

## SOUP

### MUSHROOM & RAMP / 18

Ontario ramp gremolata

### TOMATO PUREE / 18

Gruyere, blistered tomato crostini

## 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

### HAMACHI & TUNA / 40

Hamachi crudo, tuna tataki, trout roe, tare, tempura crunch

### 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

Pickled mustard seeds, tete du moine, black garlic kewpie, lemon herb bread crumbs, mizuna

### GRILLED LAMB CHOP / 22 per chop

Red wine jus

### GRADE 'A' QUEBEC FOIE GRAS / 43

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 pea leaves

### 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

King Crab (1/2 pound) / 95

Pan Seared Foie Gras (3 ounces) / 40

## SIDES

### VEGETABLES / 15

Mixed Seasonal Vegetables

Sauteed Wild Mushrooms

Sauteed Pea Leaves

### STARCH / 12

Mashed Potatoes

Hand Cut Fries

Truffle Fries / 15

Onion Rings / 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

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