

LUNCH



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Organic Smoothies 16

Pineapple Boat: Banana, pineapple, coconut milk, lemon Juice

Red Blast: Strawberry, blueberry, raspberry, lemon Juice

St Barth: Greek yogurt, pineapple, grapefruit, mango, orange

Soy Sansation: Soy milk, fresh banana and blueberry, Agave

Tropi-kale: Coconut milk, fresh mango, pineapple and kale

Organic Juices 16

Lemon Cleanse: Carrot, apple, fresh ginger root, lemon juice

Namaste: Fresh cucumber, apple, and red beet with fresh ginger

Pick me up: Fresh orange and apple with carrot and sweet red pepper

Sweet Greens: Fresh cucumber and apple, with celery and kale

Watermill: Fresh red beet with carrot and apple. Fresh ginger

SOUPS, APPETIZERS and SALADS

Coupe Parfait

Fat free Oikos Greek Yogurt, Fresh Fruits and Granola

Tranche cannelle du Père, sirop d'érable et fruits frais
French toast, warm maple syrup, whipped cream and fresh fruits

Soupe de poulet à l'Oriental " en croute" **New**

Chicken broth with curry, raisins, potatoes and coconut milk. Topped with a crust of puff pastry

Soupe à l'oignon gratinée

Traditional French onion soup with crouton and Swiss cheese

Salade de homard à l'estragon frais et Cognac

Lobster salad with fresh tarragon and our special Cognac dressing

Brandade de Morue **New**

Cod with little potato purée, olive oil, garlic and crème fraîche. Served with croutons

Sardines grillées Escabèche

Sardines Escabèche, grilled and marinated with raisins, onion confit, carrots and pine nuts

Tarte flambée Alsacienne aux lardons et oignons

Thin crust topped with fromage blanc, onions, and bacon

*Tartare de filet de boeuf **Angus**, mesclun et pommes frites

*Tartar of **Angus** beef filet cut "à la minute" with tartar dressing, mesclun and French fries

Escargots de Bourgogne flambés au Pernod et beurre persillé **New**

Snails from Burgundy *flambés* with Pernod, covered with butter, garlic and parsley.

*Huîtres de la baie de Peconic

* Peconic bay oysters on the half shell, with mignonette & lemon

Salade mélangée et tomates à la vinaigrette maison

ORGANIC mesclun salad and tomato. Served with house vinaigrette dressing

Salade de tomate à la mangue et avocat

Tomatoes with mango and avocado. Topped with lemon juice and virgin olive oil.

Endive et frisée à la Fourme d'Ambert, noix et poire fraîche. Vinaigrette au Sherry

Endive and frisee salad with Fourme d'Ambert, walnuts and fresh pear. Sherry vinaigrette

Crevettes sautées à l'ail, pommes de terre roties, confit d'ail, olives de Calamata

Sautéed shrimp with roasted potatoes, garlic confit, Calamata olives and mesclun.

Served with a tartine of Tapenade

MORE SALADES

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| *Salade Niçoise au saumon frais NEW | 28 |
| *Seared salmon with French string beans, mushrooms, potatoes Hard boiled eggs, tomatoes, Calamata olives and fresh anchovies | |
| Salade Caésar | 14 |
| Romaine with Caesar dressing, parmesan cheese and croutons | |
| Salade Caésar au poulet ORGANIC grillé ou aux crevettes grillées | 18 |
| Caesar salad with grilled ORGANIC chicken breast or grilled shrimp | |
| *Salade frisée aux lardons et oeuf poché | 18 |
| * Frisée salad with warm bacon and poached egg | |
| <u>EGGS</u> | |
| Omelette à la Provençale | 20 |
| Omelet with ratatouille vegetables | |
| Omelette aux épinards et fromage de chèvre | 20 |
| Omelet with goat cheese & baby spinach | |
| Omelette du curé d'Obernai | 20 |
| Omelet with bacon, caramelized onions, mushrooms and chives | |
| <u>SANDWICHES</u> | |
| Croque Monsieur ou Croque Madame | 22 |
| Toasted brioche bread with ham & melted swiss cheese. Served with mesclun salad Croque Madame is topped with an egg sunny side up. Add \$2.00 | |
| Panini au saumon cru, poché et fumé. Aneth et jus de citron | 22 |
| Smoked, steamed and raw salmon Panini with Swiss cheese, dill and lemon juice | |
| Tarte aux oignons confits au fromage de chèvre NEW | 22 |
| Onion tart with goat cheese mousse. Served with mesclun salad | |

LES PLATS DE RESISTANCE

Fettuccini à la sauce au basilic, pignons, ail frais et parmesan
Fresh Fettuccini with our home made pesto sauce

Moules "Poulette", pommes frites et mayonnaise
Steamed mussels prepared with shallots and white wine and little cream
Served with French fries and mayonnaise

Saumon poché, endives braisées à l'orange. Sauce Tartare
*Poached salmon, served with orange braised endives. Tartare dressing

Fricassée de homard du Maine, flambée au Cognac. Pommes frites
2 lb Maine lobster fricassée, flambé with Cognac and tarragon. Served with French fries

Homard du Maine, poché ou grillé. Pommes frites
2 lb lobster, steamed or broiled, served with French fries.

Poulet de ferme **ORGANIC** rôti, jus à la sauge, ratatouille et purée de pommes de terre
Roasted **ORGANIC** free-range chicken, with ratatouille and potato purée

*Onglet de boeuf de **Paturage** grillée, sauce Béarnaise, cresson et pomme frite.
*Grilled **Pasture raised** hanger steak with Béarnaise sauce, watercress and French fries

Steak haché Americain, pommes frites
* Hamburger with lettuce and tomato on brioche bread. Served with French fries
Choice of Swiss, American, cheddar cheese and bacon

Steak haché Americain "à cheval", pommes frites
* Hamburger with lettuce and tomato topped with one egg sunny side up on brioche bread.
Choice of Swiss, American, cheddar cheese and bacon. Served with French fries

GARNITURES \$14.00

Mashed Potatoes Pommes Frites Gratin Dauphinois Cauliflower gratin
Haricots Vert Steamed spinach Braised endive Ratatouille Carrot Mousseline Kale Salad

LES VEGETARIENS \$24.00

Select up to 4 choices

Mashed Potatoes Pommes Frites Gratin Dauphinois Cauliflower gratin
Haricots Vert Steamed spinach Braised endive Ratatouille Carrot Mousseline Kale Salad

** Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.*