

THE FIRST SHOWING OF LUMIÈRE CINEMATOGRAPH

ON 28 DECEMBER 1895, THE FIRST CINEMATOGRAPH SHOW TOOK PLACE IN THE SALON INDIEN AT THE HOTEL SCRIBE. THE FIRST PUBLIC MEETING ATTRACTED ONLY THIRTY THREE SPECTATORS. HOWEVER, THE WORD OF MOUTH QUICKLY SPREAD THE NEWS. A FEW WEEKS LATER, THE SALON INDIEN ACCOMMODATED 2500 SPECTATORS PER DAY. THE SUCCESS WAS HENCEFORTH MAINTAINED. THE CINEMA SHOW WAS BORN!

THE TEN FILMS MAKING UP THIS HISTORICAL SHOW WERE ALL TURNED BY LOUIS LUMIÈRE, WHO HAD INVENTED, WITH THE CINEMATOGRAPH, NOT ONLY A TECHNICAL PROCESS BUT ALSO ITS USE. HE FILMED ALL THE 1895 FILMS OUTSIDE AND IN A NATURAL SETTING, THUS FOUNDING AESTHETICS AND THE SET OF THEMES OF FUTURE VIEWS OF THE LUMIÈRE CATALOGUE. SO YOU COULD FIND AT THIS VERY FIRST SHOW A COMMENTARY, A CURRENT AFFAIR, COMICAL VIEWS, MILITARY VIEWS, SCENES OF DAILY LIFE ON WORK AND LEISURE AND A VIEW OF THE CITY, FOLLOWING ONE ANOTHER.

EXECUTIVE CHEF
SÉBASTIEN CRISON

MONDAY TO FRIDAY FROM NOON TO 2 PM AND FROM 7 PM TO 10 PM

NET PRICES IN EUROS
MOST OF OUR RECIPES ARE PREPARED WITH LOCAL PRODUCTS
ALL OUR MEATS ARE FROM FRANCE
ALL OF OUR DISHES ARE HOMEMADE, DEVELOPPED ON SPOT FROM RAW PRODUCTS
WE WILL BE HAPPY TO ASSIST YOU IN YOUR SELECTION
IF YOU SUFFER FROM ANY FOOD ALLERGIES OR FOOD INTOLERANCE

LUMIÈRE DU JOUR

LUNCH MENU

STARTER AND MAIN COURSE OR
MAIN COURSE AND DESSERT - WATER - COFFEE

45

STARTERS

LEEKS

IN A VELVETY SOUP WITH RAW BEILLEVAIRE CREAM, LIGHTLY COOKED AND
LIGHTLY SMOKED BØMLO SALMON, GREEN CURRY-LEMON FOAM

OR

STARTER OF THE DAY ACCORDING TO THE MARKET'S PRODUCTS

MAIN DISHES

COD

SKEWERED WITH GREEN SHIZO AND STEAMED WITH HERBS,
CAULIFLOWER MEUNIÈRE, LEMON-MANGO VINAIGRETTE

OR

MAIN DISH OF THE DAY ACCORDING TO THE MARKET'S PRODUCTS

DESSERTS

PARISIENNE TO CHOOSE FROM THE CHEF PÂTISSIER'S TROLLEY

WATERS

EVIAN OR BADOIT, 50 CL

COFFEE

BEVERAGES NON INCLUDED

GRAND ÉCRAN

FOR LUNCH OR DINNER

95

GLASS OF LAURENT-PERRIER LA CUVÉE BRUT CHAMPAGNE
AND APPETIZERS

STARTERS

DUCK FOIE GRAS

WRAPPED IN A CLOTH AND LIGHTLY POACHED IN SPICED WINE,
CRUNCHY BREAD, PEAR, VANILLA CHUTNEY AND ISHIGAKI JIMA PEPPER
OR

BUCKWHEAT

CRISPY CAKE WITH SEAWEED BUTTER, MARINATED SEA BREAM
WITH DAIDAI JUICE, ROSCOFF PINK ONIONS AND GALANGAL

MAIN DISHES

POLLACK

CARAMELIZED WITH HONEY AND SOY, TURNIPS GLAZED WITH
HORSERADISH, BABY BEETS, RADISH JUICE AND BUTTER SAUCE
OR

CROSSBRED DUCK

SIMPLY PAN-ROASTED, TURNIPS, BABY CARROTS GLAZED WITH
BLOOD ORANGE ZEST, RICH BERGAMOT-INFUSED JUS

CHEESES

SELECTION OF REFINED CHEESES

OR

DESSERTS

CHOOSE FROM THE PASTRY CHEF'S TROLLEY

COFFEE

BEVERAGES NON INCLUDED

À LA CARTE

STARTERS

DUCK FOIE GRAS

WRAPPED IN A CLOTH AND LIGHTLY POACHED IN SPICED WINE,
CRUNCHY BREAD, PEAR, VANILLA CHUTNEY AND ISHIGAKI JIMA PEPPER

23

"CHAROLAIS" GOAT'S CHEESE

IN A BLACK TRUFFLE SANDWICH, LAYERS OF BEETROOT AND
CELERIAC, LARGE ORGANIC FRIED EGG

31

LEEKS

IN A VELVETY SOUP WITH RAW BELLEVAIRE CREAM,
LIGHTLY COOKED AND LIGHTLY SMOKED BØMLO SALMON,
GREEN CURRY-LEMON FOAM

20

BUCKWHEAT

CRISPY CAKE WITH SEAWEED BUTTER, MARINATED SEA BREAM
WITH DAIDAI JUICE, ROSCOFF PINK ONIONS AND GALANGAL

25

STARTER FROM THE MARKET

CREATION OF THE DAY ACCORDING TO THE MARKET'S PRODUCTS

18

À LA CARTE

FISHES

POLLACK

CARAMELIZED WITH HONEY AND SOY, TURNIPS GLAZED WITH
HORSERADISH, BABY BEETS, RADISH JUICE AND BUTTER SAUCE

35

COD

SKEWERED WITH GREEN SHIZO AND STEAMED WITH HERBS,
CAULIFLOWER MEUNIÈRE, LEMON-MANGO VINAIGRETTE

32

TURBOT

FILLET WITH SALTED BUTTER, CELERIAC AND GRANNY SMITH PURÉE,
ROASTED SQUASH, AOMORI APPLE VINEGAR FOAM

47

MEATS

WILD BOAR

SHOULDER SLOW-COOKED IN A POTATO PIE, FOIE GRAS, TRUFFLES,
RATTE POTATO PURÉE WITH SALTED BUTTER AND CRUNCHY ENDIVE

46

MILK-FED PYRENEAN LAMB

LEG ROASTED WITH WILD THYME AND SMOKED GARLIC, FRICASSÉE
OF BLACK BRIE LENTILS, SHEEP'S MILK CHEESE TOMME, SHALLOTS

42

CROSSBRED DUCK

SIMPLY PAN-ROASTED, TURNIPS, BABY CARROTS GLAZED WITH BLOOD
ORANGE ZEST, RICH BERGAMOT-INFUSED JUS

32

MAIN DISH FROM THE MARKET

CREATION OF THE DAY ACCORDING TO THE MARKET'S PRODUCTS

27

VEGETABLES

LARGE VEGETARIAN SELECTION

LARGE SELECTION OF SEASONAL VEGETABLES SAUTÉED
IN SALTED BUTTER WITH FRESH HERBS

27

CHEESES

SELECTION OF REFINED CHEESES
FROM BELLEVAIRE

14

DESSERTS

PARISIENNE

TO CHOOSE FROM THE PASTRY CHEF'S TROLLEY

12

EXPRESSO COFFEE

5,50



LOW-CALORIE GASTRONOMY

BY SOFITEL QUIBERON THALASSA SEA & SPA

INVENTIVE, FLAVORFUL, EXCITING...

DE-LIGHT MEANS MAXIMUM PLEASURE AND MINIMUM CALORIES. GIVE IN TO THE TEMPTATION OF GOURMET CUISINE WITHOUT COMPROMISING YOUR HEALTHY LIFESTYLE GOALS. SAVOR EXQUISITE, NUTRITIONALLY-BALANCED DISHES FEATURING FRESH, SEASONAL INGREDIENTS AND OFFERING MEMORABLE DINING EXPERIENCES.

DE-LIGHT WAS DEVELOPED BY SOFITEL QUIBERON THALASSA SEA & SPA, AN EXPERT IN NUTRITION AND WELLNESS LOCATED ON FRANCE'S INVIGORATING ATLANTIC COAST. INNOVATIVE CULINARY TECHNIQUES AND AN UNWAVERING COMMITMENT TO REFINED TASTES AND TEXTURES HAVE INSPIRED LOW-CALORIE RECIPES THAT WILL ENCHANT YOUR PALATE AND ENERGIZE YOUR SOUL.

SOFITEL CHEFS WORLDWIDE ARE SPREADING DE-LIGHT, CRAFTING DELICIOUSLY LIGHT, DELIGHTFULLY TASTY DISHES ACCORDING TO THE SOFITEL QUIBERON PRINCIPLES.

ENJOY A GASTRONOMIC ADVENTURE FEATURING COMPELLING BLENDS OF FRENCH AND LOCAL CULINARY TRADITIONS AS WELL AS A MAGNIFIQUE BOOST TO A HEALTHY LIFESTYLE.



À LA CARTE

OR MENU

STARTER AND MAIN DISH OR MAIN DISH AND DESSERT

WATER - COFFEE

45

STARTERS

SALMON

CARPACCIO OF SALMON, MISO VINAIGRETTE,
GRAPEFRUIT AND CRUNCHY RADISH 165 KCAL

15

DISHES

SLOW-COOKED FARMHOUSE CHICKEN

SOFT DAIKON WITH WASABI AND MISO VINAIGRETTE 225 KCAL

25

DESSERTS

SEASONAL FRUIT SALAD

FRESH FRUIT COULIS,
WHIPPED FROMAGE FRAIS 87 KCAL

10