

MENU DU MIDI

Appetizers

Marbré de Coquilles St-Jacques Safranées

Pan-seared scallops, creamy leeks, pancetta étouffée, olive oil saffron sauce

16

Escargots de Bourgogne

Burgundy snails baked in butter, garlic, parsley

12

Tranche de Foie Gras Poêlée

Seared slice of foie gras, roasted pears, five spice bread, black currant Port wine reduction

18

Carpaccio de Filet de Bœuf

Beef tenderloin carpaccio marinated in extra virgin olive oil, shaved aged Parmesan cheese

15

Terrine de Foie Gras

Foie gras terrine au torchon marinated in Sauternes, butter brioche, apricot raisin fig chutney

14

Tartare de Thon au Gingembre

Sushi grade tuna tartar, ginger sweet chili pepper marinade, avocado purée, sesame seed crisp

15

Moules Marinières

Steamed mussels, cream, white wine, shallot, parsley

16

Appetizer Tasting

Mistral Salad, Tuna Tartar, Lobster Risotto, Pan Seared Foie Gras

32

SOUPS, SALADS & VEGETARIAN

Salade Le Mistral

Spring mix greens, special Mistral blueberry balsamic vinaigrette, roasted pine nuts

Small 6 • Regular 8 • Chicken 13

Salade St. Tropez

Seasonal greens, grapefruit, avocado, red grapes, cherry tomatoes, hearts of palm, champagne dressing

Shrimp 17 • Scallops 15 • Chicken 14

Salade de Bucheron

Baby spinach, warm Bucheron goat cheese, caramelized pecans, pear vinaigrette

12

Salade Arugula

Arugula salad, extra virgin olive oil vinaigrette, shaved parmesan, cracked black pepper

10

Risotto aux Légumes et Champignons

Creamy fresh basil Arborio risotto, aged parmesan, sautéed seasonal vegetables, tomato confit, king trumpet mushrooms, cold pressed extra virgin olive oil drizzle

20

Vécuté de Tomate

Cream of tomato soup, basil pesto coulis

7

Bisque de Homard

Baby lobster tail, lobster bisquw, saffron croutons

21

Gratinée à l'Oignon

French onion soup gratinée Gruyère cheese, thyme

9

Champignons Sauvages

Wild mushroom soup, garlic whipped cream

8

Entrée

FISH

Pavé de Saumon au Chorizo, Lentilles du Puy
**Broiled salmon steak, braised Le Puy lentils, creamy spinach,
poached asparagus, red wine Spanish chorizo sauce**

20

Filet de Merou en Croûte d'Herbes Rôti au Four

Provence herb baked grouper filet, braised fennel, broiled tomato, potato crisp, basil oil

26

Thon Grillé aux Graines de Sésame

**Sesame seed crusted pan seared tuna, banana pepper lime sauce, fresh cilantro toasted orzo, fava bean
étouffée**

28

Filet de Vivaneau en Papillote

**Filet of red snapper en papillote, zucchini, tomatoes, leeks julienne, saffron potatoes,
marinated in lemon juice, olive oil and dill (20 minute preparation)**

25

MEAT

Poulet Fermier Rôti au Jus

Free range chicken breast roasted au jus, garlic mashed potatoes, fricassée of English peas

20

La Cassiolette de Poulet

**Chicken pot pie with fresh tarragon, mushrooms, yellow squash, zucchini,
encrusted in a golden puffed pastry, thyme pine nut rice pilaf (17 minute preparation)**

18

Filet de Bœuf

Seared 6-oz filet mignon, Roquefort blue cheese Cognac sauce, roasted fingerling potatoes, snow peas

32

Onolet au Poivre Pomme Frites

**Flat iron steak, green peppercorn Cognac sauce,
French fries, garlic French green beans**

24

Duo de Canard, la Cuisse Confité et le Magret Rôti

**Duck duo: one leg confit and one caramelized Moulard breast, rosemary-infused potato cake, braised
Belgian endive, Grand Marnier sauce**

28

SANDWICHES

(Served with your choice of a small Mistral Salad or homemade French fries)

Panini au Poulet Grillé

**Grilled chicken Panini, Buffalo mozzarella, tomatoes, fresh basil, olive oil drizzle,
pressed on panini bread**

12

Rôti de Bœuf

**Cracked black pepper roast beef, lettuce, tomatoes, whole grain mustard,
creamy horseradish, crispy Foody's ciabatta bread**

14

Sandwich de Dinde Rôti

**Roasted turkey breast, pan roasted bacon, honey-Dijon mustard, lettuce chiffonade,
cracked black pepper, sliced tomato, Ciabatta bread**

14

Daily Lunch Specials

Express Lunch: soup or salad, pâtes du jour 10

Business Lunch : soup or salad, business entrée, dessert du jour 20

*****20 percent gratuity added to parties of five or more*****

**Executive Chef David Denis
1/2013**