



Menu

Les trois chefs

5015 Rue Marion, Trois-Rivières, NAMER G9A 2X9 | (819) 489-0141

Soupes et Potages les Trois Chefs / Soups Les Trois Chefs

Potage de Betteraves et Framboises / Beet and Raspberry Soup

CA\$6.48

Sweet and earthy beets blended with tart raspberries in a velvety soup.

Potage de Carottes et Gingembre / Carrot and Ginger Soup

CA\$5.56

Creamy soup blending carrots and ginger for a comforting taste.

Potage de Courges Vertes et Basilic / Green Squash and Basil Soup

CA\$6.17

Creamy soup blending green squash and fresh basil flavours.

Potage de Poireaux et Pommes de Terre / Leek and Potato Soup

CA\$6.48

Creamy soup blending tender leeks and potatoes.

Potage d'Épinards / Spinach Soup

CA\$6.79

Fresh spinach blended into a creamy soup.

Soupe au Chou / Cabbage Soup

CA\$4.63

Hearty soup made with cabbage.

Soupe aux Pois et au Bacon / Pea and Bacon Soup

CA\$5.56

Hearty pea soup with bacon and a rich, comforting flavour.

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Soupe à l'Oignon et à la Bière / Onion and Beer Soup

CA\$6.79

Rich onion soup infused with the flavour of beer.

Soupe à l'Ail et aux Oeufs / Garlic and Egg Soup

CA\$6.79

Savoury garlic soup enriched with eggs for a comforting flavour.

Soupe Orge et Légumes / Barley and Vegetable Soup

CA\$4.63

Hearty soup made with barley and mixed vegetables.

Petite Boîte de Soupes et Potages / Small Box of Soups and Stews

CA\$30.86

Assortment of soups and stews in a small box.

Soupe aux Légumes / Vegetable Soup

CA\$4.63

Hearty medley of vegetables in a savoury broth.

Soupe Poulet et Nouilles / Chicken and Noodle Soup

CA\$6.17

Tender chicken and noodles in a comforting broth.

Potage de Brocolis et Cheddar Fort / Broccoli and Strong Cheddar Soup

CA\$6.48

Creamy broccoli soup blended with strong cheddar cheese.

Potage Navet et Érable / Turnip and Maple Soup

CA\$5.56

Sweet and comforting turnip soup infused with the richness of maple.

Chaudrée de Maïs / Corn Chowder

CA\$5.56

Creamy corn soup with a rich flavour.

Menu Les trois chefs

Grande Boîte de Soupes et Potages / Large Box of Soups and Stews

CA\$64.20

Assortment of soups and stews, perfect for a comforting meal.

Crème de Légumes / Vegetable Cream

CA\$4.63

Creamy blend of vegetables in a rich and velvety soup.

Potage de Citrouille / Pumpkin Soup

CA\$6.17

Pomme, et cari. / Apple, and curry.

Chaudrée de Champignons / Mushroom Chowder

CA\$6.79

Creamy soup featuring mushrooms.

Soupe au Citron et Riz Sauvage / Lemon and Wild Rice Soup

CA\$4.94

Creamy soup blending lemon and wild rice flavours.

Soupe Won Ton / Wonton Soup

CA\$5.56

Delicate wontons filled with savory ingredients in a light broth.

Repas Format Régulier / Regular Size Meal

Moussaka Végétalienne au Tofu et aux Lentilles (325 g) / Vegan Moussaka with Tofu and Lentils

CA\$11.11

Rich, layered vegan moussaka with tofu and lentils.

Pâté Chinois Végétalien (325 g) / Vegan Shepherd's Pie (325 g)

CA\$10.49

Hearty vegan shepherd's pie filled with rich flavours.

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Soupe-Repas Thaï au Cari Vert Végétalienne (325 g) / Vegan Green Curry Thai Meal Soup (325 g)

Vegan green curry Thai-inspired soup made with a variety of vegetables.

CA\$11.49

Riz Frit Végétarien (325 g) / Vegetarian Fried Rice (325 g)

Savoury vegetarian fried rice, a satisfying meal.

CA\$9.26

Général Tao Végétalien (325 g) / Vegan General Tao (325g)

Vegan General Tao with plant-based protein in a rich, savoury sauce.

CA\$11.73

Cigares au Chou Végétaliens (325 g) / Vegan Cabbage Rolls (325 g)

Riz brun, et lentilles. / Brown rice, and lentils.

CA\$10.49

Spaghettini Végétalien (325 g) / Vegan Spaghettini (325 g)

Savoury Italian-style vegan spaghettini made with plant-based ingredients.

CA\$9.26

Pizza Végétalienne au Pepperoni et Croûte Artisanale / Vegan Pizza with Pepperoni and Artisanal Crust

Vegan pizza featuring pepperoni and artisanal crust.

CA\$11.49

Couscous Végétalien et Légumineuses (325 g) / Vegan Couscous and Legumes (325 g)

Vegan couscous dish loaded with legumes.

CA\$9.26

Pain de Viande Végétalien (Repas) (325g) / Vegan Meatloaf (Meal) (325g)

Hearty vegan meatloaf made with plant-based ingredients.

CA\$11.73

Soupe-Repas Japonaise Végétalienne (325 g) / Vegan Japanese Meal Soup (325 g)

Vegan Japanese-inspired meal soup made with plant-based ingredients.

CA\$10.49

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Soupe-Repas Italienne à l'Orzo Végétalienne (325 g) / Vegan Italian Orzo Meal Soup (325 g)

Hearty Italian-style orzo soup made with vegetables.

Chili Végé aux Légumineuses (325 g) / Veggie Chili with Legumes (325 g) CA\$9.26

Cheddar, et mozza. / Cheddar, and Mozzarella.

Farfalle au Pesto Maison et Fromage de Chèvre (275 g) / Farfalle with Homemade Pesto and Goat Cheese (275 g) CA\$11.49

Tender farfalle pasta tossed in a rich homemade pesto and topped with creamy goat cheese.

Filet de Porc (325 g) / Pork Tenderloin (325 g) CA\$11.73

Sauce toscane, légumes, et riz brun. / Tuscan sauce, vegetables, and brown rice.

Fèves au Lard Végétaliennes (325 g) / Vegan Baked Beans (325 g) CA\$9.26

Vegan baked beans in a rich, flavourful sauce.

Gratin de Riz aux Légumes et au Boeuf (325 g) / Rice Gratin with Vegetables and Beef (325 g) CA\$11.26

Savoury beef and vegetables in a rich rice gratin.

Lasagne 5 Fromages (325 g) / 5 Cheese Lasagna (325 g) CA\$10.49

Épinards, et aubergines. / Spinach, and eggplant.

Pain de Viande (325 g) / Meatloaf (325 g) CA\$10.49

Patates en dés, et pois verts. / Diced potatoes, and green peas.

Poulet Général Tao (325 g) / General Tao Chicken (325 g) CA\$14.51

Légumes, et riz basmati. / Vegetables, and basmati rice.

Menu Les trois chefs

Poulet au Coulis de Poivrons (325 g) / Chicken with Pepper Coulis (325 g) CA\$12.35

Fromage, et riz 7 grains. / Cheese, and 7 grain rice.

Poulet au Pesto Maison (325 g) / Chicken with Homemade Pesto (325 g) CA\$11.73

Aux tomates, et au quinoa. / With tomatoes, and quinoa.

Rigatoni (275 g) CA\$9.26

Saucisse Italienne, et courge verte. / Italian sausage, and green squash.

Saucisses Créoles (325 g) / Creole Sausages (325 g) CA\$9.26

Légumes, et purée de pommes de terre. / Vegetables, and mashed potatoes.

Soupe-Repas à la Toscane Végétalienne (325 g) / Vegan Tuscan Meal Soup (325 g) CA\$10.49

Hearty vegan soup inspired by Tuscan cuisine.

Lasagne à la Viande (325 g) / Meat Lasagna (325 g) CA\$11.73

Hearty layers of pasta and meat with rich, savoury flavours. 325 g.

Macaroni à la Viande (325 g) / Meat Macaroni (325 g) CA\$9.26

Tender macaroni mixed with meat in a savory blend.

Fajitas au Poulet / Chicken Fajitas CA\$9.88

Savoury chicken strips served with peppers and onions.

Fajitas au Boeuf Mexicain / Mexican Beef Fajitas CA\$9.88

Savoury beef strips served with Mexican-inspired flavours.

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Pizza Garnie et Croûte Artisanale / Topped Pizza and Artisanal Crust

CA\$11.73

Regular-size portion of artisanal-crust pizza with toppings.

Nouilles Chinoises (325 g) / Chinese Noodles (325g)

CA\$9.26

Chinese noodles, regular meal portion (325 g).

Ragoût de Boeuf aux Légumes (325 g) / Beef Stew with Vegetables (325 g)

CA\$9.88

Tender beef and vegetables in a rich, flavorful stew.

Boeuf Bourguignon (325 g) / Beef Bourguignon (325 g)

CA\$9.88

Légumes, et riz parfumé. / Vegetables, and fragrant rice.

Poulet Forestier (325 g) / Forest Chicken (325g)

CA\$9.88

Carottes, pois verts, et pommes de terre. / Carrots, green peas, and potatoes.

Linguini Carbonara et Épinards (325 g) / Linguini Carbonara and Spinach (325 g)

CA\$10.49

Tender linguini tossed with rich carbonara and fresh spinach.

Saucisses (325 g) / Sausages (325 g)

CA\$9.26

Champignons, carottes jaunes, et riz. / Mushrooms, yellow carrots, and rice.

Filet de Porc (325 g) / Pork Fillet (325 g)

CA\$11.73

Sauce BBQ, légumes, et riz. / BBQ sauce, vegetables, and rice.

Spaghettini à la Viande (325 g) / Meat Spaghettini (325 g)

CA\$9.26

Tender meat served with spaghettini.

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Pâté à la Viande et Purée aux Trois Légumes (325 g) / Meat Pâté and Puree with Three Vegetables

Rich meat pâté served with a side of puree and three vegetables.

Casserole au Poulet et Légumes (325 g) / Chicken and Vegetable Casserole (325 g)

Tender chicken and vegetables in a rich casserole.

Penne Sauce Rosée (325 g) / Penne with Rosée Sauce (325 g)

Vin blanc, asperges, et champignons. / White wine, asparagus, and mushrooms.

Penne à la Merguez (325 g) / Penne with Merguez (325 g)

Deux moutardes, et vin blanc. / Two mustards, and white wine.

Jambon (325 g) / Ham (325 g)

Maïs, et purée aux trois légumes. / Corn, and three-vegetable mash.

Pizza Végétarienne aux Artichauts / Vegetarian Pizza with Artichokes

Mozza, et croûte artisanale. / Mozza, and artisanal crust.

Orzo Végétalien au Tofu (325 g) / Vegan Orzo with Tofu (325 g)

Aux champignons, aux pois verts, et à la menthe. / With mushrooms, green peas, and mint.

Cannelloni à la Crème (325 g) / Cannelloni with Cream (325 g)

Boeuf, et champignons. / Beef, and mushrooms.

Soupe-Repas Mexicaine Végétalienne (325 g) / Vegan Mexican Meal Soup (325 g)

Vegan Mexican-inspired soup made with a variety of vegetables.

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Tortellini 5 Fromages et Sauce Alfredo (325 g) / Tortellini 5 Cheeses and Alfredo Sauce (325 g)

Tortellini filled with a blend of 5 cheeses, served in a rich Alfredo sauce.

CA\$9.26

Rotini Trois Couleurs (325 g) / Three Color Rotini (325 g)

Pesto Maison, et fromage à la crème . / Homemade pesto, and cream cheese.

CA\$9.26

Spaghettini Végétalien aux Tomates Séchées (325 g) / Vegan Spaghettini with Dried Tomatoes

Sauce marinara, et olives vertes. / Marinara sauce, and green olives.

CA\$10.49

Poitrine de Dinde en Sauce (325 g) / Turkey Breast in Sauce (325 g)

Canneberges, et purée. / Cranberries, and mashed potatoes.

CA\$11.73

Pâté au Poulet et Purée de Pommes de Terre (325 g) / Chicken Pâté and Mashed Potatoes (325 g)

Rich, savoury chicken pâté with creamy mashed potatoes.

CA\$9.88

Ragoût de Boulettes de Veau et Pommes de Terre (325 g) / Veal and Potato Meatballs Stew (325 g)

Tender veal and potato meatballs in a rich stew.

CA\$11.88

Manicotti Sauce Marinara (325 g) / Manicotti Marinara Sauce (325 g)

Ricotta, et épinards. / Ricotta, and spinach.

CA\$10.49

Cannelloni au Veau et Sauce Rosée (325 g) / Cannelloni with Veal and Rosée Sauce (325 g)

Tender veal and rosée sauce wrapped in cannelloni.

CA\$11.25

Poitrine de Poulet / Chicken Breast

Mangues, haricots, et edamames ultra fit. / Ultra fit mangoes, beans, and edamame.

CA\$15.74

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Macaroni au Fromage (325 g) / Mac and Cheese (325 g)

CA\$10.49

Courge musquée, et porc effiloché. / Butternut squash, and pulled pork.

Sauté de Boeuf et Légumes Ultra Fit / Ultra Fit Beef and Vegetable Stir-Fry

CA\$15.74

Tender beef strips stir-fried with mixed vegetables for an ultra fit meal.

Poulet au Gingembre Vietnamien (325 g) / Chicken with Vietnamese Ginger (325 g)

CA\$14.51

Légumes, et riz basmati. / Vegetables, and basmati rice.

Poulet au Cari Vietnamien (325 g) / Chicken with Vietnamese Curry (325 g)

CA\$14.51

Légumes, et riz basmati. / Vegetables, and basmati rice.

Pad Thaï de Boeuf aux Arachides et Vermicelles (325 g) / Beef Pad Thai with Peanuts and Ver

CA\$16.51

Stir-fried vermicelli noodles with beef and peanuts in Pad Thai style. 325 g.

Poitrine de Dinde / Turkey Breast

CA\$15.74

Courges vertes, légumineuses, et canneberges ultra fit. / Green squash, legumes, and ultra fit cranberries.

Filet de Porc et Ratatouille Provençale Ultra Fit / Pork Tenderloin and Ratatouille Provençale U

CA\$15.74

Tender pork tenderloin with rich Provençale ratatouille.

Boulettes de Veau / Veal Meatballs

CA\$15.74

Riz pilaf, ananas, et légumes Asiatiques ultra fit. / Pilaf rice, pineapple, and ultra fit Asian vegetables.

Steak Haché et Oignons en Sauce (325 g) / Minced Steak and Onions in Sauce (325 g)

CA\$13.96

Haricots verts, et purée. / Green beans, and mash.

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Tofu Mandarine / Tangerine Tofu

CA\$15.74

Gingembre, et légumes Asiatiques ultra fit. / Ginger, and ultra fit Asian vegetables.

Soupe-Repas à l'Orientale au Poulet et Légumes (325 g) / Oriental Meal Soup with Chicken and Vegetables (325 g)

CA\$10.49

Savoury meal soup with tender chicken and vegetables, inspired by Oriental flavours.

Boîte de Repas Ultra Fit / Ultra Fit Meal Box

CA\$104.94

Regular-size Ultra Fit meal box, a convenient, portioned entrée.

Pennette à la Ratatouille et Volaille (325 g) / Pennette with Ratatouille and Poultry (325 g)

CA\$12.58

Tender poultry and ratatouille served with pennette pasta.

Spaghettini aux Boulettes de Veau (325 g) / Spaghettini with Veal Meatballs (325 g)

CA\$11.73

Marinara, et parmesan. / Marinara, and parmesan.

Soupe-Repas à l'Indienne Végétalienne (325 g) / Vegan Indian Meal Soup (325 g)

CA\$10.49

Vegan Indian-inspired soup made with a variety of vegetables.

Soupe-Repas Thaï au Cari Rouge Végétalienne (325 g) / Vegan Red Curry Thai Meal Soup (325 g)

CA\$16.99

Vegan red curry Thai-inspired soup with a rich and creamy flavour.

Omelette au Fromage / Cheese Omelet

CA\$9.88

Saucisse, et pommes de terre Maison. / Sausage, and homemade potatoes.

Cassolette-Déjeuner Mexicaine Végétarienne (325 g) / Vegetarian Mexican Breakfast Casserole (325 g)

CA\$11.73

Vegetarian Mexican-inspired breakfast dish with a blend of flavours.

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Cassiolette-Déjeuner Paysanne (325 g) / Peasant Cassiolette-Breakfast (325 g) CA\$12.96

Hearty breakfast casserole with a peasant-inspired twist.

Bol-Repas Bouddha Végétalien (325 g) / Vegan Buddha Meal Bowl (325g) CA\$16.05

Hearty vegan Buddha bowl made with plant-based ingredients. 325 g.

Pizza New-Yorkaise au Fromage et Croûte Artisanale / New York Pizza with Cheese and Artisanal Crust CA\$10.88

Rich artisanal crust topped with melted cheese.

Soupe-Repas Canadienne aux Pois Végétalienne (325 g) / Canadian Vegan Pea Soup (325 g) CA\$10.49

Hearty Canadian-style vegan pea meal soup.

Farfalle au Pesto Maison de Tomates Séchées (275g) / Farfalle with Homemade Pesto of Dried Tomatoes CA\$10.49

Tofu, et légumes. / Tofu, and vegetables.

Rigatoni Végétalien au Pesto Maison de Poivrons et Graines de Citrouille (275 g) / Vegan Rigatoni with Pesto of Peppers and Pumpkin Seeds CA\$10.49

Vegan rigatoni tossed in a creamy homemade pesto made with peppers and pumpkin seeds.

Risotto au Citron (325 g) / Risotto with Lemon (325 g) CA\$12.35

Aux asperges, au fromage, et au vin blanc. / With asparagus, cheese, and white wine.

Burrito Mexicain au Porc et au Boeuf / Mexican Pork and Beef Burrito CA\$9.88

Tender pork and beef wrapped in a flavorful burrito.

Pâté Chinois Classique (325 g) / Classic Shepherd's Pie (325 g) CA\$9.88

Layered ground beef, corn, and mashed potatoes in a classic shepherd's pie. 325 g.

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Desserts

Beignes Natures / Plain Donuts

CA\$6.79

Soft, sweet fried dough treats.

Biscuits Double Chocolat / Double Chocolate Cookies

CA\$6.17

Biscuit double-chocolat à faire cuire

Nanaimo

CA\$4.63

Rich, creamy dessert with a sweet, crumbly base.

Brownies Double Chocolat / Double Chocolate Brownies

CA\$6.17

Rich, fudgy brownies with a deep chocolate flavour.

Chocolat Croustillant / Crispy Chocolate

CA\$8.64

Rich, crispy chocolate treat.

Carrés aux Dattes / Date Squares

CA\$4.63

Sweet date-filled pastry squares.

Gaufre Liégeoise / Liege Waffle

CA\$2.28

Traditional Belgian waffle with a sweet and crispy exterior, soft interior.

Torte Key Lime

CA\$5.56

Tangy and sweet key lime filling in a rich pastry crust.

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Sucre à la Crème Croustillant / Crispy Sugar Cream

CA\$8.64

Rich, creamy sugar confection with a crisp finish.

Tartelette Citrouille et Vanille / Pumpkin and Vanilla Tartlet

CA\$4.32

Rich pumpkin and vanilla filling in a delicate pastry crust.

Mini Chaussons Français aux Pommes / Mini French Apple Turnovers

CA\$5.56

Tender pastry pockets filled with sweet apple filling.

Mini Pains Français aux Raisins / Mini French Breads with Raisins

CA\$5.56

Sweet French bread infused with plump raisins.

Mini Pains Français au Chocolat / Mini French Chocolate Loaves

CA\$5.56

Rich, buttery chocolate in a delicate French loaf.

Crème Brûlée à la Vanille / Creme Brulee with Vanilla

CA\$8.02

Rich vanilla custard base topped with a caramelized sugar crust.

Entremets au Chocolat Noir / Dark Chocolate Desserts

CA\$5.56

Rich, velvety dark chocolate desserts.

Tiramisu

CA\$5.56

Coffee-soaked ladyfingers layered with creamy mascarpone cheese.

Biscuits de Brisures de Chocolat / Chocolate Chip Cookies

CA\$6.17

Crispy edges, soft centres, loaded with chocolate chips.

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Biscuits au Chocolat Blanc et Macadam / White Chocolate and Macadam Cookies CA\$6.17

Crunchy macadam cookies infused with rich white chocolate.

Grande Tarte Citrouille et Vanille / Large Pumpkin and Vanilla Tart CA\$11.11

Rich pumpkin and vanilla filling in a flaky pastry crust.

Gâteau au Fromage / Cheesecake CA\$5.86

Aux carottes, et au caramel. / With carrots, and caramel.

Millefeuille / Yarrow CA\$6.17

Crisp layers of puff pastry and cream with yarrow.

Millefeuille à l'Érable / Maple Yarrow CA\$6.17

Classic mille-feuille with layers of flaky pastry and maple filling.
