

ROBIN DES BOIS

SOUPS, APPETIZERS AND LITTLE CRAVINGS

Famous Dahl soup **CUP** 3.25 **BOWL** 4.50

Red lentils with Indian flair
Cream, paprika and lime oil, cilantro

V V without cream **GF**

Soup of the day **CUP** 3.50 **BOWL** 4.50

Your volunteer waiter will know!

French onions soup 10.00

3 cheeses; cheddar, parmesan and gruyere

Broth

Chicken **or** Vegetable **GF V CUP** 3.25

or Coconut milk and curry **Spicy GF V CUP** 3.75

Little salmon tartar 10.25

Ask without croutons **GF**

Polenta fries 9.00 **V GF**

Black olives, parmesan

Arugula salad 8.50 **V**

Toasted slivered almonds, parmesan

Two mustards' dressing

Extra bacon 2.50

Mesclun salad 5.25 **V**

Small Caesar salad 9.00

Romaine lettuce, capers, croutons, lemon confit,
Caesar dressing, lardon

Beets with goat cheese 9.75 **V**

Thyme butter, nuts

Okonomiyaki 8.00 **Spicy V**

Japanese omelet, egg, flour, veggies,
mayo and sriracha sauce

Ask without sriracha if you don't like spicy food

Seasoned lentils 6.50 **GF V**

Berberé spices

French fries homemade 5.25 **V**

Mini poutine 6.75

Fries and homemade sauce, cheese curds

Extra bacon 2.50

EXTRAS

Cheese 2.50

Goat, cheddar or Gruyere

Gratinate your plate at the cheese price!

Bacon smoked in our kitchen 2.50 **GF**

99% HOME MADE

13 YEARS OF OUR BEST RECIPES

OUR CHEFS AMÉLIE ACLOQUE AND ROMAIN PIRAT

are surrounded by a team of cooks and volunteers who prepare tasty dishes inspired by the community and the humanistic values that drive us.

GF Gluten free **V** Vegetarian **V** Vegan

CLASSICS

AAA beef Bavette 26.75

Chimichurri sauce served with french fries and salad

For best tenderness, rare or medium-rare

Salmon tartar plate 19.75

Salad, homemade french fries and croutons

Carbonara pasta 16.75

Home-smoked bacon, egg yolk and parmesan

Mujadara 16.00 **GF V**

Berberé spices, seasoned lentils, brown rice,
roasted seasonal veggies and fried onions

Cheeseburger AAA beef 17.50

Salad and fries. Homemade bread,
cheese, tomato, pickle, mayo

Extra mini poutine 3.50

Cheeseburger only 12.50

Extra bacon 2.50

Poutine 11.00

Fries and homemade sauce, cheese curds

Extra bacon 2.50

WE ♥ TO SHARE !

Discovery menus, family size

Meals to share for **2** or **4** , **6** , **8**...people

THE VIKING 65.00 for 2 **GF**

Appetizer

Polenta fries, black olives, parmesan

Mains

Arugula salad, roasted almonds and parmesan

Grilled salmon steak

Grilled octopus confit

Mashed potatoes, green beans, beets, roasted
veggies, thyme butter and shallots

Duck confit

THE SAMURAI 62.00 for 2

Appetizer

Coconut milk and curry soup

Mains

Grilled octopus confit

Marinated grilled tofu

Okonomiyaki
Arugula, julienned carrots and daikon,
green beans, edamame, green onions,
grilled sesame seeds, soya dressing
Shiitake mushroom brown rice
Rice noodles, spicy Thai sauce
Steamed broccoli, Chinese broccoli and edamames

CHOOSE YOUR OWN MEAT, FISH OR TOFU

I ♥ MY PLATE

THE RIVER 12.50 **V**

Rice noodles, spicy Thai sauce, steamed broccoli
and Chinese broccoli, edamames

THE MOUNTAIN 12.50 **V GF**

Mashed potatoes, green beans, beets and roasted veggies,
thyme butter and shallots

THE BEACH 12.50 **V GF cold dish**

Shiitake mushrooms, brown rice, julienned pickled crunchy
veggies, carrots, daikon, fennel, cucumber, green beans,
beets and edamames

ADD IN

Grilled salmon steak 9.75 **GF**

Duck confit 12.25 **GF**

Grilled octopus confit 13.00 **GF**

Grain fed chicken 8.25 **GF**

BBQ tempeh (organic/homemade) 7.50 **V**

Marinated grilled tofu 6.25 **V**

Marinated in maple, soya, ginger and garlic

Hot smoked salmon 8.25

SALADS

ASIAN 12.50

Arugula, julienned carrot and daikon,
green beans, edamame, green onions,
grilled sesame seeds, soya dressing

GF Ask without dressing

CITRUS 12.50 **V**

Baby spinach, grapefruit and orange supremes,
marinated fennel, toasted slivered almonds
Apple and Dijon dressing

GF Ask without dressing

CAESAR 12.50

Romaine lettuce, capers, croutons, bacon,
lemon confit, parmesan, lemon Caesar dressing

GF Ask without croutons

Add

Grilled salmon steak 9.75 **GF**

Duck confit 12.25 **GF**

Grilled octopus confit 13.00 **GF**

Grain fed chicken 8.25 **GF**

BBQ tempeh (organic/homemade) 7.50 **V**

Grilled tofu 6.25 **V**

Marinated in maple, soya, ginger and garlic

Hot smoked salmon 8.25

Okonomiyaki 8.00 **V**

I ♥ LOVE HEARTY SOUPS

**HEARTY SOUPS COME WITH SOBA NOODLES,
BROCCOLI AND BABY SPINACH**

GF Ask with rice noodles

PICK YOUR BROTH

Chicken **GF** 12

Vegetable **V GF** 12

Curry and coconut milk 14 **Spicy V GF**

ADD IN

BBQ tempeh (organic/homemade) 7.50 **V**

Grain fed chicken 8.25 **GF**

Duck confit 12.25 **GF**

Grilled salmon steak 9.75 **GF**

Marinated grilled tofu 6.25 **V**

Marinated in maple syrup, soya sauce, ginger and garlic

Grilled octopus confit 13.00 **GF**

SANDWICH ON HOMEMADE BREAD

Salad, french fries and homemade mayo

THE BOLLYWOOD

Curry mayo, cumin carrots, lettuce,
apple and cilantro

THE ROBIN

Homemade mayo, arugula, marinated fennel,
cucumber, green onions, pickle

THE NORDIC

Sour cream, salty lemon confit, dill,
lettuce, cucumber

BBQ tempeh (organic/homemade) 16.25 **V**

Grain fed chicken 16.50

Duck confit 17.75

Hot smoked salmon 16.50

Marinated grilled tofu 15.00 **V**

Sandwich alone. Minus \$5

"TABLE D'HÔTE" AVAILABLE

With a meal over \$12, add \$3 to include
one of our soups and filter coffee, tea or herbal tea.

2 CHOICES OF WINE FOR \$5 UNTIL 3 O'CLOCK

BECOME A VOLUNTEER!

COME AND PLAY AT THE RESTAURANT FOR REAL; IT'S FUN!

PARTICIPATE, ENJOY AND GIVE BACK.

GOOD FOOD • GOOD CAUSE • GOOD APPETITE

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