

## **FISH.**

Grilled Salmon with Moroccan Spices  
Cous Cous with Apricots, Pine Nuts, and Baby Shrimp  
Sautéed Spinach

Seared Salmon in Capers and Lemon  
With Horseradish Mashed Potatoes

Arctic Char crusted with Provençal Vegetables,  
Spinach, and Tomato Beurre Blanc

Arctic Char on Spinach  
With White Beans, Saffron, and Fried Leeks

Chilean Sea Bass  
Roasted with Corn, Leeks, and Crabmeat

Miso Glazed Filet of Halibut  
Ponzu Sauce, Forbidden Rice  
And Julienne of Fresh Vegetables

Roasted Cod Fish with Potato Purée Bacalao  
Vichy of Carrots and Asparagus, Chive Sauce

Poached Snapper with Spring Vegetables Barigoule

Filet of Red Snapper  
Roasted with Julienne of Shiitake Mushrooms  
Carrots, Leeks, and Soy Ginger Beurre Blanc

Osso Bucco of Lotte Provençal (Monkfish)  
With Saffron, Tomato and Garlic

Grilled Red Mullet (Rouget)  
With Ratatouille and Basil  
Shaved Fennel Salad

Poached Salmon Filets with Caviar Cream  
And Haricots Verts

Fresh Tuna Nicoise Salade  
With Potatoes, Haricots Verts, and Romaine

Poached Salmon Roulade with Tomatoes and Fennel

Red Snapper poached in Saffron Broth  
With Cucumber, Carrots, Leeks, and Tarragon

Roasted Monkfish with Saffron  
Polenta, and Vegetables Provençal



## **SHELLFISH.**

Fricassee of Lobster  
With Morel Mushrooms  
Fava Beans and Asparagus

Salade de Mare  
Lobster, Shrimp, and Crabmeat  
With Coral Vinaigrette

Lobster Salad  
With Green Market Tomatoes  
And Fines Herbes

Giant Grilled Shrimp Salad  
With Grilled Lemon Vinaigrette

Stuffed and Grilled Calamari Salad  
With Wild Mushrooms  
and Wild Mushroom Vinaigrette

Louisiana Crab Cakes with Sauce Remoulade  
Baby Greens and Crisps

## **BEEF.**

Grilled Medallions of Beef  
with Shallot and Red Wine Compote  
Roasted Portobellos, and Gaufrette Potatoes

Grilled Medallions of Beef with Black Bean Chili Sauce  
And Polenta Cakes

Grilled Medallions of Beef with Smoked Garlic Sauce  
Barbecued Onions, and Potato Gratin

Filet of Beef Rossini with Sautéed Foie Gras  
And Potatoes Fondant

Filet of Beef au Poivre  
With Garlic Mashed Potatoes

Filet of Beef with Sauce Madeira  
Truffled Mashed Potatoes

Braised Oxtail with Celery Root Purée  
Sauce Vin Rouge

Boneless Braised Short Ribs of Beef  
Puréeed and Gaufrette Potatoes  
Sautéed Spinach



## **LAMB.**

Rosemary Crusted Rack of Lamb  
Crispy Mashed Potatoes  
And Tomatoes Provencal

Stuffed Saddle of Lamb with Spinach, Tomatoes and Herbs  
Potato Gratin, and Rosemary Scented Lamb Jus

Braised Lamb Shanks  
With Purée of White Beans and Root Vegetables

Grilled Lamb Chops  
With Eggplant Caviar, Ratatouille and Stuffed Tomatoes

Rack and Saddle of Lamb  
Potato Gratin au Chevre, Jus, and Herbs Provence

Roast Rack of Lamb  
Eastern Marinated with Soy, Ginger, Garlic and Scallions  
Bok Choy and Quinoa

Grilled and Roasted Leg of Lamb  
Ratatouille, Stuffed Tomatoes  
Garlic Mashed Potatoes

## **VEAL.**

Roasted Veal Chop with Vegetables en Cocotte  
Sauté Potatoes, Prosciutto, Red Onions

Cote de Veau en Cocotte  
With Asparagus, Morels, Baby Onions,  
Golden Yukons, Truffle Sauce

Osso Bucco of Veal  
With Saffron Basmati Rice

Blanquette of Veal  
With Baby Onions, Carrots, Turnips and Mushrooms



## **POULTRY.**

Roasted Free Range Chicken Breasts with Ragout of Artichoke  
Mushroom Potatoes Parisienne, Onions, and Lemon Thyme Jus

Roasted Free Range Chicken Breasts with Leek and Mushroom Compote  
Sauce Gibier, Fried Leeks

Grilled Poussin with Smoked Pepper Butter  
Baby Spinach, Parsnip, and Baby Carrots

Grilled Chicken Breast with Wilted Arugula  
And Tian of Vegetables Provençal

Roasted Free Range Chicken Breast Biarritz  
With Peppers, Onions, Fennel, and Jambon Julienne  
Roasted Garlic Jus

Roast Chicken with Artichokes, Cepes and Shallots

Duck Confit with Mushrooms, Currants, or Apricots

Coq au Vin  
The Classic French Preparation of Chicken Marinated for Days in Fine Red Wine

Roasted Chicken Breast Moroccan Style  
With Saffron, Lemon, Olives and Coriander

Roasted Guinea Hen with Apples and Cider Vinegar

Poached Free Range Chicken with Fresh Horseradish Sauce  
Leeks, Celery, Mushrooms, Potatoes Tournée

Parmentier of Duck Confit  
Truffle Mashed Potatoes, Baby Carrots

Roasted Poussin with Lavender

Cold Poached Chicken with Tarragon and Saffron Sauce

