



Escapades
Memphremagog

A PAL+ EXPERIENCE

2025 MENU ANCHORS AWEIGH

Appetizer Options

Smoothie bowl with mango, pineapple, banana, coconut milk, roasted coconut, sesame, chia and pumpkin seeds, raspberry coulis



Green grape salad with English cucumber, celery, red bell peppers, red onions, arugula, parsley, goat cheese, lemon vinaigrette



Bacon, cheddar and chive scone, herb sour cream



Main Course Options

Duo of salmon (shredded oven-baked salmon and cold-smoked salmon), toasted English muffin, soft-boiled egg, red onions, cream cheese, Hollandaise sauce, capers



Veal alla parmigiana (thin breaded cutlet, tomato sauce, mozzarella au gratin), lemon-scented jasmine rice, arugula salad

Duck parmentier, squash and sweet potato purée, sautéed spinach and mushrooms, confit tomatoes, asparagus, maple and balsamic demi-glace



Layered grilled vegetables (zucchini, eggplant, red onions, tomatoes, roasted cauliflower and lion's mane mushrooms), flax, pumpkin and sunflower seed mix, tomato sauce, fresh mozzarella



Dessert Options

Crème brûlée, blueberry and lavender jam



Chocolate fondant, black cherry jam, fresh fruit



Mini lemon Bundt cake, raspberry coulis, fresh fruit



► Served with regular coffee, tea or herbal tea

CHILDREN'S MENU (12 AND UNDER)

Appetizer

Fried cheese sticks, fresh vegetables, dipping sauce



Main Course

Chicken breast, homemade BBQ sauce, sweet potato purée, seasonal vegetables



Dessert

Chocolate brownie, caramel coulis



LEGEND



Lactose free



Lactose free option available



Gluten free



Gluten free option available



Vegetarian



Vegetarian free option available



Vegan



Vegan 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.

Our chef works with many local producers, whose products are featured on our menus. Visit our website to learn more.