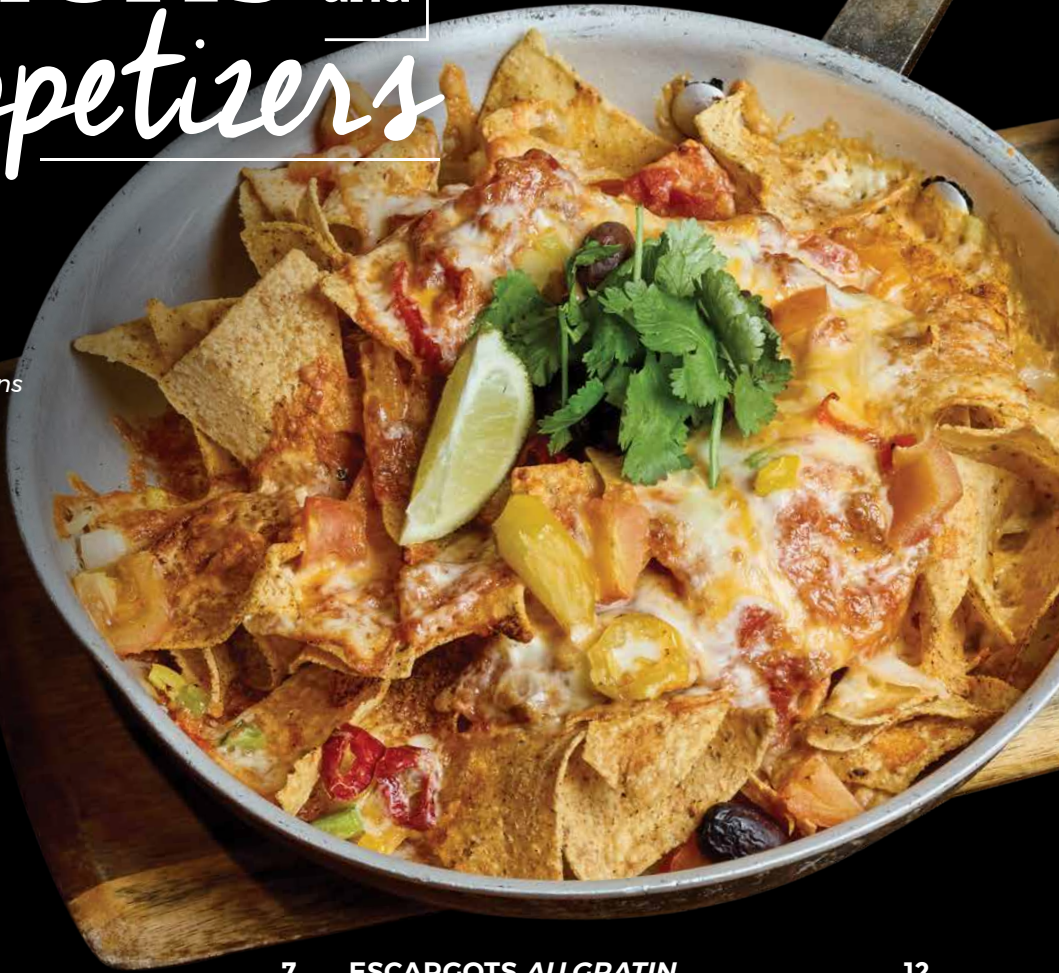


SNACKS and appetizers

**PLEASE INFORM
YOUR SERVER**
of dietary restrictions
and food allergies



SOUP	7	ESCARGOTS AU GRATIN	12
FRENCH ONION SOUP	13	ESTAMINET NACHOS	23
Beer broth, aged cheddar		Homemade seasoned corn chips, salsa, onions, peppers, tomatoes, green onions, Kalamata olives, cheddar & mozzarella cheese	
HOMEMADE PARMESAN FONDUE (2)	13.5	BAKED BRIE	18
TARTARS		Served with croutons, caramelized onions, mixed nuts, cranberries, mapple syrup	
 <i>Salmon</i>	17	THE BOARD - SHAREABLE	31
<i>Beef</i>	18	<i>Estam</i> homemade jerky, 3 cheeses from Quebec, terrines, pickles, honey-mustard sauce, caramelized onions, croutons, dry sausage, pecans	
FRIED CALAMARI	16	BURRATA	24
Lime and cilantro spicy mayo		Prosciutto, balsamic vinegar, olive oil, fleur de sel, olives, pesto cherry tomatoes, baguette	
CHEESE STICKS (6)	12	GIANT ESTAM BRUSCHETTA	23
SALADS - APPETIZER SIZE		Garlic baguette, mozzarella, cheddar and parmesan cheese, feta, bruschetta	
<i>Caesar</i>	11	CHICKEN WINGS	8 / 13 16 / 23
<i>Greek</i>	13	HOMEMADE CHIPS	9
		Curry mayo	



PANINIS

24

Served with homemade french fries and house salad

Extra

- Country fries with parmesan
- Sweet potato fries
- Caesar salad
- Gluten-free bread
- Poutine

4
3.5
4
3
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

GASPE

Homemade herb cream cheese, smoked salmon, onions, capers

SALADS

CHICKEN ORIENTAL 25

Fresh veggies, grilled chicken strips, oriental sauce, sesame seeds, chinese noodles

THREE CHEESE 24

Fresh veggies, goat, blue and brie cheese, cranberries, pine nuts, apples, grapes, Kalamata olives

GREEK 23

Fresh veggies, feta cheese, Kalamata olives

GRILLED CHICKEN CEASAR 25

Romaine lettuce, bacon, garlic croutons, parmesan cheese, homemade dressing

BEETS, APPLES AND GOAT CHEESE 24

Lettuce, pecans, homemade dresssing

SANDWICHES

ESTAM CLUB – THE BEST! 24

Grilled chicken breast, bacon, lettuce, microgreens, tomatoes, homemade mayo, served with fries

SHISH KEBAB 25

Pita bread, braised lamb, tomatoes, lettuce, cucumber, homemade garlic mayo, servid with fries and salad

Extra

- Country fries with parmesan
- Sweet potato fries
- Caesar salad
- Poutine

4
3.5
4
5





Thin CRUST pizzas

25

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

Extras

- Country fries with parmesan 4
- Sweet potato fries 3.5
- Poutine 5
- Caesar salad 4
- Gluten-free dough (Cauliflower dough) 3

ESTAMINET

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

GOAT CHEESE & PINE NUTS

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

FROM THE ORCHARD & CAMEMBERT

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

DANISH

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

ATLANTIC

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

MARGARITA

Homemade sauce, tomatoes, mozzarella chesse, burrata, fresh basil
The chef suggests proscuitto 4



PASTA linguines

Extra cheese 4

FULL ESTAM 23

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

HOMEMADE PESTO ALFREDO 24

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

SHRIMPS (6) 28

Creamy sauce with garlic & sun-dried tomato pesto, peppers, fresh tomatoes, parmesan cheese, onions, fresh herbs

MUSHROOMS RAVIOLI 25

Cream, Portobello mushrooms, parmesan cheese, prosciutto chips

SAUTÉS

🍴	COCONUT CURRY CREAMY	
	Creamy coconut milk sauce, curry, ginger, lime, fresh coriander, cashew, served on rice vermicelli	
	Tofu	24
	Chicken (6 oz)	27
	Shrimps (6)	29

GENERAL TAO CHICKEN	25
Crispy chicken, sautéed fresh veggies and homemade sauce, fresh coriander served on rice vermicelli	

THAI	
Homemade lime and peanut sauce, fresh vegetables, eggs, linguine, fresh coriander	
	Tofu 24
	Chicken (6 oz) 27
	Shrimps (6) 29

STEAK

Our superior quality meat comes from the local Boucherie Bégin.

SKILLET SEARED STEAK - 10 OZ.	36
Marinated sirloin, onions, mushrooms, peppers, pepper sauce, homemade french fries	

MARINATED FLANK STEAK - 8 TO 10 OZ.	36
Served with homemade french fries, salad, pepper sauce	

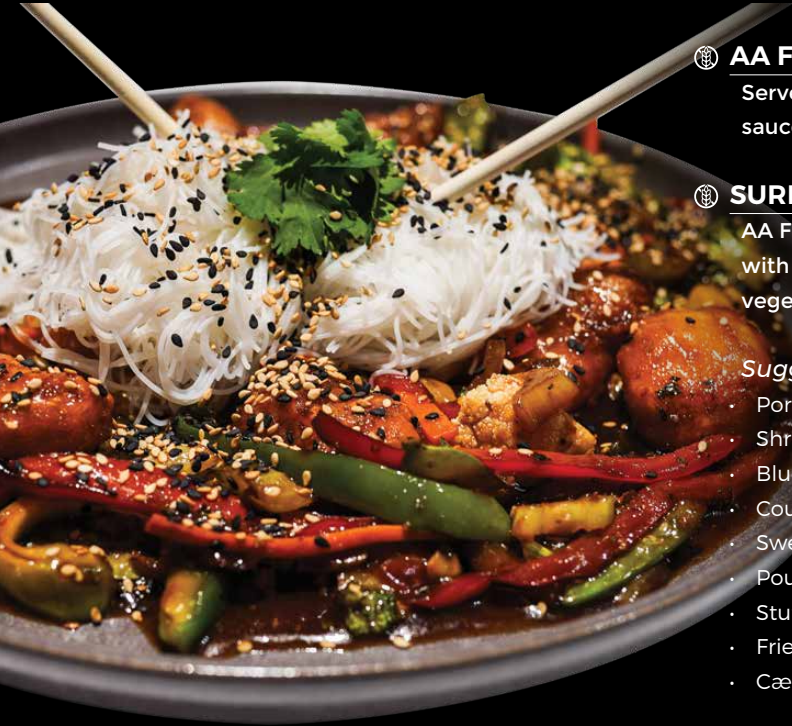
STEAK-FRITES - 10 OZ.	34
Marinated sirloin, served with homemade french fries, salad, pepper sauce	

🍴 AA FILET MIGNON - 6 OZ.	44
Served with homemade french fries, salad, pepper sauce	

🍴 SURF & TURF	51
AA Filet Mignon (6 oz.), garlic shrimps (5), served with sautéed mushrooms, salad, homemade mashed vegetables, pepper sauce	

Suggested complements

• Portobello garlic mushrooms	6
• Shrimps (5)	9
• Blue cheese	3
• Country fries with parmesan	4
• Sweet potato fries	3.5
• Poutine	5
• Stuffed baked potatoe	4
• Fried vegetables	4
• Cæsar Salad	4



TARTARS

Served with homemade french fries, house salad and croutons

🍴 SALMON	32
Olive oil, evil mustard, dill, chives, French shallot, sambal olek, lime	

BEEF	33
Capers, french shallots, olive oil, truffle mayo, fresh herbs, dijon and old mustard, pickles	

COMBO - SALMON & BEEF	36
Salmon and beef	

SURF

FISH & CHIPS « ESTAM »	26
Cod filets, served with homemade french fries and salad, lime flavoured mayo	

TUNA TATAKI	31
Homemade mashed vegetables, sautéed veggies, spicy mayo, sesame seeds, sesame oil	

FRIED COD	29
Served on homemade mashed vegetables, bruschetta, sautéed veggies	

GIANT burgers on the grill

All 25

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

Extras

- Country fries with parmesan 4
- Sweet potato fries 3.5
- Poutine 5
- Caesar salad 4
- Gluten-free bread 3

Special offer
BIGMOUTH
« *wednesday* »

From 4 p.m.,
all burgers are 22

FULL ESTAM – OUR MOST POPULAR !

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

GOAT

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

BURGER WEEK

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

LAMB

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

DANISH

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

BISON

Ground bison, caramelized onions, Brie, prosciutto chips, honey-Dijon mayo

NEW YORKER

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

BIG & JUICY

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

ATLANTIC

Salmon, spicy mayo, Swiss cheese, coriander, lemon
The chef suggests adding goat cheese (\$)

FISHERMEN

Homemade breaded cod, spicy lime and coriander mayo, pickles, Swiss cheese

Children's MENU

All 12.5

- Juice (apple or orange)
 - Lemonade
 - Iced tea
 - Milk
- Vanilla ice cream with coulis (raspberry, caramel or chocolate)

- Chicken wings (4), fries
- Linguine bolognese sauce
- Fish & Chips, fries
- The Kid Burger served with homemade french fries
- General tao chicken
- Pepperoni & Cheese Pizza, fries
- Poutine
- Chicken nuggets (5), fries