



MENU FOR FEBRUARY 6, 2012

Please note that some items on our menu change daily

Also note that you can pre-order food during the day and pick it up until 6PM

LUNCH

SOUPS AND APPETIZERS

Cabbage And Leek Potage \$5.00

Vegetarian French Onion \$5.00

Charcuterie Plate Niagara region naturally raised cured meats: Prosciutto, Cacciatore, Chorizo, Cappicola, Salami Bolognese, Salami Abbruzzese with crostini and cornichon \$8.75

Ontario And Québec Cheese Platter Grey Owl, Toscano, Riopelle, Cloth bound cheddar served with apple and fennel compote, roasted pear with crostini and flatbread (or a special assortment from our selection) \$10.00

Loic's Gravlox Cured sockeye salmon with our secret spices and gin \$ 33.00/lb

SALADS

Baby Spinach, Arugula, And Radicchio With cranberries, almonds and a tarragon vinaigrette \$8.00 half \$4.00

Apple Roasted Beets With shaved fennel and a white balsamic vinaigrette \$2.00/100gm

Celeriac Rémoulade With apples and pistachios \$2.25/100gm

Chick Peas With tomatoes, zucchini, pickled vegetables and mint \$2.00/100gm

Quinoa With dried fruit, peppers, scallions and almonds in a lemon vinaigrette \$2.25/100gm

MAINS/SIDES

The Following require heating

Potato Mash With caramelized garlic and aged cheddar \$2.00

Basmati And Wild Rice Pilaf With sun-dried tomatoes \$2.25/100gm

Butternut Squash Roasted with honey and orange \$1.25/100gm

Green Beans Amandine In citrus an herb butter and toasted almonds \$2.25/100gm

Duck Confit Slowly braised duck leg , sold by weight around \$9.00-\$12.00

Vegan Chili Made with all local ingredients \$6.00

QUICHE COMBO

Broccoli, Cheddar, Red Onion and Aged Cheddar With a choice of salad \$ 8.75

TODAY'S LUNCH

Vegan Chili With greens salad and rice pilaf \$10.00

SANDWICHES

Croque Monsieur Traditional French grilled sandwich of ham, béchamel and Emmental \$8.00

Croque Madame Croque Monsieur with the addition of a fried egg \$8.75

Vegetarian With roasted pears, brie, arugula, roasted peppers, pistachio & almond honey, arugula aiolie \$8.00

Chicken Salad With radishes, celery hearts, bearnaise dressing, pommery mustard, baby spinach \$8.00

Black Forest Ham With chipotle aiolie, braised leeks, onion jam, arugula and emmental \$8.00

Capicollo With pommery, arugula and roasted peppers \$7.00

Vegan Wrap With Roasted Portobello & carrots; pickled radish pea shoots, olives and truffled navy beans \$8.00

Grilled Steak Sandwich With chipotle aiolie, caramelized onion and tomatoes \$6.75

PANINI

Ham And Emmental With tomatoes and herbes de provence \$8.00

Three Cheese Melted chèvre, Emmental, Québec brie \$7.00

DESSERTS

Dark Chocolate Mousse \$3.75

A Selection on stunning miniature French pastries from Jules \$4.75-\$5.00

FOR MORE EXCITING MENU OPTIONS REFER
TO OUR FROZEN MENU AND MENU RAPIDE

Our take-out containers, cutlery and bags are all 100% biodegradable and can be put into your composting box with the exception of our aluminum dishes and sous-vide.
We will add a .45 charge per cover for cutlery for take out and delivery. We will add a 15% surcharge to mains and sides that need to be heated.

We are located just east of Broadview at 722 Queen Street east.
hours are 8:00 am to 4:00 pm from Monday to Friday, pre-order pickup window open 4PM-6PM
and closed on Saturday and Sunday.

We cater seven days a week, please contact us for more details.
online menus are updated daily. please call or email us for more information.

TELEPHONE: 416.850.8835
WWW.LOICGOURMET.CA INFO@LOICGOURMET.CA