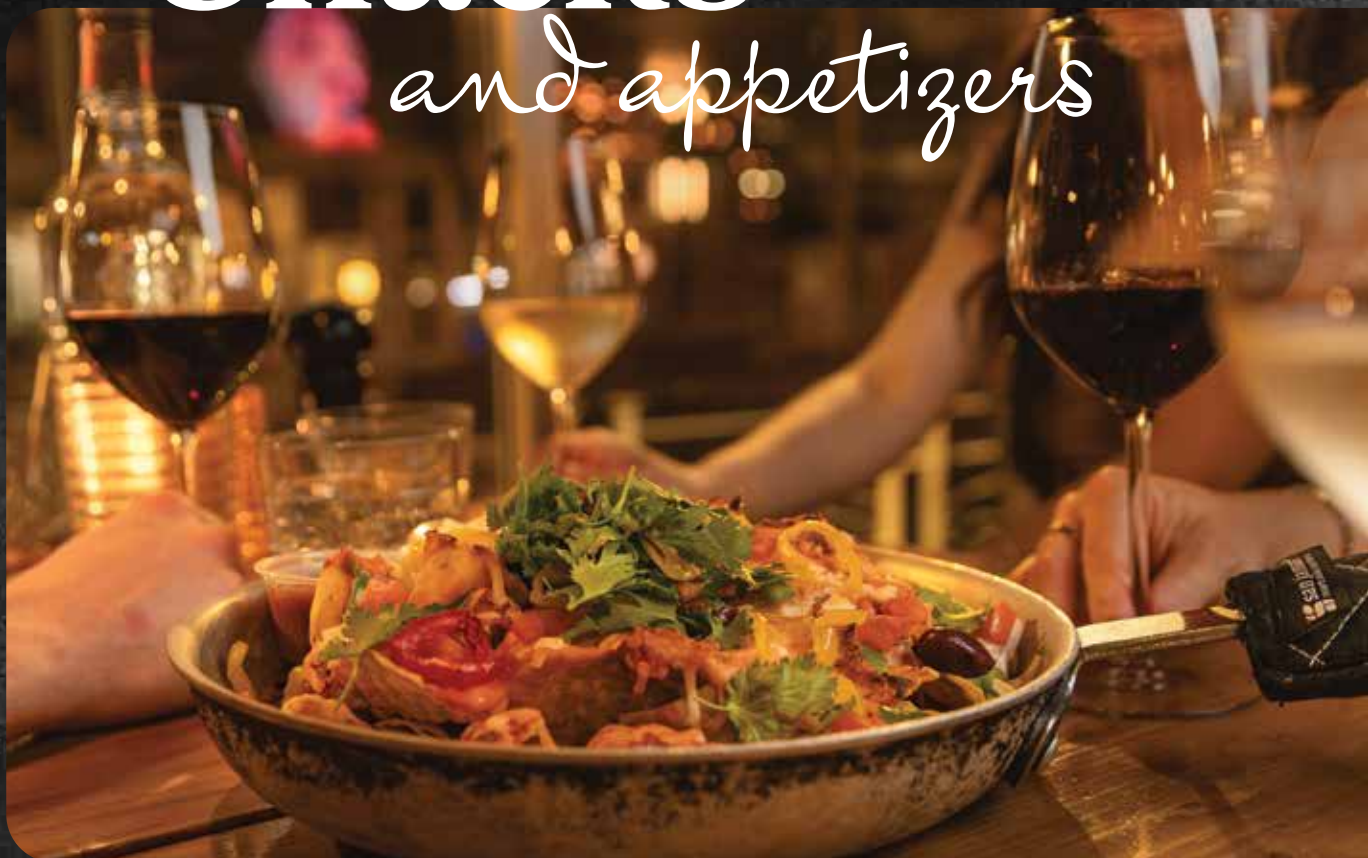


Snacks

and appetizers



Daily cream soup	7.5	Cæsar salad	13
French onion soup	15	Greek salad	14
Beer broth, aged cheddar		Shrimp cocktail	(5) 15
Homemade parmesan <i>fondue</i> (2)	15	Flambéed shrimp	(5) 16 (10) 26
Served with housemade tomato bruschetta		Caramelized shrimp, whiskey, flambéed	
Tartares 🍷	19	Gratinated escargots	13
Salmon		Garlic and pesto	
Beef		Rosemary parmesan fries	12
Tuna		Served with truffle mayo	
Fried calamari	17	Chicken wings	(8) 15 (16) 26
With lime, cilantro and spicy mayo		Homemade chips	9
Cheese sticks	(6) 13	Curry mayo, parmesan	

To share or not...

Estaminet nachos	25	Giant <i>Estam</i> bruschetta	25
Homemade corn tortilla chips, salsa, onions, peppers, tomatoes, kalamata olives, cheddar, mozza, hot peppers		Garlic baguette, mozzarella and cheddar cheese au gratin, housemade tomato bruschetta, feta, olives	
The Board	33	Burrata	25
Estam homemade jerky, dry sausage, 3 cheeses from Quebec, terrines, capers, homemade jam, caramelized onions, croutons, pecans		Prosciutto, balsamic, olive oil, fleur de sel, fresh basil, olives, cherry tomatoes, pesto, ciabatta buns	
Baked Brie	20	Homemade spinach dip	17
Served with croutons, caramelized onions, cranberries, maple syrup		Served with corn tortilla chips	

Salads

Served with our delicious homemade vinaigrette

Chicken Oriental27

Fresh veggies, grilled chicken strips, oriental vinaigrette, sesame seeds, crispy wontons

Greek25

Cherry tomatoes, peppers, onions, cucumbers, feta, kalamata olives, arugula, greek vinaigrette

Grilled chicken caesar27

Grilled chicken breast, romaine lettuce, bacon, garlic croutons, parmesan, caesar vinaigrette

Beets and Goat Cheese26

Beets, goat cheese, lettuce, pecans, grapes, horseradish and dijon vinaigrette

Thai-style beef salad36

Marinated flank steak, fresh veggies, served on salad, grilled sesame seeds, cilantro, ginger and lime vinaigrette



Tartares

Served with homemade french fries, house salad and croutons

Salmon 🌿35

Olive oil, dijon mustard, dill, chives, French shallot, sambal olek, lime

Beef 🌿35

Capers, french shallots, olive oil, truffle mayo, fresh herbs, dijon and whole grain mustard, pickles

Tuna 🌿35

Soy, ginger, sambal olek, cilantro, sesame oil, maple syrup, French shallot, cashews, lime

Duo of your choice38

Salmon, beef or tuna

From the sea

Fish & chips Estam27

Cod fillet, beer batter and homemade herbs, lime mayo, served with homemade fries and salad

Tuna tataki – NEW –33

Crunchy vegetables, Asian-style sauce, crispy fried wontons, lime mayo, cilantro

Pan-seared cod 🌿31


Housemade squash purée, bruschetta, sautéed veggies



Thin crust pizzas

Oven-baked fresh dough
Served with homemade french fries or house salad

Swap your side

Country fries with parmesan	5
Sweet potato fries	5
Cæsar salad	5
Gluten-free dough (Cauliflower dough) 	3
Poutine	5
Rosemary & parmesan fries	5

Estaminet 27

Homemade sauce, pepperoni, peppers, mushrooms, mozzarella, onions, bacon

Goat cheese & pine nuts 27

Homemade sauce, fresh tomatoes, mozzarella, goat cheese, Kalamata olives, pine nuts

Orchard & Camembert 27

Homemade apple-honey sauce, apples, camembert and mozzarella cheese, caramelized onions

Danish 28

Basil pesto, prosciutto, blue and mozzarella cheese, arugula, onions, olive oil

Atlantique 29

Homemade sauce, smoked salmon, shrimps, mozzarella, onions, capers, peppers

Margarita 27

Homemade sauce, tomatoes, mozzarella cheese, burrata, fresh basil

The chef suggests adding prosciutto 4

Pub 28

Homemade sauce, smoked meat, mozzarella, onions, pickles, honey and mustard sauce



Paninis

Served with homemade french fries and house salad

All 26

Swap your side

Country fries with parmesan	5
Sweet potato fries	5
Cæsar salad	5
Gluten-free bread 	3
Poutine	5
Rosemary & parmesan fries	5

Estaminet

BBQ sauce, grilled chicken, onions, peppers, bacon, Swiss cheese

Club

Homemade mayo, grilled chicken, bacon, tomatoes, Swiss cheese

Le Brie « Manoir »

Honey-Dijon sauce, grilled chicken, tomatoes, peppers, brie cheese, onions

Le Gaspésien

Homemade herb cream cheese, smoked salmon, onions, capers

Smoked Meat

Honey and mustard sauce, smoked meat, cheddar, pickles, onions



Wok stir-fry



Coconut curry

Creamy coconut milk sauce, curry, ginger, lime, sautéed fresh veggies, cashew, served on rice vermicelli, with fresh cilantro

Tofu	27
Chicken	(6 oz) 30
Shrimps	(6) 32

General Tao Chicken

Crispy chicken, sautéed fresh veggies, sesame, homemade sauce, served on rice vermicelli, with fresh cilantro

Le Thai

Homemade Thai sauce, sautéed fresh veggies, sesame oil, sesame seeds, served on rice vermicelli, with fresh cilantro

Tofu	27
Chicken	(6 oz) 30
Shrimps	(6) 32

Meal soup

Tonkinoise

Homemade broth, sautéed vegetables, rice vermicelli, cilantro & sesame seeds

Tofu	27
Chicken	(6 oz) 30
Shrimps	(6) 32



Late-night cravings

Estam Club

– THE BEST ! – Grilled chicken breast, bacon, lettuce, luzerne sprouts, tomatoes, homemade mayo, served with homemade french fries

Shish kebab

Pita bread, braised lamb, tomatoes, lettuce, cucumber, homemade garlic mayo, pickled radish, served with homemade french fries and salad

Poutine smoked meat

Smoked meat, garnished with peppers, onions, mushrooms, pickles, honey and mustard sauce, peppercorn sauce, fried onions

Grilled steaks



Our superior quality meat comes from the local Boucherie Bégin

Skillet seared steak (10 oz) 39

Marinated sirloin, onions, mushrooms, pan-fried peppers, served with house fries, peppercorn sauce

Marinated flank steak (8 à 10 oz) 39

Served with homemade french fries, salad, peppercorn sauce

Steak-frites (10 oz) 37

Marinated sirloin, served with homemade french fries, salad, peppercorn sauce

AA Filet mignon (6 oz) 47

Served with homemade french fries, salad, peppercorn sauce

Surf & turf 56

AA Filet Mignon (6 oz) & garlic shrimps (5), served with sautéed mushrooms, salad, housemade squash purée, peppercorn sauce

Enhance your steak

- Garlic portobello mushrooms 6
- Shrimps (5) 10 (10) 15
- Blue cheese 3
- Country fries with parmesan 5
- Sweet potato fries 5
- Poutine 5
- Stuffed baked potatoe 5
- Sautéed vegetables 5
- Cæsar salad 5
- Rosemary & parmesan fries 5

Pastas and linguines

Make it extra cheesy 5

Full Estam 25

Homemade meat sauce, pepperoni, peppers, onions, sautéed mushrooms

Homemade chicken and pesto 27

Cream, chicken, onions, portobello mushrooms, parmesan cheese, white wine, basil pesto

Shrimps (6) 32

Creamy rosé sauce, garlic, basil, peppers, fresh tomatoes, parmesan, onions, fines herbs

Mushroom ravioli 28

Cream, portobello mushrooms, parmesan, prosciutto chips



Burgers on the grill

SPECIAL OFFER
bigmouth
 «wednesday»

From 4 p.m., all burgers are **24\$**



Served with homemade french fries and house salad. Lettuce, tomatoes and onions in every burger. Our superior quality meat comes from the local Boucherie Bégin.

Swap your side

Country fries with parmesan	5	Poutine	5
Sweet potato fries	5	Gluten-free bread 	3
Cæsar salad	5	Rosemary & parmesan fries	5

Full Estam (Our most popular!) 28

Ground beef, honey-mustard sauce, bacon, pepperoni, mushrooms, peppers, onions, Swiss cheese, luzerne sprouts

Goat 28

Ground beef, apple-honey sauce, bacon, apple, goat cheese

Week 28

Ground beef, cheese curds, BBQ sauce, prosciutto chips, 2-year aged cheddar, pickles, fried onions

Lamb 29

Ground lamb, sautéed mushrooms, Swiss cheese, honey-Dijon mayo

Danish 28

Ground pork, blue cheese, portobello mushrooms, honey-Dijon mayo, fried onions

New Yorker 27

Ground beef, Swiss cheese, pickles, homemade mayo, ketchup, mustard, french onions

The Big & Juicy 27

Ground beef, Swiss cheese, bacon, poutine, served with homemade chips

Crispy chicken 27

Breaded chicken breast, smoked mayo, avocado, brie, bacon



Kid's menu

All **14.5**

- 4 chicken wings and fries
- “Kid” burger lettuce, tomatoes, ketchup, fries
- General Tao
- Pepperoni and cheese pizza and fries
- Poutine
- Linguine with Bolognese sauce
- 5 chicken nuggets and fries

Drink of your choice
 Juice (apple or orange), lemonade, Iced tea, milk

Desserts
 Greek yogurt or vanilla ice cream with choice of coulis (raspberry, caramel or chocolate)