

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 24

Fat free Oikos Greek Yogurt, Fresh Fruits and Granola

## Tranche cannelle du Père, sirop d'érable et fruits frais 26

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**

## SOUPE, SALADES ET APPETIZERS

Bread from Blue Duck Bakery and Butter from Vermont

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Bisque de homard, rouille, toast de baguette et Gruyère rapé

Lobster bisque with sides of rouille dressing

Toasted baguette and shredded Gruyère cheese. **NO dairy, NO flour**

Gazpacho comme à Ibiza, pastèque et 0% yaourt Grec

Ibiza style gazpacho with fresh Long Island tomatoes

Watermelon and 0% Greek yogurt

Salade de homard à l'estragon frais et Cognac

Lobster salad with fresh tarragon, dices of apple, special Cognac dressing

Céviche de poulpe à la tomate, citron vert, coriandre et avocat

Octopus ceviche with tomatoes, cilantro, lime juice and avocado

\*Tartare de thon, avocat, graines de sésame et pommes paille

Tuna tartar with avocado, creamy wasabi dressing, toasted sesame seed

Served with shoe string potatoes

Crabe poêlé, pommes paille et sauce aux poivrons rouge

Pan-seared soft shell crab with shoe string potatoes and a mild red pepper sauce

Tarte flambée Alsacienne aux lardons et oignons

Thin crust topped with fromage blanc, onions, and bacon

\*Huîtres de la baie de Moriches

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

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Asperges blanches d'Alsace à la vinaigrette d'échalotte

White asparagus from Alsace with a shallot vinaigrette

Salade de tomate à la mangue et avocat

**Organic** 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 fraîche

Vinaigrette au Sherry

Endive and frisee salad with blue cheese Fourme d'Ambert

Roasted walnuts and fresh pear. Sherry vinaigrette dressing

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## MORE SALADES

### \*Salade Niçoise au thon frais

\*Seared fresh tuna with French string beans, mushrooms, potatoes  
Hard boiled eggs, tomatoes, Calamata olives and fresh anchovies

### Salade Caésar

Romaine with Caesar dressing, parmesan cheese and croutons (v)

### Salade Caésar au poulet **ORGANIC** grillé ou aux crevettes grillées

Caesar salad with grilled **ORGANIC** chicken breast or grilled shrimp

### \*Salade frisée aux lardons et oeuf poché

\* Frisée salad with warm bacon and poached egg

## EGGS

*Served with Mesclun and potato with fennel pollen*

### Omelette à la Provençale

\*Omelet with ratatouille vegetables

### Omelette aux épinards et fromage de chèvre

\*Omelet with goat cheese & baby spinach

### Omelette du curé d'Obernai

\*Omelet with bacon, caramelized onions, mushrooms and chives

**Served Friday, Saturday, Sunday and Holidays**

### \*Oeuf poché bénédicte

\* Poached eggs with canadian bacon, english muffins & hollandaise sauce

### \*Oeuf poché florentine

\* Poached eggs with baby spinach, english muffins & hollandaise sauce

### \*Oeuf poché au saumon mariné maison

\* Poached eggs with house cured salmon, toasted brioche & hollandaise sauce

### \*Oeuf poché au homard flambé au Cognac et Tarragon

\* 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

\*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

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

Poivrons et onions 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

Moules "Poulette", pommes frites

\*Steamed mussels prepared with shallots, white wine and little cream  
Served with French fries

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, out of the shell, flambé with Cognac  
Fresh tarragon and 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 **Certifié Héritage** rôti, jus aux herbes

Ratatouille et mousseline de pommes de terre

Roasted **Certified Héritage** chicken

Served with ratatouille and potato mousseline

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

\*Tartar of Angus beef filet cut "à la minute" with our house dressing (gf)  
Mesclun and French fries

\*Onglet de boeuf de **Paturage** grillée

Sauce au Porto, cresson et pomme frite

\*Grilled **Pasture raised** hanger steak. Port wine 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

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

## GARNITURES \$18.00

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

## LES VEGETARIENS \$32.00

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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