

Sel et Poivre

Lunch menu

Appetizers

Soupe du jour \$9.50

Fish soup \$9.95

French onion soup 9.95

Mesclun salad with balsamic vinaigrette \$8.95

Fresh tomato and basil salad \$9.95

Crab cake with mixed green salad and ginger sauce \$14.95

Apple and endive salad with Roquefort cheese \$10.95

Assorted cheese plate \$13.75

French green bean salad with almonds and carrots \$11.95

Celery root curry rémoulade with red beets \$9.95

Country duck pâté \$9.95

Terrine de foie gras with red wine grapes \$18.95

Escargots with garlic butter and herbs \$9.95

Risotto with mushrooms and leeks \$15.95

Grilled garlic sausage with lentil salad \$9.95

Artichoke vinaigrette \$10.95

Mussels marinière or a la provençale with French fries \$15.95

Salads

Salade niçoise \$18.95

Chicken salad with balsamic vinegar on a bed of greens \$18.95

Prix fixe menu not available with any promotions

The restaurant is available for private parties, special wine dinners, catering and 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.

Main Courses

- Grilled salmon filet with white beans and haricots verts in white wine sauce \$24.95
Skate with lemon and capers, served with basmati rice \$21.95
Brook trout amandine with broccoli and carrots \$22.50
Wild striped bass with artichoke hearts, fennel and black olive lemon oil 29.95
Duck à l'orange with wild rice \$26.95
Oven-roasted chicken with French fries or mashed potatoes \$22.95
Pan-seared chicken breast served with wild mushroom sauce
and mixed vegetables \$20.95
Grilled chicken paillard with mesclun salad and French fries \$19.95
Leg of lamb with haricots verts \$22.95
Pork chop with braised onions, apples in Calvados sauce and
herb-roasted potatoes \$22.95
Calf's liver à la lyonnaise with mashed potatoes and broccoli \$21.95
Veal kidneys with mustard sauce, boiled potatoes and spinach \$20.95
Thin-sliced steak frites and salad \$20.95
Aged New York sirloin steak with Roquefort or poivre sauce \$31.95
Filet mignon in a red wine shallot sauce and roasted Yukon Gold potatoes \$31.95
Bistro burger served with French fries \$14.95
Sautéed mixed vegetable plate \$16.95
Omelette with herbs, cheese and mushrooms,
served with French fries or mesclun salad \$15.95

Sandwiches

- Tomato, mozzarella and basil with olive oil \$10.75
Grilled chicken, lettuce and tomatoes \$10.95
Duck pâté with cornichons \$10.95
Tuna, mayonnaise, celery, onions \$10.95
Roasted vegetables with melted Swiss cheese \$10.95

Pastas

- Fettuccine with chicken in a creamy pepper sauce \$17.95
Linguine with shrimp and mixed vegetables à la provençale \$21.95