

Les Pensières

CENTER FOR GLOBAL HEALTH








Classic Menu Spring-Summer 2020

Classic Menu: 37,50 € per person, tax included
Starter – Main course of Fish or Meat or Vegetarian – Dessert
Mineral Water – Tea or Coffee
Regional Wine 6,50€ per person or AOC wine 9,00€ per person, tax included



Starters

Vegetable Tartare and cream cheese, Beets crisps 
Parmesan cheese shortbread, seasonal raw & cooked Vegetables, Cucumber with Tarragon sorbet 
Leeks vinaigrette, Roasted Pumpkin seeds and Fried Egg Yolk 
Carrot coulis, Burrata with Pesto from our region, Lace tile 
Our Vegan Salad: Tomatoes, Boulgour, Onion, Cucumbers with Coriander & Pesto 
Gravlax smoked Salmon, green Apple Brunoise, Lettuce and Dill infusion



Mains with Fish

Cod Beart rubbed with smoked Paprika, Zucchini Risotto
Grilled Jura Trout fillet with Almonds, young Vegetables confit
Sea Bream fillet, virgin Oil with Currant & Fennel confit



Mains with Meat

Ballottine of farm Poultry with green Vegetables, Red Rice and Garlic Oil
Provençal Beef cheek stew, Apple-Anna and broad Beans
Veal Steak with Herbs, Grantotelonni Ricotta-Spinach



Vegetarian

Vegetarian stuffed Tomato with seasonal Vegetables
Filo Pastry parcel stuffed with Vegetable confit, Quinoa trio



Desserts

Sicilian Pistachio Crème brûlée
Our traditional Chocolate cake with a flowing heart Red Berries, Cherry sorbet
Acidulous Rhubarb pie, Strawberry-Rhubarb sorbet
Panna Cotta with Apricots, roasted Apricots
Chocolat Profiteroles
Clafoutis with seasonal Fruits

