

SOUP

SPRING PEA & ASPARAGUS PUREE / 20

Asparagus & creme fraiche

LOBSTER BISQUE / 25

Lobster & caviar

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



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CLASSIC TERRA

STUFFED CRISPY PORTOBELLO / 34

Panko crusted portobello stuffed with herbed
vegan mozzarella, roasted garlic-tomato jam
- deliciously plant based -

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, 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) / 39

Pan Seared Foie Gras (3 ounces) / 40

SIDES

VEGETABLES / 15

Mixed Seasonal Vegetables

Sauteed Wild Mushrooms

Asparagus

STARCH / 12

Mashed Potatoes

Hand Cut Fries

Truffle Fries / 18

PASTA / 18

Pan Seared Potato Gnocchi

Wild Mushroom Risotto

SUBSTANCE
FOOD
GROUP

For more than 30 years, three men, five 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



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Oysters

ASSORTED HALF-DOZEN (6 PCS) / 45

TOTTEN INLET, WASHINGTON / 8.75

Large oyster, bright, clean and crisp brine. Hints of cucumber

LA PERLE NOIRE, FRANCE / 8.75

Nutty and salty brininess, crunchy texture

Caviar

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

BELUGA 30 grams / 315

IMPERIAL OSETRA 30 grams / 200

STERLET 30 grams / 115

Cold Bar

SHRIMP COCKTAIL 3pc / 39

Fresh Fish & Shellfish

BRANZINO / 47

Baby bok choy

PICKEREL / 49

Braised lentils, sauteed spinach

MISO CHILEAN SEA BASS / 78

Sticky rice, bok choy, cabbage, shiitake mushrooms, mango salsa

- contains gluten & pork -

LIVE NOVA SCOTIA LOBSTER / 130

Hand cut fries, drawn butter

Appetizer Special

SPRING SALAD / 28

Whipped ricotta, cherries, green strawberries, nectarines, heirloom tomatoes, endive, castle franco, mint, pumpkin seeds, cider vinaigrette

Main Course Special

14 OZ AUSTRALIAN WAGYU RIBEYE / 115

Cast iron seared, ricotta stuffed zucchini blossoms, 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

SMOKED DUCK PAPPARDELLE / 35

Sauteed mushrooms, veal jus truffle cream

FRIDAY

FISH & CHIPS / 40

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