



## Menu

# Restaurant Fine-Bouche Service Traiteur

6319 Boul Gouin O, Montréal, QC H4K 1A8, Canada | (438) 476-4962

## Most Ordered



### Lalo au bouf / Beef Lalo

CA\$24.50

Accompagné de riz blanc avec sauce d'haricots noirs et banane plantain. / Accompanied by white rice with black bean and plantain sauce.



### Poulet / Chicken

CA\$22.50

Accompagné de riz collé avec haricot rouge et banane plantain frite. / Accompanied by Haitian rice and beans with red beans and fried plantain.



### Tassot cabrit (chèvre) / Tassot Cabrit (Goat)

CA\$34.99

Accompagné de riz collé avec haricot rouge et banane plantain frite. / Accompanied by rice pasted with red beans and fried plantains.

### Poisson gros sel aux fines herbes / Coarse Salt Fish with Herbs

CA\$34.99

Accompagné de banane plantain, d'igname et de riz collé avec haricots rouges et avocat. / Accompanied by plantain, yam and rice pasted with red beans and avocado.

### Dinde / Turkey

CA\$22.50

Turkey fritaille served with choice of macaroni salad or green salad.

### Jus citron / Lemon Juice

CA\$4.50

Freshly squeezed lemon juice, offering a natural and homemade beverage experience.

### Jus grenadia / Haitian Passion Fruit Juice

CA\$6.99

Haitian passion fruit juice is a refreshing beverage made from freshly squeezed passion fruits, offering a tangy and sweet flavor profile typical of the fruit's natural taste.

# Menu Restaurant Fine-Bouche Service Traiteur

## Lasagne à la viande de bœuf haché ou aux légumes / Lasagne with Ground Beef or Vegetables ~~CA\$14.99~~

Lasagna layered with a choice of savory ground beef or mixed vegetables.

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### Malta

CA\$4.99

A non-alcoholic, carbonated beverage, typically brewed from barley and hops, offering a sweet and unique malt flavor.

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## Lasagne à la viande de bœuf haché / Lasagna with Ground Beef

CA\$14.99

Avec sauce à la viande de bœuf haché, sauce béchamel et tomate. / With ground beef, béchamel, and tomato sauce.

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## Breuvages - boissons en bouteille / Beverages - Bottled Drinks

### Sport Shake

CA\$8.50

A sport shake, typically a blend of milk with various nutrients and flavors, aimed at providing energy and recovery support.

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### Malta

CA\$4.99

A non-alcoholic, carbonated beverage, typically brewed from barley and hops, offering a sweet and unique malt flavor.

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### Crush

CA\$2.00

A carbonated beverage, typically flavored with fruit essences, offering a sweet and refreshing experience.

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### Eau / Water

CA\$1.50

Pure, refreshing hydration

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### Pepsi

CA\$2.00

Classic, refreshing cola soda.

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### **Thé glacé / Ice Tea**

**CA\$2.00**

Bottled iced tea, typically includes a brewed tea base, which may be sweetened to enhance its refreshing taste.

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### **Malta au lait / Milk Malta**

**CA\$8.00**

Malta au lait combines malted barley beverage with milk, offering a sweet and creamy taste.

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### **Canada Dry**

**CA\$2.00**

Effervescent ginger ale, perfectly crisp with a refreshing finish.

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### **Cola Couronne**

**CA\$3.50**

Cola Couronne is a bottled drink with a unique Caribbean fruit champagne flavor, typically carbonated.

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### **7 Up**

**CA\$2.00**

Crisp, refreshing lemon-lime carbonated drink for a rejuvenating burst of flavor.

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## **Breuvages - jus naturel fait maison / Beverages - Homemade Natural**

### **Jus grenadia / Haitian Passion Fruit Juice**

**CA\$6.99**

Haitian passion fruit juice is a refreshing beverage made from freshly squeezed passion fruits, offering a tangy and sweet flavor profile typical of the fruit's natural taste.

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### **Jus papaye à la banane et au lait / Papaya Juice with Banana and Milk**

**CA\$7.99**

Blended papaya and banana mixed with milk, creating a smooth and creamy homemade natural juice.

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### **Jus corossol / Soursop Juice**

**CA\$7.99**

Soursop juice is a homemade beverage made from the pulp of the soursop fruit, offering a unique tropical flavor.

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## Jus carotte à l'orange / Carrot Juice with Orange

CA\$4.50

A refreshing blend of freshly squeezed carrot and orange juices, combining the earthy sweetness of carrots with the citrus tang of oranges.

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## Jus de mangue au citron / Lemon Mango Juice

CA\$4.99

Blended mango and lemon juice, typically includes freshly squeezed lemons and ripe mangos for a natural, homemade beverage.

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## Jus d'ananas / Pineapple Juice

CA\$3.99

Freshly prepared pineapple juice, typically made from ripe pineapples for a natural and refreshing taste.

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## Café / Coffee

CA\$2.00

Rich, aromatic blend brewed to perfection

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## Thé cannelle au gingembre / Cinnamon Ginger Tea

CA\$3.00

A warming blend of cinnamon and ginger, steeped to create a soothing tea.

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## Jus citron / Lemon Juice

CA\$4.50

Freshly squeezed lemon juice, offering a natural and homemade beverage experience.

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## Jus d'orange / Orange Juice

CA\$4.50

A refreshing beverage made from freshly squeezed oranges, typically served as a natural and homemade juice option.

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## Menu spécial - entrée chaude / Special Menu - Hot Starter

### Crème de choux fleur / Cauliflower Cream

CA\$3.50

A smooth blend of cauliflower, typically includes a creamy base, often enhanced with a hint of garlic and garnished with herbs.

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### Menu spécial - salade / Special Menu - Salad

#### Salade César / Caesar Salad

CA\$4.50

Romaine lettuce mixed with a classic Caesar dressing, topped with croutons, and sprinkled with parmesan cheese.

#### Salade macaroni / Macaroni Salad

CA\$4.50

Tender elbow macaroni typically includes crisp vegetables and is coated in a rich, tangy dressing.

#### Salade boulangère / Boulangère Salad

CA\$4.50

A boulangère salad typically includes mixed greens, garnished with ingredients inspired by the baker's pantry, such as sliced potatoes, onions, and a light, herby dressing.

### Menu spécial - desserts / Special Menu - Desserts



#### Pain patate / Potato Bread

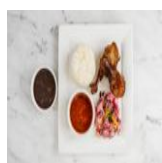
CA\$3.50

À la vanille et aux noix de coco. / With vanilla and coconut.

#### Blanc-manger / Blanc-Mange

CA\$4.50

Blanc-manger, a delicate dessert, typically includes almond milk and sweetened with sugar, often garnished with fruits or nuts for added texture.

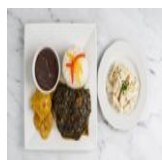


#### Pain de riz (gâteau haïtien) / Rice Bread (Haitian Cake)

CA\$3.50

À la vanille et aux noix de coco. / With vanilla and coconut.

### Menu spécial - plat principal / Special Menu - Main Course



#### Lalo au bouf / Beef Lalo

CA\$24.50

Accompagné de riz blanc avec sauce d'haricots noirs et banane plantain. / Accompanied by white rice with black bean and plantain sauce.



#### Tassot cabrit (chèvre) / Tassot Cabrit (Goat)

CA\$34.99

Accompagné de riz collé avec haricot rouge et banane plantain frite. / Accompanied by rice pasted with red beans and fried plantains.

## Menu Restaurant Fine-Bouche Service Traiteur

### Lasagne à la viande de bouf haché ou aux légumes / Lasagne with Ground Beef or Vegetables

Lasagna layered with a choice of savory ground beef or mixed vegetables.

CA\$14.99



#### Poulet / Chicken

Accompagné de riz collé avec haricot rouge et banane plantain frite. / Accompanied by Haitian rice and beans with red beans and fried plantain.

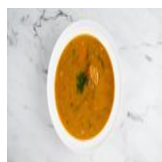
CA\$22.50

### Poisson gros sel aux fines herbes / Coarse Salt Fish with Herbs

Accompagné de banane plantain, d'igname et de riz collé avec haricots rouges et avocat. / Accompanied by plantain, yam and rice pasted with red beans and avocado.

CA\$34.99

## Entrée chaude - dimanche / Hot Starter - Sunday



#### Soupe de l'indépendance / Independence Soup

A hearty soup featuring tender meat, vegetables, and a blend of spices, garnished with fresh herbs.

CA\$4.99

## Salade - dimanche / Salad - Sunday

#### Salade César / Caesar Salad

Romaine lettuce tossed with Caesar dressing, typically includes parmesan cheese and croutons. Anchovies may also be featured.

CA\$4.50

#### Salade betterave / Macaroni Salad

A blend of tender macaroni pasta typically mixed with mayonnaise, mustard, and a variety of finely chopped vegetables such as celery and onions.

CA\$4.50

#### Salade boulangère / Boulangère Salad

A boulangère salad typically includes mixed greens, finely sliced potatoes, onions, and herbs, dressed lightly with olive oil and vinegar.

CA\$4.50

## Desserts - dimanche / Desserts - Sunday

#### Gâteau aux fruits renversé / Upside-Down Fruit Cake

This upside-down fruit cake features caramelized fruit at the bottom, topped with a soft, moist cake. Common fruits used include pineapple, cherries, or apples.

CA\$3.50

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## Verrine fromage, framboise et mascarpone / Verrine, Cheese, Raspberry and Mascarpone ~~CA\$14.50~~

A layered dessert featuring a smooth blend of mascarpone and cheese, complemented by the tartness of raspberries, typically served in a glass to showcase its layers.

## Plat principal - dimanche / Main Course - Sunday

### Lasagne à la viande de bouf haché / Lasagna with Ground Beef CA\$14.99

Avec sauce à la viande de bouf haché, sauce béchamel et tomate. / With ground beef, béchamel, and tomato sauce.

### Lasagne aux légumes / Vegetable Lasagna CA\$14.99

Avec sauce tomate, légumes rôtis et sauce béchamel au parmesan. / With tomato sauce, roasted vegetables, and parmesan béchamel sauce.



### Poulet / Chicken CA\$22.50

Accompagné de riz collé avec haricot rouge et banane plantain frite. / Accompanied by Haitian rice and beans with red beans and fried plantain.

### Poisson gros sel aux fines herbes / Coarse Salt Fish with Herbs CA\$34.99

Accompagné de banane plantain, d'igname et de riz collé avec haricots rouges. / Accompanied by plantain, yam and rice pasted with red beans.

## Extra - Trios

### Aile de poulet / Chicken Wing CA\$14.99

Accompagnée de frites et de salade macaroni. / Served with French fries and macaroni salad.

### Hamburger CA\$14.99

Accompagné de frites et d'une salade de chou. / Accompanied by French fries and coleslaw.

## Fritailles - Extra

### Dinde / Turkey CA\$22.50

Turkey fritaille served with choice of macaroni salad or green salad.

# Menu Restaurant Fine-Bouche Service Traiteur

## Tassot bouf / Beef Tassot

CA\$27.99

Beef Tassot: Deep-fried marinated beef. Served with choice of macaroni salad or green salad.



## Tassot cabrit (chèvre) / Tassot Cabrit (Goat)

CA\$34.99

Accompagné de riz collé avec haricots rouges, banane plantain frite, poulet grillé à l'oignon, échalote aux poivrons doux et aux carottes. / accompanied by rice stuck with red beans, fried plantain, grilled chicken with onion, shallot with sweet peppers and carrots.

## Poisson à pâtir / Fish for Baking

CA\$34.99

Fried fish served with choice of macaroni salad or green salad.

## Pilon de poulet / Chicken Drumstick

CA\$19.99

Crispy chicken drumstick served with either macaroni salad or fresh green salad.

## Aile de poulet / Chicken Wing

CA\$17.50

Accompagnée de frites et de salade macaroni. / served with french fries and macaroni salad.

## Salades repas - extra / Meal Salads - Extra

### Salade de pâtes au feta / Pasta Salad with Feta

CA\$14.99

Pasta mixed with feta cheese, typically includes a variety of fresh vegetables and is dressed with a light, herb-infused vinaigrette.



### Salade au saumon grillé / Grilled Salmon Salad

CA\$24.99

Fresh mixed greens topped with grilled salmon, sliced tomatoes, cucumbers, and bell peppers.

### Salade Cobb au poulet / Chicken Cobb Salad

CA\$22.50

Grilled chicken breast, mixed greens, avocado, bacon, blue cheese crumbles, hard-boiled egg, and tomatoes, typically dressed with classic dressings.

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### Salade grecque au feta / Greek Salad with Feta

CA\$14.99

Tomatoes, cucumbers, red onions, kalamata olives, and feta cheese, typically dressed with olive oil and oregano.

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### Salade méditerranéenne aux pois chiches / Mediterranean Chickpea Salad

CA\$15.99

Chickpeas mixed with a variety of Mediterranean vegetables, typically dressed with olive oil and lemon juice, garnished with fresh herbs.

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## À-côtés - extra / Sides - Extra

### Pâté haïtien / Haitian Pâté

CA\$1.99

Haitian patty is a flaky pastry filled with salted herring, chicken, and eggs, drawing from traditional Haitian cuisine.

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