



*Traditional and modern cuisine*

*Here's a Respectful Culinary Inspiration*

*products and your well-being*

*Chef Adrien Dos Santos*

# The Lunch Menu

## 2 Courses menu

Starter / Main Course  
or  
Main Course / Dessert  
€ 28


## 3 Courses menu

Starter  
Main Course  
Dessert  
€ 35

## Starters €14

Pea soup with grilled tomatoes, bread crisp and parmesan

( Gluten - lactose )




Bømlo salmon tartare, virgin sauce with passion fruit and mango,  
smoked ricotta quenelle

( Fish - lactose )

## Main Courses €22

Pike fillet, acidulated sabayon and “chichoumeille”

( Fish - lactose - garlic )



Pork rib, thyme sauce and its potatoes galette

( Lactose - sulfite )

## Desserts €12

Coconut crème brûlée

( Egg )



The floating island with vanilla and its slivered almonds

( Lactose - egg )

# Menu L'Essentiel € 56



## Starters

Clams in the marinière style with vegetable cream,  
flavored with lemongrass and ginger

( Sulfite )



Duck foie gras terrine, rhubarb-raspberry chutney, chestnut brioche

( Gluten )

## Main Courses

Roasted salmon fillet, stir-fried soybean sprouts, Thai virgin sauce

( Fish - soy - sesame - nuts )



The farm chicken ballotine stuffed with herb butter, reduced juice

( Sulfite - garlic )

## Choice of topping


*Thai rice with coconut milk, Mashed potatoes, New potatoes, Greens*

## Desserts

Chocolate fondant

Flowing caramel heart, intensely vanilla custard

( Egg - lactose - nuts - gluten )



Pavlova with exotic fruits French meringue, lactose-free whipped cream,  
compote of fresh exotic fruits

( Egg )

# A la Carte



## Starters

### Garden Salad

Young shoots salad, green beans, mange-tout peas, cauliflower, broccolini, radishes, cherry pickles, croutons, country vinaigrette

( Gluten )

€22

Clams in the marinière style with vegetable cream,  
flavored with lemongrass and ginger

( Sulfite )

€22

Daurade carpaccio, lime and pink berries, passionfruit vinaigrette

( Sesam )

€26

Duck foie gras terrine, rhubarb-raspberry chutney, chestnut brioche

( Gluten )

€28

# Dishes

Roasted salmon fillet, stir-fried soybean sprouts, Thai virgin sauce

( Fish - soy - sesame - nuts )

€34

Grilled octopus tentacles on the plancha, gremolata, piquillo coulis

( Mollusks - garlic )

€36

The farm chicken ballotine stuffed with herb butter, reduced juice

( Sulfite - garlic )

€34

Aubrac beef fillet, truffle sauce

( Lactose - gluten - nuts - sulfite )

€38

*Choice of topping*

Thai rice with coconut milk, Mashed potatoes, New potatoes, Greens



Plate of chitarra spaghetti, sauce of your choice

Spicy tomato sauce

( Gluten -egg )

€22

Truffle sauce

( Gluten - egg - lactose - fruits à coque )

€26

## Cheeses

Selection of ripened cheeses with its condiments €19

( Lactose - nuts )

## Desserts

Chocolate fondant €12

Flowing caramel heart, intensely vanilla custard

( Egg - gluten - lactose - nuts )

Parlova with exotic fruits €14

French meringue, lactose-free whipped cream,  
compote of fresh exotic fruits

( Egg )

The roasted pineapple with coconut €12

Vanilla gel and Sicilian lemon sorbet.

( Lactose - nuts )

## *Children's Menu*

€15

### *Dishes*

Piece of meat or Fish of the day depending on arrival

### *Accompaniment*

Mashed potato or cherry tomato skewer

### *Dessert*

2 ice creams of your choice

### *Drinks*

Syrup, Diabolo or Fruit Juice