

Sel et Poivre

Lunch menu

Appetizers

Soup 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 remoulade with red beets \$9.95

Country duck pate \$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

Mussel's mariniere or a la Provencal with French fries \$15.95

Salads

Salad Nicoise \$18.95

*Chicken Salad with balsamic vinegar,
on a bed of greens* \$18.95

Prefix menu not available on any promotions

The restaurant is available for private parties, special wine dinners, catering or other festivities. For more information please ask for Christian.

Grilled salmon filet with white beans and haricot vertes in a white wine sauce
\$24.95

Skate with lemon, capers and served with basmati rice \$21.95

Brook trout Almandine, broccoli and carrots \$22.50

Wild Striped Bass with Artichoke Hearts, Fennel and black Olive lemon oil \$29.95

Frog legs in a Pernod sauce, wild mushrooms and basmati rice \$22.95

Duck a l'orange with wild rice \$26.95

Oven roasted chicken, 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 Haricot vetre \$22.95

*Pork chop with braised onions, apples in calvados sauce and
Herb roasted potatoes* \$22.95

Calves liver a la Lyonnais 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 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 pate with cornichones \$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, mixed vegetables a la Provencal \$21.95