

LITTLE SINS

Soup of the day 8

Maple caramelized onion soup 12

Made with apple beer, au gratin with a blend of three cheeses

Roman salad du Couvent 12

Golden apple, local smoked herring, parmesan croutons and grilled bacon

Roasted Whelks à la Provençale 13

Parmesan, fresh herbs and roasted tomato

Salmon and scallop jar 16

Mango and ginger compote, avocado and crispy vegetables

Parmesan fried calamari 13

Served with spicy lime mayo

Warm salad of pulled duck confit 15

Baby spinach with goat cheese, grilled bacon, sweet potatoes with balsamic reduction

GOURMANDISES

Cod fish and chips du Couvent 23

served with tartar sauce and coleslaw

Pan seared local scallops in bacon fat 35

Served with vanilla & pink pepper parsnip puree and orange fennel salad

Teriyaki salmon tournedos with tempura shrimps 36

Served with edamame and grilled sesame Japanese rice

Marinated beef poke bowl with spicy shrimps 32

Shitake, edamame, ginger carrots, wakame, wasabi peas and cilantro, served on rice

Lobster chowder 35 **extra lobster** +15

Coconut milk, lime and basil broth, with corn and potato

Seafood Linguini 32 **Chicken Linguini** 25

Shrimps, scallops and lobster in a fines herbs and parmesan sauce

« Gaspard Plus » burger 23

Fried onions, melting brie, lettuce and spicy mayo, served with fries and salad

Grilled AAA beef 32

7 ounces, red wine and shallot sauce, served rare, with vegetables and potatoes

Veal Osso Bucco au gratin with parmesan 38

Creamy tagliatelle with dried tomato and basil

Pork ribs 26

House BBQ sauce, fries and coleslaw