
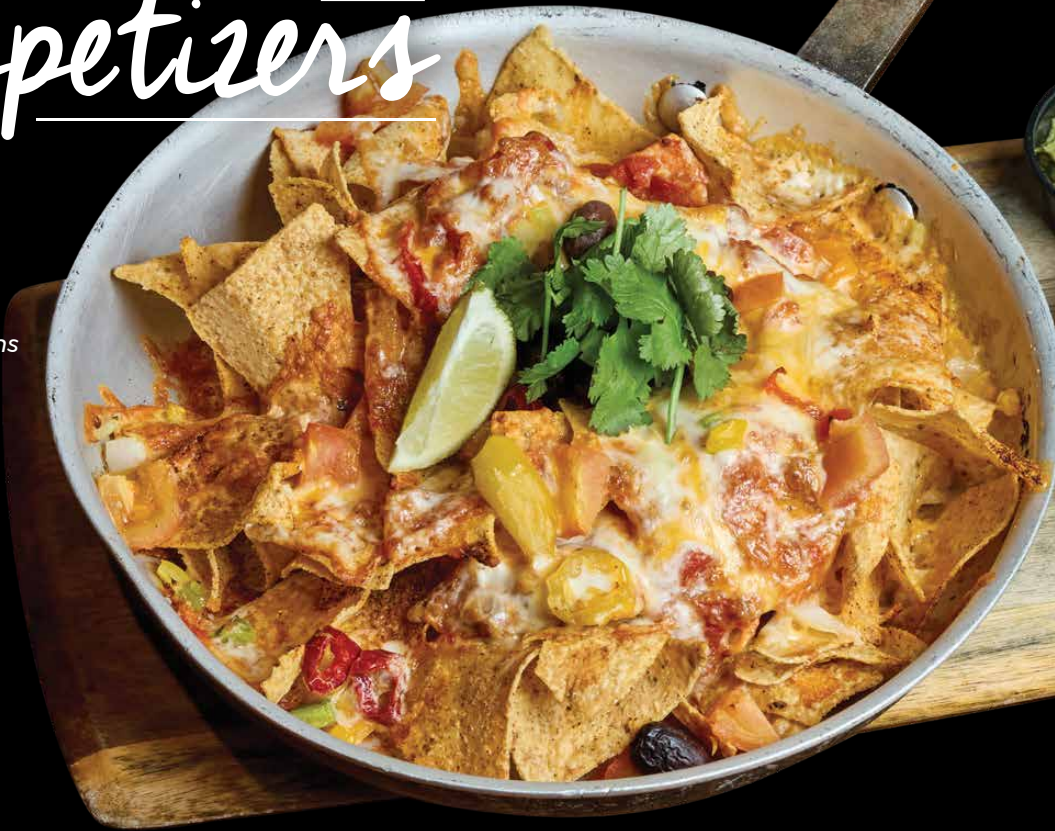


# SNACKS and appetizers

PLEASE INFORM  
YOUR SERVER  
of dietary restrictions  
and food allergies

 | Gluten-free



<b>SOUP</b>	<b>7</b>	<b>SHRIMP COCKTAILS</b>	<b>5 / 14</b>
<b>FRENCH ONION SOUP</b>	<b>14</b>	<b>FLAMBED SHRIMP</b>	<b>5 / 14 9 / 21</b>
Beer broth, aged cheddar		Caramelized shrimp, whiskey, flambéed	
<b>HOMEMADE PARMESAN FONDUE (2)</b>	<b>14</b>	<b>ESCARGOTS AU GRATIN</b>	<b>12.5</b>
Served with homemade bruschetta tomatoes		Garlic and pesto	
 <b>TARTARS</b>	<b>18</b>	<b>ESTAMINET NACHOS</b>	<b>24</b>
Salmon		Homemade seasoned corn chips, salsa, onions,	
Beef		peppers, tomatoes, kalamata olives, cheddar, mozza,	
Tuna		hot peppers	
<b>FRIED CALAMARI</b>	<b>16</b>	<b>BAKED BRIE</b>	<b>18.5</b>
Lime and cilantro spicy mayo		<b>TO SHARE</b> - Served with croutons, caramelized	
<b>CHEESE STICKS (6)</b>	<b>6 / 12.5</b>	onions, cranberries, mapple syrup	
<b>SALADS - APPETIZER SIZE</b>		<b>THE BOARD</b>	<b>32</b>
Caesar	<b>12</b>	<b>TO SHARE</b> - Estam homemade jerky, dry sausage, 3	
Greek	<b>13</b>	cheeses from Quebec, terrines, capers, homemade	
		jam, caramelized onions, croutons, pecans	
		<b>BURRATA</b>	<b>24</b>
		Prosciutto, balsamic, olive oil, fleur de sel, fresh basil,	
		olives, cherry tomatoes, pesto, baguette	
		<b>GIANT ESTAM BRUSCHETTA</b>	<b>24</b>
		<b>TO SHARE</b> - Garlic baguette, mozzarella and cheddar	
		au gratin, homemade bruschetta tomatoes, feta,	
		olives	
		<b>CHICKEN WINGS</b>	<b>8 / 13 16 / 23</b>
		<b>HOMEMADE CHIPS</b>	<b>9</b>
		Curry mayo, parmesan	



# PANINIS

All 24.5

Served with homemade french fries and house salad

## Extra

- Country fries with parmesan 4.5
- Sweet potato fries 4.5
- Caesar salad 5
- Gluten-free bread 3
- Poutine 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

## NY BBQ

Ground beef, BBQ sauce, peppers, mushrooms, onions, Swiss cheese, bacon

## SMOKED MEAT

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

La « FAIM » de soirée

## Extra

- Country fries with parmesan 4.5
- Sweet potato fries 4.5
- Caesar salad 5
- Poutine 5

## ESTAM CLUB

**THE BEST!** - Grilled chicken breast, bacon, lettuce, microgreens, tomatoes, homemade mayo, served with homemade french fries

## SHISH KEBAB

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

## POUTINE SMOKED MEAT

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



# SALADS

## CHICKEN ORIENTAL 25

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

## GREEK 23

Cherry tomatoes, peppers, onions, cucumbers, feta, kalamata olives, arugula and homemade dressing

## GRILLED CHICKEN CEASAR 25

Grilled chicken breast, romaine lettuce, bacon, garlic croutons, parmesan, homemade dressing

## BEETS AND GOAT CHEESE 24

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

## THAI-STYLE BEEF SALAD 32

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





# Thin CRUST pizzas

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

Extra

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



**ESTAMINET** 25

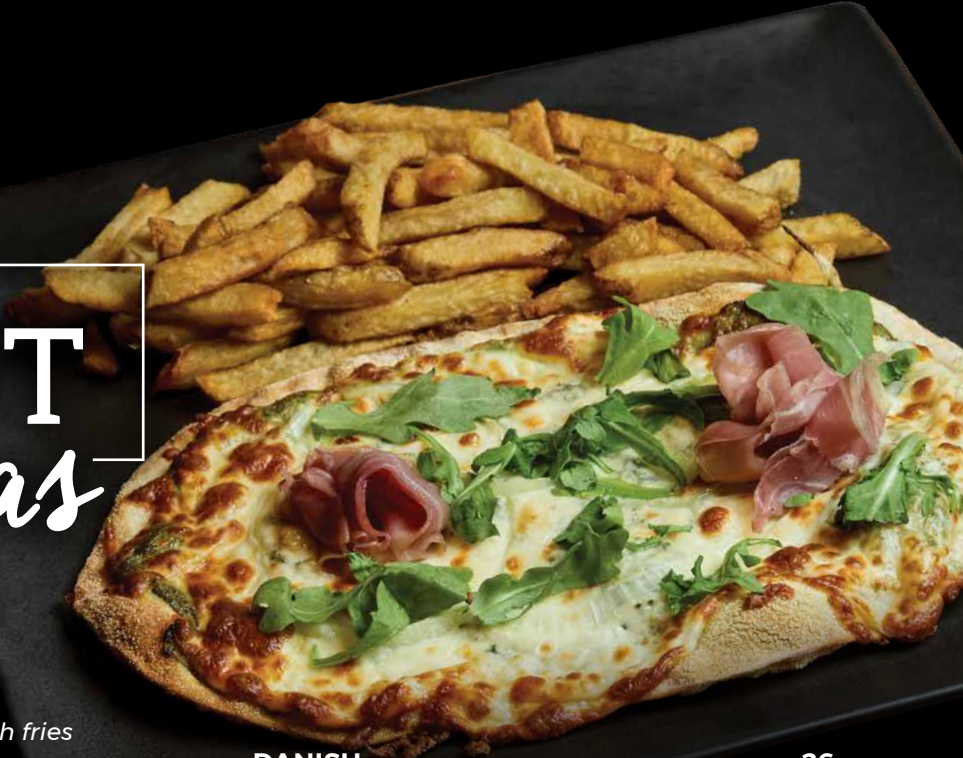
Homemade sauce, pepperoni, peppers, mushrooms, mozzarella, onions, bacon

**GOAT CHEESE & PINE NUTS** 25

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

**FROM THE ORCHARD & CAMEMBERT** 25

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



**DANISH** 26

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

**ATLANTIC** 27

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

**MARGARITA** 25

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

**NEW YORKER** 26

BBQ sauce, ground beef, mozzarella, peppers, mushrooms, onions, bacon

**PUB** 26

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



# PASTA linguines

Extra cheese 4.5

**FULL ESTAM** 23

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

**HOMEMADE CHICKEN AND PESTO** 25

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

**SHRIMPS (6)** 29

Creamy sauce, garlic, basil, peppers, fresh tomatoes, parmesan, onions, fine herbs

**MUSHROOMS RAVIOLI** 26

Cream, Portobello mushrooms, parmesan cheese, prosciutto chips



# STEAK

Our superior quality meat comes from the local Boucherie Bégin.

## SKILLET SEARED STEAK - 10 OZ. 37

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

## MARINATED FLANK STEAK - 8 TO 10 OZ. 37

Served with homemade french fries, salad, pepper sauce

## STEAK-FRITES - 10 OZ. 35

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

## AA FILET MIGNON - 6 OZ. 45

Served with homemade french fries, salad, pepper sauce

## SURF & TURF 53

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

### Suggested complements

- Portobello garlic mushrooms
- Shrimps (5)
- Giant shrimps (5)
- Blue cheese
- Country fries with parmesan
- Sweet potato fries
- Poutine
- Stuffed baked potatoe
- Fried vegetables
- Cæsar Salad

6  
9  
14  
3  
4.5  
4.5  
5  
4  
4  
5

# SAUTÉS

## COCONUT CURRY CREAMY

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

Tofu 24.5  
Chicken (6 oz) 27.5  
Shrimps (6) 29.5

## GENERAL TAO CHICKEN 25.5

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

## LE THAI

Homemade Thai sauce, fresh vegetables, sesame oil, fresh coriander, sesame, served on rice vermicelli

Tofu 24.5  
Chicken (6 oz) 27.5  
Shrimps (6) 29.5

# TARTARS

Served with homemade french fries, house salad and croutons

## SALMON 33

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

## TUNA 33

Spicy mayo, soy, ginger, sambal olek, coriander, sesame oil, maple syrup, French shallot, cashews, lime

## 6 9 14 3 4.5 4.5 5 4 4 5 DUO OF YOUR CHOICE 36

Salmon, beef or tuna

# SURF

## FISH & CHIPS "ESTAM " 26

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

## TATAKI DE THON 31

Homemade puree, sautéed fresh veggies, spicy mayo, sesame, sesame oil, lime

## FRIED COD 30

Served on homemade mashed vegetables, bruschetta, sautéed veggies



# GIANT burgers on the grill

Lettuce, tomatoes and onions in every burger,  
served with homemade french fries and house  
salad.

Our superior quality meat comes from  
the local Boucherie Bégin.



Extra



- Country fries with parmesan 4.5
- Sweet potato fries 4.5
- Caesar salad 5
- Gluten-free bread 3
- Poutine 5

Special offer  
**BIGMOUTH**  
« *wednesday* »

From 4 p.m.,  
all burgers are 22

**FULL ESTAM – OUR MOST POPULAR !** 26

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

**GOAT** 26

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

**BURGER WEEK** 26

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

**LAMB** 27

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

**DANISH** 26

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

**NEW YORKER** 25

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

**BIG & JUICY** 25

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

**CRISPY CHICKEN** 25

Homemade marinated and breaded chicken breast,  
smoked mayo, brie, bacon

## Children's MENU

Drinks of your choice

- Juice (apple or orange)
- Iced tea
- Lemonade
- Milk

Greek yogurt or vanilla ice cream with coulis  
(raspberries, caramel or chocolate)

### All 13

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