

HEALTHY MENU SUGGESTIONS OF THE DAY

DANIEL LE GUÉNAN & SYLVAIN DAHIREL

TRADITION MENU SUGGESTIONS OF THE DAY

STARTERS

Ⓢ Steamed fresh Dublin bay prawns served with citrus dressing or light mayonnaise sauce Extra Tradition Menu (+8 €)	110 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	80 kcal	15,00 €
Ⓢ Tomato soup with ricotta gnocchi	90 kcal	13,00 €
Ⓢ Seasonal vegetable soup and freekeh	70 kcal	11,00 €
French onions soup, Comté country bread		13,00 €
Ⓢ Crab and vegetable spring roll with Asian dressing	Extra Tradition Menu (+4 €) 160 kcal	23,00 €
✓ Ⓢ Roasted carrots, tarragon cream and sunflower crumble	90 kcal	19,00 €
Pollack gravlax carpaccio, passion fruit jelly	120 kcal	23,00 €
Caesar salad, tandoori chicken fillets, lardoons, parmesan, cherry tomatoes and "croûtons"		21,00 €
Ⓢ Burrata, seasonal fruit and vegetable, smoked paprika granola		22,00 €
Duck foie gras terrine with seasonal fruit chutney		26,00 €

MAIN COURSES

Fillet of turbot and prawns with homemade pasta and Provençale pistou	Extra Tradition Menu (+6 €) 270 kcal	35,00 €
Ⓢ Roasted sea bass fillet, seaweed vegetable butter, quinoa risotto	210 kcal	33,00 €
Ⓢ Vegetable and shrimps curry	170 kcal	31,00 €
✓ Ⓢ "Provençale" blanquette of vegetable and bulgur	140 kcal	23,00 €
Ⓢ Grilled fillet of beef, roast potatoes and sauteed vegetable with chimichurri sauce	280 kcal	32,00 €
Ⓢ Roasted cod fillet, Venere rice Valenciana, vegetable with fresh herbs		30,00 €
7-hours slow cooking leg of lamb with date couscous and candied lemon		29,00 €

Selection of cheese with walnut and dried fruit bread		9,00 €
"Fromage frais" 0%		5,00 €

HEALTHY DESSERTS

Ⓢ* Chocolate pistachio fudge, mango variation	210 kcal	12,50 €
Ⓢ* Soft matcha green tea biscuit with citrus, marmelade and orange sorbet, oat and honey crispy	190 kcal	12,50 €
Ⓢ* Almond biscuit, pineapple marmelade, coconut cream	170 kcal	12,50 €
Ⓢ* Chocolate shell filled with hazelnut cream topped with light coffee cream and fluffy "meringue"	170 kcal	12,50 €
Ⓢ* Poached pear with raspberries and jasmine tea, gratinated sabayon and raspberry sauce	180 kcal	12,50 €
Ⓢ "Fromage frais" 0% with raspberry sauce ...	80 kcal	8,50 €

HEALTHY MENU 64,00 €

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

Mineral water included



Daniel Le Guénan and Sylvain Dahirel

Ⓢ Gluten free

✓ Vegan 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: Épisaveurs
Oysters: Philippe et Noëlle Brévault - Cancale
Fish: Distri Malo, Le Corsaire
Vegetable: Michel Sorre - Hirel
Yogurt and "Fromage Frais" 0%: Laiterie Malo

TRADITION DESSERTS

Ⓢ* Almond biscuit with diced mango and passion fruit, coriander, coconut sauce and sorbet	12,50 €
Ⓢ* Almond sponge cake with jelly, sorbet and seasonal fruit, white chocolate ganache	12,50 €
Ⓢ* Meringue shell with almond biscuit, vanilla ice cream, fresh fruit and whipped cream	12,50 €
* Buckwheat and chocolate crispy, chocolate ganache, caramelized apple, buckwheat ice cream and caramel sauce	13,00 €
* Warm thin apple tart served with vanilla ice cream	13,50 €
* Assortment of sorbets	14,00 €

TRADITION MENU

Starter, Main Course, Cheese and Dessert 56,00 €**
Starter and Main Course **or** Main Course and Dessert 42,00 €**

**Not including extras