

MENU DU MIDI

Appetizers

Coquilles St. Jacques Safranées

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

16

Escarlots 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, fresh tomato bruchetta

15

Terrine de Foie Gras

Foie gras terrine marinated in Sauternes, butter brioche, date mousseline

16

Duo de Thon

Tuna Duo: Sushi-grade tuna strips, avocado purée, sweet chili pepper, soy ginger vinaigrette; miso marinated tuna tartar, sesame tuile

15

Moules Marinières

Steamed mussels, cream, white wine, shallot, parsley

18

SOUPS, SALADS & VEGETARIAN

Salade Le Mistral

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

Small 6

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Regular 8

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Chicken 13

Salade St. Tropez

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

Champagne dressing

Shrimp 17

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Scallops 15

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Chicken 14

Salade de Bucheron

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

12

Frisée aux Lardons, œuf Poché

Frisée, garlic croutons, chopped bacon, poached egg, extra virgin olive oil vinaigrette

11

Salade Bicolore de Tomates Cerises

Bi-color grape tomatoes, shallots, herb vinaigrette, mini buffalo mozzarella

14

Risotto aux Légumes et Champignons

Summer Green Risotto: basil pesto Arborio risotto, English peas, fava beans, green asparagus, tomato confit, king trumpet mushrooms, cold-pressed extra virgin olive oil drizzle

21

Gratinée à l'Oignon

French onion soup gratinée Gruyère cheese, thyme

9

Velouté de Tomate

Cream of tomato soup, basil pesto coulis

7

Bisque de Homard

Baby lobster tail, lobster bisque, saffron croutons

21

Champignons Sauvages

Wild mushroom soup, garlic whipped cream

9

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**

24

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)**

28

Loup de Mer au Four, Consommé de Coriandre

**Oven-baked Chilean sea bass, creamy jasmine rice, sautéed green asparagus,
fresh cilantro broth**

34

Filet de Flétan en Croûte d'Herbes Rôti au Four

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

29

MEAT

Poulet Basquaise

Roasted free-range chicken breast, Basquaise sauce, Provençal rice, seasonal vegetables

26

Cassoulet au Confit de Canard

**Cassoulet of duck confit, Toulouse sausage, roasted pork belly, braised coco beans, tomato
(20 minute preparation)**

28

Add pan-seared foie gras

8

Filet de Bœuf

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

32

Steak Frites Salade

**6 oz prime rib-eye steak, green peppercorn Cognac sauce,
French fries, frisée salad**

26

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

Dinde Rôtie

**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, entrée du jour, dessert du jour 20

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

Executive Chef David Denis 07/2013