



Menu

Essence

2001 Boul Robert-Bourassa, Montréal QC H3A 3N2, Canada | (514) 845-2002

Entrées / Starters

Calamars frits et aïoli épicée / Fried Calamari and Spicy Aioli

CA\$19.00

Crispy fried calamari, typically served with a spicy aioli dipping sauce.

Pieuvre grillée / Grilled Octopus

CA\$27.00

Labneh, zeste de citron, tomates séchées et olives kalamata marinées. / Labneh, lemon zest, sundried tomatoes and pickled kalamata olives.

Tartare de saumon / Salmon Tartare

CA\$17.00

Salmon tartare with avocado, lemon, sesame seeds, scallions, and a touch of sriracha, served with crispy wonton chips.

Tartare de bœuf / Beef Tartare

CA\$18.00

Hand-cut beef, capers, shallots, mustard, truffle oil, and parsley, served with crostini.

Tartare de thon / Tuna Tartare

CA\$19.00

Ahi tuna, avocado, cucumber, sesame seeds, and ponzu sauce, served with crispy wonton chips.

Salade César / Caesar Salad

CA\$15.00

Romaine lettuce, croutons, bacon bits, parmesan, and caesar dressing.

Croquettes de crevettes et sauce épicée / Shrimp Croquettes and Spicy Sauce CA\$18.00

Fried shrimp croquettes typically served with a spicy sauce.

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Table d'Hôtes

Tartare de thon / Tuna Tartare

CA\$37.00

Tuna tartare served with a choice of homemade French fries or green salad.

Bavette de bouf grillée, échalotes sautées et frites maison / Grilled Flank Steak, Sautéed Shallots and Fries

CA\$41.00

Grilled flank steak, sautéed shallots, homemade fries. Side choice: Soup or Green Salad.

Saumon poêlé, mousseline de pommes de terre, légumes du marché et sauce aux agrumes / Pan-fried Salmon, Potato Mousse, Market Vegetables and Citrus Sauce

CA\$36.00

Pan-fried salmon, creamy potato mousseline, seasonal vegetables, citrus butter sauce. Choice of soup or green salad.

Jarret d'agneau braisé, purée de pommes de terre et légumes du marché / Braised Lamb Shank, Mashed Potatoes and Market Vegetables

CA\$39.00

Braised lamb shank, mashed potatoes, market vegetables. Selection of side: soup or green salad.

Confit de canard, pommes de terre sautées au beurre de truffe et sauce porto / Duck Confit, Sautéed Potatoes with Truffle Butter and Port Sauce

CA\$39.00

Duck confit, sautéed potatoes with truffle butter and port sauce. Side choice: Soup or green salad.

Gnocchis sauce pomodoro / Gnocchi with Pomodoro Sauce

CA\$31.00

Gnocchi with pomodoro sauce. Choice of soup or green salad.

Burger classique / Classic Burger

CA\$27.00

Bouf AAA, bacon, cheddar, oignons caramélisés, tomate, cornichon à l'aneth, laitue, mayonnaise et pain burger fait maison avec frites maison. / AAA beef, bacon, cheddar, caramelized onions, tomato, dill pickle, lettuce, mayonnaise and homemade burger bun with homemade french fries.

Salade de crevettes grillées U12 / Grilled Shrimp Salad U12

CA\$30.00

Salade mesclun, crème d'avocat, betteraves, canneberges séchées et pain pita croustillant. / Mixed greens salad, avocado cream, beets, dried cranberries and crunchy pita bread.

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Tartare de saumon / Salmon Tartare

CA\$35.00

Salmon tartare with choice of homemade French fries or green salad.

Tartare de bouf / Beef Tartare

CA\$36.00

Steak tartare with a choice of homemade French fries or a green salad.

Desserts

Fondant au chocolat et sa crème à la vanille bourbon / Chocolate Fondant with Bourbon Vanilla

CA\$12.00

A warm and moist chocolate cake with a rich, creamy chocolate center, accompanied by a smooth bourbon vanilla cream.

Crème brûlée au Grand Marnier / Grand Marnier Crème Brûlée

CA\$9.00

Creamy vanilla custard infused with Grand Marnier, topped with a caramelized sugar crust.
