



Escapades  
Memphremagog

A PAL+ EXPERIENCE

## 2023 MENU ANCHORS AWEIGH

### Appetizer Options

Honeyberry smoothie bowl with banana, fresh fruit and super grains



Plate of cretons, Mont Saint-Benoît cheese from the Abbey, served with grapes and croutons



Kale salad with carrots, radishes, red cabbage, beets, cucumbers, feta cheese, quinoa, sunflower seeds and citrus vinaigrette



### Main Course Options

Confit duck from Lac Brome, fresh Coaticook cheese curds, fingerling potatoes, homemade gravy, rosemary and garlic mayonnaise, green onions



Smoked meat croque monsieur, marbled rye bread, pink peppercorn raclette cheese from Compton, Dijon mustard, celery root remoulade, roasted fingerling potatoes



Hot-smoked local rainbow trout, English muffin, sautéed mushrooms and spinach in brown butter, boiled eggs, Hollandaise sauce



Buddha bowl with roasted sweet potatoes, Mediterranean-spiced sautéed chickpeas, broccolini, fried kale, tahini and maple vinaigrette



### Dessert Options

Chocolate and caramel tartlet, black cherry compote



Lemon and poppy seed cake, raspberry coulis



Mixed berry mousse on a butter cookie base



► Served with regular coffee, tea or herbal tea

### CHILDREN'S MENU (12 AND UNDER)

#### Appetizer

Cheese sticks, vegetable crudités and dip



#### Main Course

Cheese tortellini, rosée sauce



#### Dessert

Brownie, caramel sauce, berries

### LEGEND



Lactose free



Vegetarian



Vegan



Gluten free



Gluten free  
option  
available

You must send us the choice of meal for each passenger at your table at least **7 days before** your departure. If we do not receive your choices, the dishes served will be our Chef's choice.