













E LA VERRIÈRE

HEALTHY MENU

SUGGESTIONS OF THE DAY

HEALTHY DESSERTS

-   * Almond panna cotta jelly,
pears with blackcurrant, almond
whipped cream, dried fruit granola 140 kcal **€13,00**
-   * Chocolate fondant
and dark chocolate mousse 210 kcal **€14,50**
-   * Buckwheat shortbread, tatin apple,
apple sorbet and almond cream..... 165 kcal **€13,00**
-   Pistachio biscuit and orange segments
marinated with orange blossom,
orange sorbet 192 kcal **€13,50**
-   Spices marinated pineapple,
sesame shortbread, lime cream
and pineapple sorbet 155 kcal **€14,00**
-  Fromage frais 0% with raspberry sauce 80 kcal **€8,50**

HEALTHY MENU **€66,00**

Starter, Main Course, "Fromage frais" 0% and Dessert

Mineral water included

DANIEL LE GUÉNAN & SYLVAIN DAHIREL

HEAD CHEF

PASTRY CHEF

STARTERS

⊕ Steamed fresh Dublin Bay prawns served with citrus dressing or light mayonnaise sauce Extra Tradition Menu (+9 €) 160 kcal	€32,00
⊕ 9 oysters n°2 from Cancale” Philippe and Noëlle Brévault” Extra Tradition Menu (+6 €) 90 kcal	€30,00
⊕ 8 oysters n°3 from Cancale” Philippe and Noëlle Brévault” 80 kcal	€23,00
Fish soup served with garlic “croutons”, grated cheese and garlic mayonnaise	80 kcal €15,00
Andalusian gazpacho, crab vegetal ravioli, shellfish herb oil	350 kcal €20,00
Crispy brick pastry sheets with Den Zebra spider crab Extra Tradition Menu (+6 €) ... 145 kcal	€22,00
⊕ Langoustine tail salad with seasonal fruit, passion fruit vinaigrette Extra Tradition Menu (+6 €) ... 245 kcal	€24,00
⊕ Sea bream tartare with red berries and Timut pepper	130 kcal €21,00
✓ ⊕ Beetroot “pastrami” and seaweed cream	115 kcal €19,00
Duck foie gras terrine with seasonal fruit chutney	550 kcal €26,00

MAIN COURSE

⊕ Grilled John Dory, fennel and yuzu purée, confit tomato, braised artichoke Extra Tradition Menu (+7 €) 450 kcal	€35,00
⊕ Sea bass with saffron infused seaweed juice, crunchy samphire, steamed green vegetables and new potatoes 490 kcal	€34,00
⊕ Roasted prawns with seaweed butter, buckwheat risotto, shellfish juice with dry cider Extra Tradition Menu (+7 €) 490 kcal	€33,00
✓ Wheat, green vegetable purée, seasonal vegetables, parmesan foam	360 kcal €24,00
⊕ Miso-orange cod fillet, sweet potato and sesame purée, turnips	420 kcal €30,00
⊕ Roasted lamb with spices, lemon condiment, chickpea purée, candied eggplant Extra Tradition Menu (+7 €) 450 kcal	€32,00
Grilled fillet of beef, Breton chimichurri sauce, cumin roasted carrots and purée flavored with turmeric	440 kcal €34,00

OUR BUCKWHEAT PANCAKES

Buckwheat pancake, confit farm raised pork belly, apples and cider sauce	€21,00
Buckwheat pancake, onions from Roscoff, mushroom confit, garlic butter and shellfish	€22,00
Buckwheat pancake, seasonal fruit, octopus and Breton curry	€23,00



Daniel Le Guénan and Sylvain Dahirel

⊕ Lactose Free

⊕ Gluten Free

✓ Vegetarian dish

* To be ordered at the beginning of the meal

French meat and poultry



OUR PRODUCT PARTNERS

SDPF - Dol-de-Bretagne

Grocery and marinated vegetable: Épivaseurs

Oysters: Philippe and Noëlle Brévault - Cancale

Fish: Distri Malo, Le Corsaire

Vegetable: Michel Sorre - Hirel

Yoghurt and Fromage frais 0%: Laiterie Malo

TRADITION MENU

SUGGESTIONS OF THE DAY

CHEESE AND TRADITION DESSERTS

Selection of cheese with walnut and dried fruit bread ... **€9,00**

- ✓ ⊕* Olive oil almond biscuit, grapefruit and orange marmalade, vanilla mascarpone whipped cream and grapefruit sorbet **€14,00**
- ⊕* Apples poached in sake, almond biscuit with buckwheat mousse, apple sorbet **€14,00**
- ✓ ⊕ Rice pudding with fresh mango and sorbet **€13,50**
- ✓* Dark chocolate crumble, dark chocolate mousse, tonka ice cream and toasted brioche **€14,50**
- ✓* Warm thin apple tart served with vanilla ice cream **€13,50**
- ✓* Assortment of sorbets **€14,00**

TRADITION MENU

Starter, Main Course **or** Buckwheat Pancake,
Cheese and Dessert **€58,00****
Starter and Main **or** Main Course and Dessert **€43,00****

**Not including extras

NATURAL MINERAL WATERS

PLANCOËT

(BRITTANY) 121/24/16/4,9/32

The only mineral water from Brittany, light and low in minerals.

Tasting notes: Still water, Plancoët is appreciated by water enthusiasts for its delicate taste. Subtle, it leaves a fine metallic and slightly bitter note on the palate.

EVIAN

(SAVOY) 360/80/26/1/6,5

Light water, low in minerals, low in sodium.

Tasting notes: Considered to have almost no taste, Evian is sometimes chosen as a "reference water" for tastings.

VITTEL GRANDE SOURCE

(LORRAINE) 384/240/42/1,9/5,2

Light water, low in minerals, rich in calcium, low in sodium.

Tasting notes: The taste of Vittel Grande Source is slightly sharp and leaves a lingering mineral finish.

VITTEL HÉPAR SPRING

(LORRAINE) 383,7/549/119/4,1/14,2

Highly mineralized, very rich in calcium and magnesium, recommended for aiding digestion.

Tasting Notes: Hépar should be enjoyed very cold due to its strong and persistent taste.

VOLVIC

(AUVERGNE) 74/12/8/6/12

Light water, very low in minerals, low in sodium.

Tasting Notes: Almost neutral in taste, slightly dry, with a mildly astringent finish.

CONTREX

(LORRAINE) 372/468/74,5/2,8/9,4

Highly mineralized, very rich in calcium.

Tasting Notes: With a fairly pronounced and persistent taste, Contrex stands out for its mineral character and slightly salty finish.

Water Composition: The figures above correspond to the levels of Bicarbonates (HCO), Calcium (Ca), Magnesium (Mg), Potassium (K), and Sodium (Na), expressed in mg per litre.

SPARKLING NATURAL MINERAL WATERS

PLANCOËT FINES BUBBLES

(BRITTANY) 121/24/16/4,9/32

The only mineral water from Brittany, light and low in minerals.

Tasting Notes: Refreshing on the palate, with fine and delicate bubbles. It does not alter the taste of food.

BADOIT

(SAINT-GALMIER) 1250/153/80/11/180

Moderately mineralized, rich in calcium, magnesium and fluoride.

Tasting Notes: A well-balanced taste combining a slight saltiness with a gently dry finish.

PERRIER

(LANGUEDOC) 420/150/3,9/<1/9,6

Low in minerals, yet rich in calcium.

Tasting Notes: Highly refreshing, with an acidic and astringent finish.

VICHY-CÉLESTINS

(AUVERGNE) 2989/103/10/66/1172

Highly mineralized, very rich in sodium and calcium, recommended for liver and biliary conditions.

Tasting Notes: A bold taste dominated by sodium, with a slightly dry edge.

SAINT-YORRE

(AUVERGNE) 4369/90/11/110/1708

Its high sodium content should be considered by those on a low-sodium diet.

Tasting Notes: Pleasant and invigorating, with a powerful, salty and bicarbonate-rich profile.

SAN PELLEGRINO

(ITALY) 244/166/49,5/2,1/30

Rich in calcium.

Tasting Notes: Its strong mineral content gives San Pellegrino a very pronounced astringent taste with a slight bitterness.



LE GRAND HÔTEL
DES THERMES

★★★★★

SAINT-MALO

