

LUNCH/BRUNCH



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## Freshly made Smoothie and Juice 18

### 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

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	
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Soupe à l'oignon gratinée	22
Traditional French onion soup with crouton and Swiss cheese (gf, v)	
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Salade de homard à l'estragon frais et Cognac	32
Lobster salad with fresh tarragon, dices of apple, special Cognac dressing (gf)	
Escargots de Bourgogne flambés au Pernod et beurre persillé	24
Snails from Burgundy <i>flambés</i> with Pernod, garlic & parsley butter (gf v)	
Sardines grillées en Escabèche	24
Sardines Escabèche, grilled and marinated with raisins (gf, v) Onion confit, carrots and pine nuts	
Tarte flambée Alsacienne aux lardons et oignons	26
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 (gf, v)	
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Salade de tomate à la mangue et avocat	26
<b>Organic</b> Heirloom tomato with fresh mango and avocado (gf, v, vg) Topped with lemon juice and virgin olive oil.	
Endive et frisée à la Fourme d'Ambert, noix et poire fraîche	30
Vinaigrette au Sherry Endive and frisee salad with blue cheese Fourme d'Ambert (v) Roasted walnuts and fresh pear. Sherry vinaigrette dressing	

*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.*

(v) Vegetarian (vg) vegan (gf) gluten free

## MORE SALADES

- \*Salade Niçoise au saumon frais 32  
\*Seared fresh salmon with French string beans, mushrooms, potatoes (v, gf)  
Hard boiled eggs, tomatoes, Calamata olives and fresh anchovies

- Salade Caesar 20  
Romaine with Caesar dressing, parmesan cheese and croutons (vg, v)

- Salade Caésar au poulet **ORGANIC** grillé ou aux crevettes grillées 26  
Caesar salad with grilled **ORGANIC** chicken breast or grilled shrimp (v)

- \*Salade frisée aux lardons et oeuf poché 28  
\* Frisée salad with warm bacon and poached egg (gf)

## EGGS

- Served with Mesclun and roasted potato with fennel*  
Omelette à la Provençale 26  
Omelet with ratatouille vegetables (v, gf)

- Omelette aux épinards et fromage de chèvre 26  
Omelet with goat cheese & baby spinach (v, gf)

- Omelette du curé d'Obernai 26  
Omelet with bacon, caramelized onions, mushrooms and chives (gf)

Available on Fridays Saturdays Sundays and bank holidays

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| *Oeuf poché bénédicte 24<br>* Poached eggs with canadian bacon, english muffins & hollandaise sauce   |
| *Oeuf poché florentine 26<br>* Poached eggs with baby spinach, english muffins & hollandaise sauce (v)  |
| *Oeuf poché au saumon mariné maison 28<br>* Poached eggs with house cured salmon, toasted brioche & hollandaise sauce (v)   |
| *Oeuf poché au homard flambée au Cognac et Tarragon 32<br>* Poached eggs with fresh lobster flambé with Cognac and tarragon (v)<br>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 (v)  
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 (v)  
Croque Madame is topped with an egg sunny side up. Add \$4.00

## LES PLATS DE RESISTANCE

Fettuccini à la sauce au basilic, pignons, ail frais et parmesan Fresh Fettuccini with our home made pesto sauce (v, vg)	30
Moules "Poulette", pommes frites *Steamed mussels prepared with shallots, white wine and little cream (gf, v) Served with French fries	34
Saumon poché, endives braisées à l'orange. Sauce Tartare *Poached salmon, served with orange braised endives. Tartare dressing (v, gf)	36
Fricassée de homard du Maine, flambée au Cognac. Pommes frites 2 lb Maine lobster fricassée, flambé with Cognac and tarragon. Served with French fries (v, gf)	50
Homard du Maine, poché ou grillé. Pommes frites 2 lb lobster, steamed or broiled. Served with French fries (v, gf)	50
Poulet de ferme <b>Herritage</b> rôti, jus aux herbes Ratatouille et mousseline de pommes de terre Roasted <b>Herritage</b> chicken Served with ratatouille and potato mousseline	36
*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 Béarnaise, cresson et pomme frite *Grilled <b>Pasture raised</b> hanger steak. Sauce Béarnaise (gf) Watercress and French fries	42
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	25
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	28
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