

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

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

45

STARTERS

MACKEREL

SMOKED OVER SASSAFRAS WOOD THEN SLICED IN CARPACCIO,
SALAD WITH COCO DE PAIMPOL BEANS AND BUCKWHEAT CRISPS

OR

STARTER OF THE DAY ACCORDING TO THE MARKET'S PRODUCTS

MAIN DISHES

MR MEIGNAN'S PORK

NUOC MAM PORK BELLY, FIRED PORK RIND,
SAUTÉED GAI-LAN CABBAGE AND BABY CARROTS

OR

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

DESSERTS

PARISIENNE TO CHOOSE FROM THE CHEF PÂTISSIER'S TROLLEY

WATERS

EVIAN, VITTEL, BADOIT OR SAN PELLEGRINO, 50 CL

COFFEE AND MIGNARDISES

BEVERAGES NON INCLUDED

GRAND ÉCRAN

FOR LUNCH OR DINNER

95

GLASS OF LAURENT-PERRIER LA CUVÉE BRUT CHAMPAGNE
AND APPETIZERS

STARTERS

DUCK FOIE GRAS

SUPERPOSED WITH BEETS, CELERY AND SOUR APPLE,
WITH CREAMY MOUNTAIN PASTURE BEAUFORT AND CRISP BREAD
OR

PUMPKIN

MASHED WITH BUTTER, BRIE, SOFT-BOILED ORGANIC EGG,
SAUTÉED MUSHROOMS AND CHICKEN JUS

MAIN DISHES

MR MEIGNAN'S PORK

NUOC MAM PORK BELLY, FIRED PORK RIND,
SAUTÉED GAI-LAN CABBAGE AND BABY CARROTS
OR

SQUID

COOKED WITH SWEET GARLIC AND CORIANDER, AUBERGINE,
LEMON, AND FROTHED COCONUT MILK WITH GREEN CURRY
AND GRILLED LEAFY VEGETABLES

CHEESES

SELECTION OF REFINED CHEESES

DESSERTS

CHOOSE FROM THE PASTRY CHEF'S TROLLEY

COFFEE AND MIGNARDISES

BEVERAGES NON INCLUDED

À LA CARTE

STARTERS

DUCK FOIE GRAS

SUPERPOSED WITH BEETS, CELERY AND SOUR APPLE,
WITH CREAMY MOUNTAIN PASTURE BEAUFORT AND CRISP BREAD

21

MACKEREL

SMOKED OVER SASSAFRAS WOOD THEN SLICED IN CARPACCIO,
SALAD WITH COCO DE PAIMPOL BEANS AND BUCKWHEAT CRISPS

19

PUMPKIN

MASHED WITH BUTTER, BRIE, SOFT-BOILED ORGANIC EGG,
SAUTÉED MUSHROOMS AND CHICKEN JUS

27

SCAMPI

LIGHTLY GRILLED, DAIKON WITH SHELLFISH BROTH,
RED RADISH CRUNCHY GREEN MEAT, FROTHED MOJITO

37

STARTER FROM THE MARKET

CREATION OF THE DAY ACCORDING TO THE MARKET'S PRODUCTS

18

À LA CARTE

FISHES

COD

COOKED WITH ITS SKIN, PIG FOOT SAUSAGE,
FRICASSEE OF COCOS DE PAIMPOL BEANS
AND CABBAGE CARAMELIZED IN BUTTER

29

RED MULLET

FILLET COOKED IN VIRGIN OLIVE OIL, ARTICHOKE IN HERBS
JUS PEPPER SAUCE, CHICK PEA PURÉE AND FARINATA CRISPS

42

SQUID

COOKED WITH SWEET GARLIC AND CORIANDER, AUBERGINE,
LEMON, AND FROTHED COCONUT MILK WITH GREEN CURRY
AND GRILLED LEAFY VEGETABLES

36

MEATS

MR MEIGNAN'S PORK

NUOC MAM PORK BELLY, FIRED PORK RIND,
SAUTÉED GAI-LAN CABBAGE AND BABY CARROTS

31

FARMER'S GUINEA FOWL

ROASTED WITH KAFFIR LIME LEAVES, NEM THIGHS WITH FOIE GRAS
AND CONFIT LEMON, BUTTERNUT AND ROSCOFF ONIONS

36

VEAL KIDNEY

SAUTÉED IN ITS JUICES, CONFIT SHALLOTS AND TRUFFLES,
BREADED BARLEY AND CARAMELIZED LEAKS, SEASONED JUS

40

MAIN DISH FROM THE MARKET

CREATION OF THE DAY ACCORDING TO THE MARKET'S PRODUCTS

27

VEGETABLES

LARGE VEGETARIAN PLATE

LARGE PLATE OF SEASONAL VEGETABLES SAUTÉED
IN SALTED BUTTER AND FRESH HERBS

27

TO ACCOMPANY AND PERFECT YOUR MAIN DISH

FRICASSEED MARKET FRESH MUSHROOMS AND SHALLOTS

19

CHEESES

SELECTION OF REFINED CHEESES
FROM BELLEVAIRE

16

DESSERT

PARISIENNE

TO CHOOSE FROM THE PASTRY CHEF'S TROLLEY

10

EXPRESSO COFFEE

5,50

GREEDY COFFEE

13



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