

# LE SAFRAN



## ~~~ Starters ~~~

|                                                                                                                                                                                                                                                                                    |     |
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|  Fish soup                                                                                                       | €16 |
|  Caramelised onion soup and pan-fried foie gras                                                                                                                                                   | €18 |
|  César Salad (lunch only)                                                                                                                                                                         | €22 |
|  La Cigale Salad (lunch only)   | €20 |
| Egg parfait, porcini mushroom and roasted hazelnut cream, Jerusalem artichoke crisps                         | €18 |
| Homemade semi-cooked foie gras, butternut and ginger chutney                                                                                                                                    | €26 |
| Beef and carrots tartare style, egg sauce with timut pepper                                                                                                                                                                                                                        | €18 |
|  Lobster tartlet, beerrout with coconut cream and spices                                                                                                                                          | €28 |
|  Scallop carpaccio, pears and parmesan, chicory salad with hazelnut oil                                                                                                                          | €22 |

## ~~~ Shellfish ~~~

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|  Plate of 6 oysters from the Presqu'île de Rhuys | €16 |
|  Plate of 9 oysters from the Presqu'île de Rhuys | €19 |
|  Plate of shrimps (12)                           | €18 |
| Selection of seafood (4 oysters, 6 shrimps, queen scallops, whelks)                                                                 | €28 |
| Seafood platter (only if booked the day before)                                                                                     | €70 |

## ~~~ Vegetarian dishes ~~~

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| Nasi goreng Indonesian fried rice  | €20 |
| Gnocchi, pumpkin cream, hazelnuts and fresh goat's cheese                                                             | €20 |

## Wellness dishes

## ~~~ Dishes ~~~

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|  Shredded haddock on a bed of mashed sweet potato, coconut ginger foam                      | €22  |
|  Pollock steak, buckwheat risotto, pumpkin, watercress emulsion                             | €24  |
|  Scallops with hazelnut sauce vierge, pureed celeriac, vanilla flavoured pear compote       | €26  |
| Half lobster, lemon beurre blanc, fricassee of seasonal vegetables                                                                                                           | €36  |
|  Pork chop, morel mushroom sauce, potato mousselin, morel mushroom and sautéed Swiss chard  | €28  |
| Lamb fillet cooked at a low temperature, corn froth, carrots and salsifies with sage                                                                                         | €29  |
|  Venison steak, seasonal pan-fried mushrooms, salsifies, chesnut gravy                      | €30  |
| Fillet of beef, parsnip cream with truffles, Brussels sprouts, smoked pepper sauce                                                                                           | €360 |
| Breizh burger made with Tome de Rhuys                                                                                                                                                                                                                           | €26  |
| Linguine a la pescatora (seafood) – Dish to share                                                                                                                                                                                                               | €46  |

## ~~~ Desserts ~~~

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| Nut ravioli, salted butter caramel, poached pear, spiced wine sauce                                                                                                                                                                                                              | €12 |
| Appel miror cake                                                                                                                                                                                                                                                                 | €12 |
| Mashed red kuri pumpkin, chestnut mousse with a tuile, chai orange sauce                               | €12 |
| Fondant Fuego-flavoured cake                                                                                                                                                                                                                                                     | €12 |
| Root and crown, the marriage of quince, hay and spruce                                                                                                                                       | €12 |
|  Seasonal fruit salad   | €10 |
| Crème brûlée                                                                                                                                                                                  | €10 |
| Coffee with a selection of petits fours                                                                                                                                                                                                                                          | €12 |

Origin of our meat: from France except the lamb, which is from Ireland.  
Allergens: the list of "Allergenic" products is available using the **QR code**  
or from the Maître d'Hôtel.

All our dishes may contain traces of the 14 major allergens.



We can replace the dishes on your menu with orange or green coloured dishes for no extra charge  
Supplement for "all-inclusive" customers wishing to dine à la carte: from €3 for the Starters & Desserts –  
€6 for main dishes, €13 for the seafood platter, €12 for the beef and €22 for the tasting menu.

Net prices in Euros including VAT, service included.

## Wellness Dishes



lactose free



gluten free