

SOUP

BONE MARROW ONION SOUP / 30

Roasted bone marrow, crostini, gruyere

ROASTED SQUASH PUREE / 18

Delicata squash chips

APPETIZERS & SALADS

CAESAR SALAD / 24

Chopped romaine lettuce, grilled sweet corn, shaved Grana Padano, smoked bacon, fresh lemon

BIBB & ARTISANAL GREENS / 22

- can be served plant based -

Apple cider and red onion vinaigrette, gremolata breadcrumb, crispy shallots, shaved pecorino

CHARRED OCTOPUS / 38

Charred marinated octopus, sherry brown butter potatoes, blistered shishito peppers, black garlic kewpie

YAKITORI / 38

Charcoal grilled marinated beef skewers, cucumber salad

LOBSTER SALAD / 45

Poached lobster, bacon, avocado, corn, cherry tomatoes, lettuce, herb buttermilk dressing

BURRATA / 35

Caramelized onions, chili crunch oil, chives, crostini
- Contains Nuts -

CHILI CRUNCH SLAW / 25

Julienne cabbage, pepper, jicama, carrots, seedlings, crispy shallots, sunchoke & taro chips, tare vinaigrette
- Contains Nuts -

BEEF CARPACCIO / 29

Arugula pesto, balsamic, shaved padano, squash chips
- Contains Nuts -

GRILLED LAMB CHOP / 22 per chop

Red wine jus

GRADE 'A' QUEBEC FOIE GRAS / 45

Seared foie gras, toasted walnuts, pear & seabuckthorn chutney, brioche

PASTA, RISOTTO & GNOCCHI

SEAFOOD SPAGHETTINI / 47

Grilled octopus, calamari, prawns, steamed clams, mussels, chili aglio e olio

PAN ROASTED POTATO GNOCCHI / 36

Sauteed mushrooms, grilled corn, roasted sweet peppers, spring onion, truffle essence, roasted garlic cream sauce, fine Parmesan

PAPPARDELLE BOLOGNESE / 35

Ragout of pork, beef & veal, fresh basil, shaved Grana, D.O.P. tomato sauce

WILD MUSHROOM RISOTTO / 39

Foraged wild mushrooms, shaved summer black truffles



CLASSIC TERRA

STUFFED CRISPY PORTOBELLO / 34

- deliciously plant based -

Panko crusted portobello stuffed with herbed vegan mozzarella, roasted garlic-tomato jam, sauteed spinach

CRACKLING OVEN ROASTED CHICKEN / 40

Seasonal vegetables, mashed potatoes, red wine jus

AUSTRALIAN RACK OF LAMB / 79

Roasted honey-mustard-pistachio crusted, seasonal vegetables, mashed potato, red wine jus

DUCK CONFIT / 42

Duck confit, sunny side up egg, braised coco beans, braised cherry tomatoes, spinach, red wine jus

PRIME CUTS - All Steaks are Aged a Minimum of Six Weeks and Served with umami butter & red wine jus -

4 oz BEEF FILET - Canadian 'Prime' - / 35

8 oz BEEF FILET - Canadian 'Prime' - / 70

12 oz STRIPLOIN - Canadian 'Prime' - / 80

14 oz RIBEYE - Canadian 'Prime' - / 95

24 oz BONE-IN RIB STEAK - Canadian 'Prime' - / 150

MONSTER CARVE

Porterhouse for Two **40 oz** / 250

TOMMY TIME

Tomahawk for Two **43 oz** / 275

JAPANESE 'A5' WAGYU (4 oz/6 oz) / 175-250

Enhance Your Steak

Grilled Prawns (3 pieces) / 25

Pan Seared Foie Gras (3 ounces) / 40

SIDES

VEGETABLES / 15

Mixed Seasonal Vegetables
Sauteed Wild Mushrooms
Crispy Shishito Peppers
Caramelized Pumpkin

- Contains Nuts -

STARCH / 12

Mashed Potatoes
Hand Cut Fries
Truffle Fries / 15

PASTA / 18

Pan Seared Potato Gnocchi
Wild Mushroom Risotto

For more than 30 years, three men, four restaurants and a great friendship have driven the evolution of a diverse portfolio of dining locations well established in Toronto and beyond, and now officially known as the
Substance Food Group

SUBSTANCE
FOOD GROUP



V.8.03.18



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Appetizer Specials

AUTUMN SALAD / 26

Buffalo ricotta, figs, beets, blood orange, delicata squash chips, endive, treviso, mint, pumpkin seeds, cider dressing

Main Course Specials

12 OZ AUSTRALIAN WAGYU RIBEYE / 98

Cast iron seared, caramelized cipollini onions, red wine jus

Lunch Specials

TUESDAY

STEAK FRITES / 40

Grilled flat iron steak, peppercorn jus, fries

WEDNESDAY

CHICKEN PARMIGIANA / 38

Tomato sugo, burrata, basil, shaved grana, spicy rigatoni vodka

THURSDAY

SMOKE DUCK PAPPADELLE / 35

Sauteed mushrooms, veal jus truffle cream

FRIDAY

FISH & CHIPS / 40

Beer batter cod, hand cut fries, tartar sauce, smashed peas

Cold Bar

ASSORTED HALF-DOZEN (6 PCS) / 30

KUMAMOTO, BRITISH COLUMBIA / 5.75

Small cocktail oyster, mild brininess, buttery texture, sweet fruity flavor

ISLAND PEARL, P.E.I. / 5.25

Medium-large size, medium brine, light salt and heavy citrus flavour

JUMBO SHRIMP COCKTAIL / 24/pc

10gr KALUGA CAVIAR / 40

SEAFOOD PLATTER / 100/person

Crab legs, shrimp cocktail, lobster tail, scallops, oysters, caviar

Caviar

Warm blinis, burrata, sieved egg whites & yolks, fresh chives, potato chips

KAVIARI KRISTAL 30 grams / 280

Fresh Fish & Shellfish

BRANZINO FILET / 47

Roasted fingerling potatoes, sauteed spinach, mushrooms, chili garlic
- contains gluten & nuts -

ASSORTED FISH / 49

Seafood saffron stew, assorted fish, octopus, shrimp, calamari, mussels, clams, saffron & garlic rouille, crostini

ARCTIC CHAR / 49

Braised leeks & fingerling potatoes, salmon roe beurre blanc, herb oil

CHILEAN SEA BASS / 78

Honey mustard & herb bread crumb crust, fregola, smoked mushrooms, asparagus. Parsnip & porcini puree

LIVE NOVA SCOTIA LOBSTER / MP

Hand cut fries, drawn butter