

For Immediate Release

Le Restaurant du Monastère Launches New Evening Meal Format!

Quebec City, January 23, 2019 – Le Restaurant du Monastère des Augustines has started 2019 by launching a new set menu for its evening service. The new meal format focuses on creating a sensory experience and allowing guests to discover products from our northern lands, served in a unique way.

In keeping with the location's global health vocation while striving to use resources responsibly, an intrinsic part of the Augustinian sisters' lifestyle, this new approach gives guests the opportunity to sample several dishes throughout the evening, discovering new flavours that are all more surprising than the last. The contemporary, original and inventive cuisine is inspired by our northern tradition, and influenced by evening head chef Sylvestre Hervieux-Pinette's native roots. Lichen, elderberry, seafood, game meats, green alder, birch syrup, sea pea, and daisies are all on the menu, and make up a variety of sampling plates.

Le Restaurant du Monastère's catering director, Christophe Perny, is passionate about sourcing products locally and developing close relationships with producers and partners; this new concept is a perfect match. The goal: to serve guests exceptional quality products from a responsible and sustainable business perspective. As the cofounder of co-op LE PRÉ (*Producteurs et restaurateurs écoresponsables*), Christophe Perny is proud to introduce this new concept, the fruit of an elaborate creative process which has strengthened our relationship with local meat, berry, herb, and root vegetable producers, among others.

"We offer a six-course meal comprising original dishes created with foods from Quebec, or elsewhere in Canada," says Christophe Perny. "Special care has been put into providing information about the food we serve, as well as their different properties. While taking guests on a trip across our lands, we want to awaken their senses and help them experience our conscious eating concept," he adds.

Since Le Monastère des Augustines opened in 2015, Le Restaurant has served citizens of the Quebec City region as well as tourists and guests hosted through special stays at Le Monastère. Characterized by menus that are healthy and varied, Le Restaurant's culinary offer continues to be aligned with an approach based on conscious eating principles. Le Restaurant du Monastère constantly strives to respect its 13 healthy cooking principles, such as slow cooking at low temperatures, cooking without butter or dairy products, and using only natural sugars, as well as mostly local and organic products.

La Monastère is a non-profit organization, and therefore invests any surplus generated by Le Restaurant, as well as the other entities that make up Le Monastère (Le Musée, specialized treatments, the boutique, and the program's activities), back into the different initiatives that are part of its [social mission](#).

About Le Monastère des Augustines

Le Monastère des Augustines occupies the wings of the former Hôtel-Dieu de Québec Monastery (1639), North America's first hospital north of Mexico. Le Monastère has been completely restored and renovated, and offers a unique wellness experience along with several ways to connect with the Augustinian heritage in a secular environment: experiential accommodations, as well as a museum, an archive centre, a complete program of activities focused on holistic health and culture, a restaurant, a boutique, specialized holistic health treatments, and meeting room rentals.

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For more information or an interview, please contact Caroline Maheu, Director of Communications and Marketing.

Photos are available upon request.

SOURCE: Le Monastère des Augustines
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