

LUNCH/BRUNCH



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## Freshly made Smoothie and Juice 19

### Smoothies

#### Red Blast

strawberries, raspberries, blueberries, lemon

#### Pineapple Boat

pineapple, banana, coconut milk, lemon juice

#### Soy Sensation

blueberries, banana, soy milk, agave

#### Tropi-Kale

kale, pineapple, mango, coconut milk

#### Hangover Cure

banana, mango, low fat yogurt

### Juices

#### Watermill

apple, carrot, beet, ginger

#### Lemon Cleanse

apple, carrot, lemon, ginger

#### Gibson

pineapple, beet, kale, parsley, ginger

#### Namaste

apple, beet, cucumber, ginger

#### Sweet Greens

apple, cucumber, kale, celery

## Coupe Parfait 22

Fat free Oikos Greek Yogurt, Fresh Fruits and Granola

## Tranche cannelle du Père, sirop d'érable et fruits frais 24

French toast, warm maple syrup, whipped cream and fresh fruits

**Before placing your order, please inform your server  
if a person in your party has a food allergy**

*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.*

**Please note that there is no substitution on any dish**

## SOUPES, SALADES ET APPETIZERS

Bread from Blue Duck Bakery and Butter from Vermont	6
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Bisque de homard, rouille, toast de baguette et Gruyère rapé	24
Lobster bisque with sides of rouille dressing	
Toasted baguette and shredded Gruyère cheese. <b>NO dairy, NO flour</b>	
Soupe à l'oignon gratinée	24
Traditional French onion soup with crouton and Swiss cheese	
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Salade de homard à l'estragon frais et Cognac	36
Lobster salad with fresh tarragon, dices of apple	
Little mayo and special Cognac dressing	
Sardines grillées en Escabèche	26
Sardines Escabèche, grilled and marinated with raisins	
Onion confit, carrots and pine nuts	
Escargots de Bourgogne flambés au Ricard et beurre persillé	24
Snails from Burgundy <i>flambés</i> with Ricard, garlic & parsley butter	
Brandade de Morue	22
Cod with little potato purée, olive oil, garlic and crème fraiche	
Toasted baguette, lemon and Vigin Olive Oil on the side	
Tarte flambée Alsacienne aux lardons et oignons	28
Thin crust topped with fromage blanc, onions, and bacon	
*Huîtres de la baie de Peconic	P/A
* Peconic bay oysters on the half shell, with mignonette & lemon	
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Salade de tomate à la mangue et avocat	26
<b>Organic</b> Heirloom tomato with fresh mango and avocado	
Topped with lemon juice and virgin olive oil.	
Endive et frisée à la Fourme d'Ambert, noix et poire fraiche	30
Vinaigrette au Sherry	
Endive and frisee salad with blue cheese Fourme d'Ambert (v)	
Roasted walnuts and fresh pear. Sherry vinaigrette dressing	

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## MORE SALADES

*Salade Niçoise au saumon frais	30
*Seared fresh salmon with French string beans, mushrooms, potatoes Hard boiled eggs, tomatoes, Calamata olives and fresh anchovies	
Salade Caésar	22
Romaine with Caesar dressing, parmesan cheese and croutons (v)	
Salade Caésar au poulet <b>ORGANIC</b> grillé ou aux crevettes grillées	28
Caesar salad with grilled <b>ORGANIC</b> chicken breast or grilled shrimp	
*Salade frisée aux lardons et oeuf poché	28
* Frisée salad with warm bacon and poached egg	

## EGGS

<i>Served with Mesclun and potato with fennel pollen</i>	
Omelette à la Provençale	26
*Omelet with ratatouille vegetables	
Omelette aux épinards et fromage de chèvre	26
*Omelet with goat cheese & baby spinach	
Omelette du curé d'Obernai	26
*Omelet with bacon, caramelized onions, mushrooms and chives	

On Weekends and Bank Holidays only

*Oeuf poché bénedicte	24
* Poached eggs with canadian bacon, english muffins & hollandaise sauce	
*Oeuf poché florentine	26
* Poached eggs with baby spinach, english muffins & hollandaise sauce	
*Oeuf poché au saumon mariné maison	28
* Poached eggs with house cured salmon, toasted brioche & hollandaise sauce	
*Oeuf poché au homard flambé au Cognac et Tarragon	30
* Poached eggs with fresh lobster flambé with Cognac and tarragon Served on toasted brioche & hollandaise sauce with frisée salad and shoe string potatoes	

## SANDWICHES

*Pain de santé à l'avocat, oeuf poché et quelques graines	26
*Seven grain bread toasted with avocado, roasted pistachio, pine nuts and sunflower seeds Topped with poached eggs, Balsamic reduction, Virgin Olive Oil & a sprinkle of fleur de sel	
*Croque Monsieur à la sauce Béchamel et à la truffe ou Croque Madame	28
Toasted brioche bread with ham & melted swiss cheese & Bechamel sauce with Truffle Croque Madame is topped with an egg sunny side up. Add \$4.00	
*Baguette grillée, onglet de boeuf, fondue de fromage de Brie	32
Poivrons et oignons marinés à l'huile d'olive et grillés. Jus de boeuf sur le coté Grilled baguette, hanger steak, melted Brie cheese Grilled marinated bell pepper & onions in virgin olive oil and fine herbs Topped with watercress. Beef jus on the side. Served with French fries	

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## LES PLATS DE RESISTANCE

Fettuccini à la sauce au basilic, pignons, ail frais et parmesan Fresh Fettuccini with our home made pesto sauce	30
Moules "Poulette", pommes frites *Steamed mussels prepared with shallots, white wine and little cream Served with French fries	32
Saumon poché, endives braisées à l'orange. Sauce Tartare *Poached salmon, served with orange braised endives. Tartare dressing	34
Fricassée de homard du Maine, flambée au Cognac. Pommes frites *2 lb Maine lobster fricassée, out of the shell, flambé with Cognac Fresh tarragon and served with French fries	65
Homard du Maine, poché ou grillé. Pommes frites 2 lb lobster, steamed or broiled. Served with French fries	55
Poulet de ferme <b>Certifié Héritage</b> rôti, jus aux herbes Ratatouille et mousseline de pommes de terre Roasted <b>Certified Héritage</b> chicken Served with ratatouille and potato mousseline	40
*Tartare de filet de boeuf <b>Angus</b> , mesclun et pommes frites *Tartar of <b>Angus</b> beef filet cut "à la minute" with tartar dressing, mesclun and French fries	38
*Onglet de boeuf de <b>Paturage</b> grillée Sauce au Porto, cresson et pomme frite *Grilled <b>Pasture raised</b> hanger steak. Port sauce Watercress and French fries	44
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	26
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	30
Steak haché "L'Oriental", Brioche au Sésame. Pomme frites * Beef burger with lettuce, sun dried tomato, pickels and a secret Oriental dressing. Served on a Sesame Brioche Bun. Served with French fries	30

## GARNITURES \$17.00

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

## LES VEGETARIENS \$30.00

Select up to 4 choices

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

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