

Sel et Poivre

Lunch menu

Appetizers

Soupe du jour \$10.95

Fish Soup \$11.95

French onion soup \$12.95

Terrine of foie gras with red wine grapes \$24.95

Mesclun salad with balsamic vinaigrette \$10.95

Crab cake with ginger sauce mixed green salad \$25.95

Apple and endive salad with Roquefort cheese \$14.95

Assorted cheese plate \$20.95

French green bean salad with almonds and carrots \$14.95

Country Duck Pate \$13.95

Celery root curry remoulade with red beets \$13.95

Escargots with garlic butter and herbs \$16.95

Risotto with mushrooms and leeks \$16.95

Artichoke vinaigrette \$15.95

Mussel's à la marinière or à la provençale with French fries \$18.95

Tarte flambé with onions, Thyme, muenster cheese, bacon and sour cream 17.95

Salads

Salade Niçoise \$21.95

Grilled chicken breast with lettuce, Pecans, Boiled egg, chickpeas,

Dried Cranberries, Bacon in mustard vinaigrette \$21.95

Or With grilled Shrimp \$23.95

The restaurant is available for private parties, special wine dinners, catering or other festivities.

For more information please ask for Christian.

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of foodborne illness.

Entrées

*Grilled salmon filet with white beans and string beans
in a creamy white wine sauce \$26.95*

Shrimp and Scallops Provencal with Vegetable Risotto \$26.95

Skate Fish with Rice, Vegetables and Lemon, Capers, Butter Sauce \$24.95

Brook trout amandine with broccoli and carrots \$24.95

Pan seared Pork chop with roasted potatoes, green beans and calvados sauce \$33.95

Duck à l'orange with wild rice and mixed vegetables \$31.95

½ Oven-roasted chicken with french fries or mashed potatoes \$24.95

Grilled chicken paillard with mesclun salad and French fries \$22.95

Calf's liver à la lyonnaise with mashed potatoes and broccoli \$24.95

Veal Kidneys in mustard sauce with spinach, boiled potatoes \$24.95

Thin-cut steak frites and salad \$22.95

Wiener schnitzel (pork) with potato salad and green salad \$31.95

Aged New York sirloin steak with Roquefort or pepper cream sauce \$40.95

Medallions of Venison with mushroom risotto and cranberry sauce \$ 48.95

Bistro burger with French fries \$18.95

Sautéed mixed vegetable plate \$21.95

*Omelette with herbs, Swiss cheese, mushrooms
choice of French fries or mesclun salad \$19.95*

Pastas

Fettuccine with chicken in a creamy pepper sauce \$19.95

Crab meat Ravioli, Peas in a mushroom sauce \$20.95

Linguini with fresh tomato and basil \$18.95

Sandwiches

All served with French Fries and salad \$14.95

Grilled chicken, lettuce and tomatoes

Scrambled eggs, Tomato's, cheddar cheese

Tuna, mayonnaise, celery, onions

Sel et Poivre

Prix Fix Lunch till 3.45pm

\$25.95

Appetizers

Tomato basil salad

Soup du jour

Country Duck Pate

Green beans salad

Entrees

Grilled salmon filet with white beans, string beans in a creamy white wine sauce

Thin sliced steak with French fries and salad

½ Oven roasted chicken choice of French fries or mashed potatoes

Fettuccine with chicken in a creamy pepper sauce

*Omelette with herbs, cheese and mushrooms
with French fries*

Dessert

Chocolate Terrine

Profiterol

Apricot Crepe

Ice crème or sorbet

From Monday to Friday and in house only

No promotion accepted

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Desserts

Assorted cheese plate \$20.95

Tarte tatin \$12.95

Chocolate lava cake \$14.95

Profiteroles \$12.95

Chocolate Terrine 12.95

Ice creams and sorbets \$12.95

Crème Brûlée \$12.95

Crêpes selection:

*Apricot, Chocolate or Strawberry Macadamia nuts all served with
vanilla ice cream \$12.95*

Coffee \$5.50

Tea \$5.95

Espresso \$5.00

Double espresso, caffè latte or cappuccino \$5.75

*Irish coffee, Kahlúa & coffee,
Frangelico & coffee or Tia María & coffee \$14.00*

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