

# CAP QUEST

## Our suggestions of the



**Green** asparagus cream, citrus oil and hazelnut crumble 10€

**Croque-Monsieur** with truffle and Mixed salad 10€

**Lyonnaise** salad €9 (main course €18) (mixed greens, bacon, croutons and poached egg)

**Gravlax salmon**, celery, Granny apple and blinis 10€ (main course 20€)

**Veggie salad** €9 (main course €18) (ramen noodles, crunchy vegetables, red onions, Thai dressing, peanuts)

**Monkfish roast** with Cajun spices, Sweet potato mousseline 25€

**Pan-fried hake** steak, Arugula and pistachio pesto risotto 23€



**Veal kidneys with mustard**, Vegetables and new potatoes 24€

**Angus beef hanger steak**, emulsion of a Béarnaise and homemade potatoes 26€

**Steak of leg of lamb breaded with mustard and**

Fresh herbs, vegetables of the moment 26€

**Raw Charolais beef tartare** or "Caesar" Sautéed apples 22€

**Assortment** of cheeses 9€

**Cottage cheese** 7€

**Disorganized millefeuille** in transparency 9€

**Mango/passion fruit tartlet** And pecan praline 9€

**The "Choco-pop"** (chocolate cream, popcorn ganache, gavottes) 9€

**Ice Creams and Sorbets** 2€ per scoop (chocolate, vanilla, lemon, strawberry, coffee, caramel, pear, mint-chocolate)

**Gourmet Coffee or Tea** 9€ (chocolate mousse, mille-feuille, tartlet)

## OUR COMMITMENTS

Our chef, Sylvain Gerboud will be able to adapt to your diet, whether it is vegan, vegetarian or intolerance to a product. Our dishes are made from fresh and quality products. List of allergens on request

We have banned products from endangered species, we favor eco-labelled, organic or local products.

All our food waste is sorted, collected and composted locally thanks to the Alchemists



Rebel Recipe, 100% plant-based dish based on a seasonal vegetable



The Chef's favourite

## THE TRENDY FORMULA

The "Trends of the Week" formula is developed by our chef, Sylvain GERBOUD. We select fresh and quality products to delight your taste buds

Starter + Main course + Dessert 29€  
Main Course + Dessert 25€

Main course only 19€

Menu for Juniors (up to 12 years old): One main course + one dessert 13€

Starter + Main Course or

Starter or Dessert 8€

## TRENDS OF THE WEEK

**Tuna rillettes with herbs**

**Artichoke** salad,  
Poached egg and cured ham

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**Basque-style chicken supreme, rice pilaf**

**Fish from the auction**, wild garlic  
And carrot mousseline

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**The cheese** of the moment

**Poached pear "Belle-Hélène"**

**Cracker cabbage with praline cream**