

Santé Planétaire

Menu

Developed in
collaboration with

Équiterre

Savor the Change with a Planetary Health Menu

Born from a collaboration with Équiterre, this menu showcases the best of Quebec: seasonal vegetables, locally grown legumes and whole grains, urban farm mushrooms, and fresh herbs.

Designed to be both delicious and nourishing while respecting the environment, this entirely plant-based menu celebrates Quebec's local flavors, passionate producers, and our shared commitment to building a more sustainable future.

Because eating well also means caring for our world — one bite at a time

FB Fourchette
bleue

Ocean wise

GF Gluten free

VG Vegan

Entrees

Eggplant, beet and black bean salad GF VG

tofu spread and seaweed pesto

Yellow pea crepe from Pré Rieur GF VG

beluga lentil salad from Tournevent, colorful vegetable

Main Courses

Maple-roasted squash medley of grains and legumes GF VG

(naked oats, buckwheat, black beans, and fava beans),
sunflower mousseline, seasonal chimichurri

Mushroom steak lion's mane GF VG

celeriac mousseline, asparagus, caramelized
cipollini onions, nutritional yeast

Desserts

Buckwheat delight GF VG

Sea buckthorn cream, maple crumble, aquafaba meringue
with roasted camelina seeds

Corn cake with local berry salsa GF VG

Seasonal flowers, black bean tiles, sweetfern and
sweet clover whipped cream, basil pearls