils Vinaigrette (V,GF) 5.50
With brunoise of carrots, celery and leeks with Dijon vinaigrette.
- Beets with Horseradish (V,GF) 6.50
Seasoned with shallots, tarragon and herbs.
- Plat du Chaud Froid (GF) 7.00
Plate of all 3 salads,
“Because sometimes its hard to decide”

“Plat Chaud”

Small plates/ Appetizers

- Yam Cake (GF) 3.75
Layered sweet potato, seasoned with nutmeg and cinnamon
- Gratin Dauphinois (GF) 8.00
Classic French Side, layered potato with Swiss gratin.
- Haricots Verts (GF) 7.50
French beans sautéed with roasted garlic, olive oil and parsley.
- Cassoulet Vegetalien (V,GF) 9.00
Vegan beans stewed with roasted shallots.
- Sauteed Market Greens (V,GF) 7.75
Variety of greens sautéed in olive oil with garlic, raisins and almonds.

Le Menu

- Cassoulet Vegetalien (V,GF) 14.75
Vegan mixed beans stewed with roast shallots, served with wild rice .
- Choux Fleur Roti (V,GF) 16.75
Roasted cauliflower with rosemary scented quinoa, roasted Yam, sautéed greens with a fig and caper sauce.

- Mushroom Ragout 15.50
Portobello, button mushroom, morels and shitake a la crème, served with buttered papperdelle.

- Stuffed Roasted Squash (V,GF) 14.50
Seasonal squash stuffed with beans, corn, American wild rice and spices. Served with Salad.

- Eggplant and Fennel Confit (V,GF) 16.75
Served with roast tomato sauce and white rice.

- Broccoli Cauliflower Au Gratin 16.75
With White Sauce and 3 Cheeses (Cheddar, Mont and Swiss). Served with salad.

- Gnocchi Parisian au Gratin 19.75
With Truffles. white Sauce and Swiss cheese. Served with salad.

- Goat Cheese Tart 17.75
Canadian goat cheese, shallots, truffles, grape confit and veil of 180 days old Swiss cheese. Served With Yam Cake and Greens.

Sides

- White rice 3.00
American wild rice 6.00
Green Salad of the Market 6.00
Substitution of wild rice for entrée 2.00

(V=Vegan GF=Gluten Free)