

# PATRICE DUGUÉ'S

## SUGGESTIONS

### SOUPS

- |   |          |         |
|---|----------|---------|
| ⊕ Tomato and fennel soup                              | 80 kcal. | 11,00 € |
| ⊕ Green vegetable soup                                | 80 kcal. | 11,00 € |
| ⊕ «Bombay» soup flavoured with coconut milk and curry | 80 kcal. | 11,00 € |

### STARTERS

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|---|-----------|---------|
| 8 oysters N°2 from Cancale «Maison Brévault»  | 55 kcal.  | 22,00 € |
| ⊕ Citrus fruit and green vegetable served with Dublin prawns and chia seeds   | 170 kcal. | 22,00 € |
| ⊕ Salad served with diced vegetable and mixed lobster meat  | 180 kcal. | 26,00 € |
| ⊕ Plate of Dublin prawns served with light mayonnaise sauce (depending on delivery)   | 110 kcal. | 29,00 € |
| ⊕ Vegan buddha bowl served with raw marinated vegetable flavoured with lemon vinegar, camelina oil and passion dressing (carrot, beetroot, fennel, celery, marinated courgette, radish, red onion, cranberries, seaweed tartar and gomasio) | 120 kcal. | 20,00 € |

### MAIN COURSES

Grilled fish of the day served with vegetable

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|--|-----------|---------|
| ⊕ Pan seared fillet of salmon served with organic corn semolina and buckwheat, raspberry and beetroot sauce  | 290 kcal. | 26,00 € |
| ⊕ Steamed fillet of turbot served with organic coral lentil flavoured with coconut, seaweed sauce  | 270 kcal. | 33,00 € |
| ⊕ Grilled skewer of chicken fillet and large reddish prawns served with courgette and sweet potatoes, red pepper sauce   | 250 kcal. | 26,00 € |
| ⊕ Grilled tenderloin of beef served with mushrooms and fennel, Thai sauce  | 260 kcal. | 31,00 € |
| ⊕ Vegan buddha bowl (organic buckwheat, organic coral lentil, organic corn semolina, broccoli, apple fruit, cumin carrot, olive, beetroot sauce)                   | 180 kcal. | 24,00 € |
| ⊕ Vegan bowl (organic brown saffron rice, organic quinoa, organic chickpeas, sweet potatoes, grilled courgette, mushrooms, seaweed tartar and tomato ginger sauce) | 180 kcal. | 24,00 € |



Bread made with flax seeds flour

⊕ Gluten free



Bleu-Blanc-Cœur

### OUR MENU 50,00 €\*\*

1 Starter, 1 main course, 1 Smooth cottage cheese 0% and Dessert (mineral water included)

\*\*Not including extras

# PASCAL POCHON'S

## SUGGESTIONS

Ⓢ Cottage cheese 0% with raspberry sauce ( <i>Vegan</i> )	80 kcal.	8,50 €
Ⓢ Stewed apples flavoured with vanilla ( <i>Vegan</i> )	90 kcal.	8,50 €
Ⓢ Vanilla "Diplomate" cream flavoured with pears served with red fruit sauce	150 kcal.	9,50 €
Ⓢ Polenta with roasted pineapple served with coconut milk sorbet	140 kcal.	10,50 €
* French toast served with apricot marmalade flavoured with rosemary herb	220 kcal.	10,50 €
*Ⓢ Thin tart served with citrus jelly, grapefruit and orange segments, blackcurrant sorbet	110 kcal.	11,50 €
* Creamy black chocolate flavoured with orange served with crispy sesame biscuit	145 kcal.	11,50 €
*Ⓢ Strawberries and rhubarb gratin served with pear zabaglione	110 kcal.	11,50 €
Ⓢ Shortbread with saffron poached pear and vegetal creamy ( <i>Vegan</i> )	200 kcal.	12,50 €

\* To be ordered at the beginning of the meal / Ⓢ Gluten free

## OUR LOW-CALORIE SUGGESTIONS

IMPRIMER À 99%