



# Lunch Menu 2020

## FOR STARTER

Local garden salad, quinoa, bacon, maple vinaigrette

## AND THEN

Local rainbow trout, sautéed potatoes, spinach and peppers with roasted garlic, tomatoes (GF, LF, NF, EF)

*Or*

Beef macreuse, potato puree, seasonal vegetables, jus sauce (SG, SN, SN)

*Or*

Sautéed tofu and grilled seasonal vegetables, rice noodles, Asian sauce (GF, LF, NF, V, EF)

## AND YET AGAIN

Chocolate fondant, strawberry coulis

*Or*

Quebec apple tartlet, fruit coulis

Coffee, tea, herbal tea

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## KIDS UNDER 12

### FOR STARTER

Cheese sticks and vegetables

### AND THEN

Three-cheese tortellini au gratin, tomato and basil sauce, with aragula and parmesan salad

### AND YET AGAIN

Chocolate mousse

LF, lactose free / GF, gluten free / NF, nut free / V, Vegan / EF, egg free

You must confirm your menu minimum 7 days prior to the cruise.