

# MENU

At Le Monastère, we believe that eating mindfully, and with kindness, begins by being attentive to your needs and choosing foods that foster your well-being. This is why we offer you the possibility of creating your own menu by choosing the food combinations that suit your tastes, your dietary constraints, your values, and your appetite. To guide you in your choices, you will find some benefits associated with our proposed dishes.

**Be creative, be mindful of your senses and enjoy yourself!**



## **Vegetarian options**

*Vegetarian dishes can contribute to the construction of cells, tissues and muscles. They boost the energy metabolism and strengthen the immune system.*

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### **YELLOW PEA CHILI**

Whole yellow peas grown by Le Pré Rieur farm, simmered in a mildly spiced tomato sauce, root vegetables (seasonal), fresh herbs and a spice mix inspired by the American South.

*Legumes such as yellow peas help regulate the digestive system and control blood sugar levels.*

### **BUTTER TOFU**

Middle Eastern-inspired wild vegan tofu curry with tomatoes, ginger, onions, bell peppers, garam masala, a tandoori spice blend, coconut cream and fresh spinach.

### **THAI TEMPEH STIR-FRY**

Marinated and Asian spice-crusting tempeh stir-fried with julienned seasonal vegetables, sesame and a Thai-style sweet-and-sour sauce.

*Besides being easily digestible, soy-based products such as tofu and tempeh help regulate heart rate and cholesterol levels, reduce the symptoms of menopause and can even have a beneficial effect on memory and concentration.*

### **VEGETARIAN CASSOULET**

Organic white bean cassoulet with onions, bell peppers, seasonal vegetables, mini vegan meatballs and seitan cubes slow-cooked in a light red wine, tomato and clove sauce.

*This dish is filled with vegetables that boost the immune system, stabilize blood pressure and contribute to the proper functioning of the nervous system.*

### **GNOCCHI**

Housemade herb gnocchi with a medley of seasonal mushrooms, kale, sundried tomatoes, seasonal vegetables, caramelized French shallots and a Maison Orphée whole-grain mustard sauce.

*Full of anti-inflammatory, antioxidant and detoxifying properties, kale also helps stimulate the immune system and metabolism.*

### **HOMEMADE VEGAN MEATLOAF**

Gluten-free vegan meatloaf with mushrooms, nuts, sundried tomatoes, onions, celery, carrots and housemade ketchup.

*This dish features energy-filled foods such as pea and rice protein, beer yeast and mung bean protein to help maintain physical and cognitive abilities and stimulate the immune system.*

## **Fish options**

*Fish can help boost the energy metabolism and contribute to the growth and maintenance of bones and teeth. Fish can also help with asthenia (physical and mental exhaustion) and plays a role in thyroid hormone regulation.*

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### **STURGEON**

Responsibly caught wild Québec sturgeon steak, cooked sous vide, with fresh olives, citrus, fennel, tarragon, chervil and savory.

*Sturgeon is a lean fish with anti-inflammatory and anti-infective properties that help lower “bad” cholesterol.*

### **SALMON**

Responsibly and sustainably farmed organic Canadian salmon steak, cooked sous vide in a creamy but lactose-free dill sauce, with Québec cocktail shrimp.

*Salmon is an excellent source of omega-3, helps reduce the risk of cardiovascular disease and contributes to the good functioning of the immune, circulatory and hormonal systems..*

### **ROCKFISH**

Filet of rockfish, responsibly caught in the St. Lawrence Estuary, with Maison Orphée lemon-infused olive oil, fresh thyme and seasonings.

### **COD**

Responsibly caught wild Québec cod brandade with Québec potatoes, onions, garlic, lemon, fresh herbs, ghee and seasonings.

*Cod and rockfish are low-calorie and easily digestible fish that are rich in antioxidants and can be beneficial against premature cell aging.*

## Meat options

Meat can contribute to the building of cells, tissues and muscles. It helps maintain and repair brain cells, boosts energy metabolism, strengthens the immune system and improves cognitive functions.

### BEEF STEW

Traditional Québec stew made with Ferme Rustique organic beef (antibiotic- and pesticide-free), Québec potatoes, root vegetables and a brown sauce with clove, red wine and Maison Orphée whole-grain mustard.

*Beef is a red meat that helps combat asthenia (physical and mental exhaustion), and promotes psychomotor development and tissue repair.*

### PORK TENDERLOIN

Organic Ferme Rustique pork tenderloin (antibiotic- and hormone-free), cooked sous vide in a tamarind, Buck et Biche maple syrup, ginger, miso, red curry, garlic and onion glaze.

*Pork is a lean meat that is rich in antioxidants, stimulates the nervous and muscular system and promotes growth.*

### VEAL BLANQUETTE

Slow-cooked organic Ferme Veilleux veal blanquette (antibiotic- and hormone-free) with mushrooms, onions, carrots and fresh herbs. Gluten- and lactose-free.

*Veal is a low-calorie meat that is rich in iron and contributes to the proper functioning of muscles, and to the reproduction of certain cells such as red blood cells.*

### POULTRY THIGH

Farm-fresh confit poultry thigh (antibiotic- and pesticide-free), cooked sous vide, with thyme, garlic, juniper berries and three-pepper sauce.

*Low in fat, guinea fowl and chicken stimulate the immune system, contribute to the growth of bones and teeth, and improve the health of skin, hair and nails.*

*Duck is an easily digestible meat rich in antioxidant properties that can be beneficial for the cardiovascular and digestive systems.*

## Vegetable options

*Vegetables help regulate the digestive system and fight constipation along with lowering blood cholesterol levels. Eating vegetables is also recommended for the prevention of cardiovascular diseases and other disorders.*

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### Our seasonal vegetables

Beets, cabbage, carrots, celery root, leek, potato, rutabaga, squash, sweet pepper, and white turnip.

### GARLIC, ONION, LEEK

*Alliaceae vegetables can help ward off infections, replenish the body's strength and promote healthy digestion.*

### BROCCOLI, BRUSSELS SPROUTS, NAPA CABBAGE, RED CABBAGE, GREEN CABBAGE, GREEN KALE, SAVOY CABBAGE

*Cruciferous vegetables improve immune function, are rich in diuretic and antioxidant properties and promote liver detoxification.*

### RADISHES, TURNIP, RUTABAGA

*Vegetables in the Brassicaceae family are rich in hydrating and antioxidant properties, help regulate blood pressure and help prevent muscle contractions.*

### POTATO, SWEET PEPPER, TOMATO, EGGPLANT, CORN, CHILI PEPPER

*Vegetables in the Solanaceae family are highly nutritious foods that possess anti-inflammatory properties, promote skin healing and can have a beneficial effect on the nervous system.*

### SQUASH

*Cucurbit vegetables help fight fatigue, contribute to healthy skin and bones, and promote blood clotting.*

### BEETS

*Vegetables in the Chenopodiaceae family are highly nutritious foods that stimulate appetite, have anti-inflammatory properties and promote good liver health.*

### CARROTS

*Vegetables in the Solanaceae family are highly nutritious foods that possess anti-inflammatory properties, promote skin healing and can have a beneficial effect on the nervous system.*

### CELERI, CELERI ROOT, FENNEL

*Apiaceae vegetables are low-calorie foods with anti-inflammatory properties that promote healthy digestion.*

## **Starch options**

*Cereal products are very nutritious and a good source of energy for muscles and nerve cells that can help stabilize blood sugar levels. These products promote good digestive health and help relieve constipation.*

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### **BARLEY**

*Rich in antioxidants and anti-inflammatory properties, hulled barley can help regulate the digestive system.*

### **QUINOA**

*Quinoa helps strengthen the immune system and maintain the composition of cell, bone and brain membranes.*

### **WILD RICE**

*Wild rice is an easily digestible food that promotes growth and aids in blood clotting.*

### **LENTILS**

*Lentils are rich in antioxidants, promote good digestion and contribute to healthy bones and teeth*

### **LIMA BEANS**

*Lima beans help the body burn more fat, maintain muscle mass and protect the colon.*