

LAPERSAUD

• THE FOOD & BEVERAGE CORP

BISTRO WEEKLY LUNCH SPECIALS

Week 1

Monday

Soup – Spring Cream of Asparagus Soup with Saffron Beurre Blanc Drizzle

Sandwich – Shaved Breast of Turkey and Emmental with Tomato Marmalade on Fresh Artesian Bread served with mixed greens

Chef's Special – Penne a la Putenesca

Tuesday

Soup – Cream of Alberta Mushroom Soup finished with Truffle Cream and Thyme

Sandwich – French Toast Style Three Cheese (triple crème brie, aged white cheddar, and gruyere) Sandwich on baguette drizzled with cherry foam served with mixed greens

Chef's Special – Quiche Lorraine with a blue cheese fondue and mixed greens

Wednesday

Soup – Sweet Pea Soup with Prosciutto Crisp

Sandwich - Crab Cake Sliders (3) with guacamole, heirloom tomatoes, sun sprouts and butter leaf lettuce served with mixed greens

Chef's Special – Irving Farm Pork Chop with roasted apple, dried fruit, and fingerling potatoes

Thursday

Soup – Fire Roasted Roma Tomato and Garlic soup with Pernod and fennel gastrique

Sandwich – Croque Monsieur – a classic toasted sandwich featuring ham and gruyere served with mixed greens

Chef's Special – Grilled Salmon over French pea risotto

Friday

Soup – Manhattan Style Seafood Chowder with parmesan croutons

Sandwich – Grilled Chicken Wrap with triple cream brie and caramelized apple served with mixed greens

Chef's Special – Pan Seared Breast of Duck in a calvados reduction with grilled polenta and green peas

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BISTRO WEEKLY LUNCH SPECIALS

Week 2

Monday

Soup – Sweet Pea Soup with Prosciutto Crisp

Omelette Du Berger - goat cheese, fresh tomatoes and fine herb, served with mixed greens and a baguette slice

Chef's Special – Crepe Fruit de Mere with arugula salad and fireweed honey vinaigrette

Tuesday

Soup – West Coast Fiddlehead Fern Soup with a rich chicken broth with quinoa and ginger

Sandwich – Ham and Cheese Croissant with black forest ham, aged white cheddar, artesian greens and Dijon aioli on a fresh baked croissant served with mixed greens

Chef's Special – Chicken Coq Au Vin with mushroom and caramelized carrots on a bed of rice pilaff

Wednesday

Soup – Roasted Butternut Squash, carrot and ginger soup with a dollop of coconut cream

Sandwich – Club Wrap with smoked turkey, crisp maple bacon, heirloom tomatoes and chipotle mayonnaise accompanied by pickled vegetables and served with mixed greens

Chef's Special – Broccoli and Lemon Cream Risotto with a brochette of chicken

Thursday

Soup – Roasted Sweet Corn Bisque with virgin canola drizzle

Crepe Metisse - stuffed with brie cheese, ham, chopped sautéed spinach and béchamel sauce, served with mixed greens

Chef's Special – Coquille St. Jacques with scallops, gulf shrimp and mushrooms, sautéed in seasoned butter, and broiled with a Gruyere and breadcrumb topping, served with mixed greens

Friday

Soup – Manhattan Style Seafood Chowder with parmesan croutons

Sandwich – Blackened Chicken Breast with garden greens and honey Dijon aioli on a fresh baguette

Chef's Special – Grilled 6oz Alberta Striploin with crispy shallots, fingerling potatoes and a red wine drizzle

LA PERSAUD

• THE FOOD & BEVERAGE CORP

BISTRO WEEKLY LUNCH SPECIALS

Week 3

Monday

Soup – Vegetable and Wild Rice Soup with parmesan dusting and a parsley-serrano chilli drizzle

Sandwich – Shaved Breast of Turkey and Emmental with Tomato Marmalade on Fresh Artesian Bread, served with mixed greens

Chef's Special – Crepe Du Chef stuffed with mushroom, chopped sautéed asparagus, blue cheese and béchamel sauce, served with mixed greens

Tuesday

Soup – Fire Roasted Roma Tomato and Garlic soup with Pernod and fennel gastrique

Sandwich – Chicken a la Metisse grilled chicken breast, tomatoes, red onions, melted cheddar cheese, greens with basil mayonnaise, served in a baguette and accompanied by mixed greens

Chef's Special – Penne Jambalaya served Acadian style with chunks of sausage, chicken breast and mussels

Wednesday

Soup – Spring green minestrone with parmesan dusting

Omelette Métisse - smoked salmon, scallions and sour cream, served with mixed greens and a baguette slice

Chef's Special – Risotto Almandine with thyme, roasted sweet garlic and fresh gulf shrimp

Thursday

Soup – Indo-Chine Green Curry and Fresh Vegetable Soup with coconut foam

Crepe Enchanté - stuffed with chunks of sautéed garlic chicken, onions, manchego cheese, béchamel sauce, served with mixed greens

Chef's Special – Dijon Mustard Grilled Spring Creek Ranch Pork Chop with lyonnaise potato

Friday

Soup – West Coast Fiddlehead Fern Soup with a rich chicken broth with quinoa and ginger

Sandwich – Crab Cake Sliders (3) with guacamole, heirloom tomatoes, sun sprouts and butter leaf lettuce served with mixed greens

Chef's Special – Fresh Basil Gnocchi with slivers of Bayonne ham in a rose sauce finished with microgreens

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BISTRO WEEKLY LUNCH SPECIALS

Week 4

Monday

Soup – Spring Cream of Asparagus Soup with Saffron Beurre Blanc Drizzle

Sandwich – French Toast Style Three Cheese (triple crème brie, aged white cheddar, and gruyere) Sandwich on baguette drizzled with cherry foam served with mixed greens

Chef's Special - Limoncello Chicken under a salad of arugula, red onions, fresh mozzarella, tomatoes

Tuesday

Soup – West Coast Fiddlehead Fern Soup with a rich chicken broth with quinoa and ginger

Sandwich – Cajun Chicken Caesar Wrap, featuring pancetta, manchego and crisp romaine lettuce in a large pita with soup of the day

Chef's Special – Grilled Wild Pacific Salmon over a Re-dux Waldorf Salad featuring sliced apples, grapes, celery, candied walnuts and leaf lettuce in a honey-crème fraiche dressing

Wednesday

Soup – Pea and Pear Soup with fresh basil and sweet butter croutons

Crepe Metisse - stuffed with brie cheese, ham, chopped sautéed spinach and béchamel sauce, served with mixed greens

Chef's Special – Onion Pie with bacon lardons, served with mixed greens

Thursday

Soup – Spring Green Minestrone with parmesan dusting

Omelette Du Berger goat cheese, fresh tomatoes and fine herb, served with mixed greens and a baguette slice

Chef's Special – Rigatoni Bolognese pasta with our version of a classic meat sauce

Friday

Soup – Green Lentil and Cilantro Soup with crisp papadam

Indo-Chine Chicken and Rice Rolls (3) with Thai basil with a curry mango drizzle and a peanut soy dipping sauce served with mixed greens

Chef's Special – Snapper Des Iles pan seared filet of snapper served with polenta, red peppers coulis, and sautéed spinach