

S O F I T E L
HOTELS & RESORTS

LYON BELLECOUR

MENU SILK BRASSERIE page 1 to page 4

MENU TROIS DÔMES page 5 to page 9

Starters

Lyonnais salad - 12,80
Poached egg, bacon and croutons
Crozes Hermitage 2013 « Mr Chapoutier » 6.80

6 Oysters N°3 - 18,50
Marennnes d'Oléron ½ salted butter, seigle bred
Saint Véran 2011 « Georges Duboeuf » 5.80

Marinated octopus salad - 13
Mango, pimentos, lemon juice
Sancerre 2014 « Domaine Tassin » 8.50

Fresh Salmon Tartare
Preserved lemon and ginger
Starter: 12,20
Main: 18,30 served with French fries and salad
Michel Lynch, Bordeaux Blanc 5.30

Homemade smoked Bømlo salmon - 15,40
Blini and Wasabi sauce
Chardonnay 2014 « Laroche » 5.20

Duck Foie Gras terrine - 17,30
Dry fruit bread, apricot and apple chutney
Bordeaux 2011 « Château Couteau » 5.20

Creamy mushroom soup with cep - 12,50
pistachio oil, burst of toasted chestnuts
Chinon 2014 "Domaine Gasne" 4.20

Crab ravioli, shellfish sauce - 12,50
80 Kcal-



Risottos

With Wild Mushrooms - 20,50
Viognier 2014 « Guyot » 4,90

Farmed Mussel with saffron - 19
Chardonnay 2014 « Laroche » 5.20

... Shaved Parmesan - 14,90
Saint Véran 2011 « Georges Duboeuf » 5.80

Pastas

Linguine Carbonara - 16,50

Rigate Penne Puttanesca - 17
Tomato, olives, capers and anchovies

Dauphiné raviolis au gratin - 17
Parmesan, spinach, mushrooms

Gorgonzola Linguine - 19
grilled Speck , roasted almonds
Bila-Haut, Côtes du Roussillon 4.20

At your convenience the chef will be pleased to prepare a gluten free dish
Allergen plan is available at your request



The French Beef

Beef Tenderloin 180 gr - 30,50
Béarnaise or black peper sauce
Saint Joseph 2013 « Guyot » 8,10

Minced steak with Fried Egg 180 gr - 18
Morgon 2009 « Georges Duboeuf » 4,80

Beef Tartare 100% Beef 180gr - 18
Cuvée Marius 2015 « Mr Chapoutier » 3,80

Burgers - 18



BGB stands for "Best Gourmet Burger" and guarantees consistent high quality, unparalleled succulence and a non-industrial, stone baked bun.

The beef is 100% pure ground muscle, like you find at the butcher's.

- **TRUFFLE**

Chic and delicious burger topped with its Truffle & Parmesan sauce

- **FLAME GRILLED**

Grilled taste, worthy of summer barbecues, with grilled bacon and melted Cheddar

- **MILD JALAPENO**

Burger delicately raised by a sauce of sweet peppers Jalapenos.

All our beef meat are served with French Fries and salad.

The Poultry

Roasted free range chicken breast - 21
Creamy mashed potatoes
Mendoza « Antisto Malbec » 2012 5,60

The Lamb

Roasted rack of lamb - 28
Stir-fried autumn vegetables
Bourgogne « pinot noir » 2013 6,50

The Veal

Veal Filet mignon - 24,50
Aromatics port sauce, Seasonal vegetables
- 300 Kcal



Fishes

Roasted cod - 22.00
Juice of shells and top of broccoli, celery root puree
Cuvée Marius 2014 « M. Chapoutier » 3,80

Roasted scallops - 24.50
Stewed leek slightly saffron
Sancerre 2014 « Domaine Tassin » 8,50

Tuna loin with soy sauce -21.50
sesame seeds, crushed potatoes with herbs
Chardonnay 2014 « Laroche » 5,20

Chef's Signature dishes

Build your own Omelette– 15.30

Cheese, ham, mushrooms, tomatoes, herbs French fries and green salad

Club Sandwich SILK – 19.60

Green salad, chicken breast, grilled bacon, tomatoes, hard boiled eggs,
mayonnaise
15 minutes wait

Prices nets in Euros – Taxes and service included

De-Light Selection



Crab ravioli, shellfish sauce -80 Kcal-

12.50

~ ~ ~

Veal Filet mignon

Aromatic port sauce, Seasonal vegetables

- 300 Kcal

24.50

~ ~ ~

Mango charlotte

With apple and honey

-115 Kcal

7.90

Inventive, tasty, much to the delight of your taste buds ...

De-Light, the Quiberon Sofitel Thalassa sea & spa is synonymous with maximum **enjoyment** with minimum calories. Give in to the temptation of a low calorie **gourmet food**. Savour delicious dishes, **nutritionally** balanced with fresh ingredients, **seasonal** and offer you an **unforgettable taste experience**.

De-Light was developed by the Quiberon Sofitel Thalassa sea & spa, a nutrition expert and **well-being**. Innovative **culinary techniques** and undisputed commitment to refined tastes inspired our **low calorie food** that will delight your palate.

Heads Sofitel worldwide starts to honor De-Light by preparing **tasty dishes**, according to the principles of the Sofitel Quiberon. Taste exquisite **taste experience** that combines the expertise of **French cuisine** and local culinary traditions.

Cheeses

Aged Saint Marcellin « La Mère Richard »

Half – 5.20 or whole – 9.30

Cervelle de canut cheese – 7.20

Fresh cottage cheese – 7.20

With cream, red berries coulis or honey

Sweets – 7.90

Pastry of the day

Vanilla « Crème Brûlée »

Rhum baba and Whipped Cream

Tiramisu

« Mont Blanc » Tiramisu

Chocolate Mousse

Waffle with Chocolate sauce and Whipped Cream

Seasonal Fresh Fruit Salad

Vanilla French Toast with spéculoos ice cream

Mango charlotte With apple and honey -115 Kcal

• Ice creams

Vanilla, Coffee, Chocolate, Salted butter Caramel, Spéculoos

• Sorbets

Lime, Raspberry, Mandarin, Passion Fruit

Café gourmand-9.80

Additional supplément to the menu -1.50



Hot Drinks

Illy Coffee

Espresso or decaffeinated – 2.70

Coffee with Milk -2.90

Double espresso – 4.90

Cappuccino – 5.30

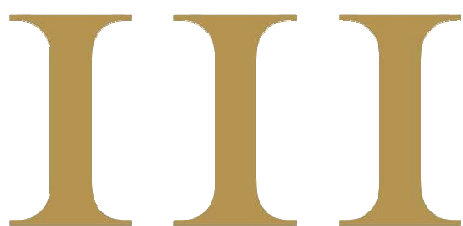
Irish Coffee – 8.80

Tea - 3

Prices nets in Euros – Taxes and service included

Price in Euros
Including Taxes and Service

Wine By Glass 12cl



LES TROIS DÔMES

Christian LHERM,

can suggest you a gluten free menu



Starters

Oyster Tartare

Pinch of Caviar, Lemon, Bread and Butter

48

Whole Acadien Lobster Salad

Tail Coral Lentils Ravigote
Claw in Autumn Roll

76

Opéra Foie Gras, Coral Lentil and Beef Cheek

Onion Chutney
Red Wine and Blackcurrant with Mustard Seed

36

Scallop's Carpaccio

Sweet Potatoes and Melted Ganache
Parmesan Biscuit and Hazel Vinaigrette

51

Pike Quenelle

Crayfish Sauce and Spinach

44

Flowing Egg

Porcini and Wood Mushrooms
Snail Tempura and Vinaigrette
Sweet Garlic Foaming Cream

43

The Sea

Norwegian Skrei, Salted and Poached

Grilled Salamanca Chorizo
Reduced Balsamic Vinegar Ravigote

42

Sole "Petit Bateau" in Herb Crust

Hazelnut Butter, Subric of Cauliflower
Broccoli Sommité and Zest
Refined Butter and Vanilla Bourbon

89

Whole Acadien Lobster

Paimpol Beans Mijoté
Shellfish Butter

77

Caramelized Scallops

Roseval Potatoes and Black Truffle
Reduced Bard Juice

61

Langoustines Fricassée in Kadaif

Crashed Jerusalem Artichokes with Fresh Almonds
Shellfish Sauce and Coconut Milk

69

Meats

Salers Beef Filet and Foie Gras
“Selected by Trolliet House”
M.O.F Butcher, Halles Paul Bocuse
Shuffleboard Sucrine and Poivrade Artichokes
Red Wine Beef Juice 87

Roasted Iberic Porc Filet Mignon
Risotto Acquerello with Green Asparagus
Parmesan Reggiano 49

Poultry from Bresse
The Breast Stuffed with Crayfish
The Leg Preserved
Parmesan Gnocchi with Mushrooms 68

Sweetbread of Veal and Crusted Kidney
Hazelnuts Crumbs and Vegetable Tarte
Parsnip Mousseline and Juice 54

A Selection of Refined Cheeses « Renée Richard »

Jams and Breads 18

*In France, Bread is a tradition,
A way of Life.
That is why we have selected François
Pozzoli, A Meilleur Ouvrier de France in
2004, to knead, cook and offer breads
prepared with care.
The bakers are concerned and involved in
their time and their environment with words
like quality, tradition, taste and
transmission of their expertise.*

Desserts

The Mille-Feuille
Vanilla Bourbon and Citrus Zest
Yogurt and Lime Sorbet 18

Chocolate and Tea Sphere
Served in Hot and Cold
Bergamot and Matcha 18

Velvet Tartlet
Guanaja Chocolate and Praline Cream
Hazelnut Ice Cream 17

The Coco Choco
Crispy and melting balls like a Bounty,
Malibu Emulsion and Perfect Glaze 18

Chocolate Cigare
Baileys Cream and Saffron Ice Cream 19

The Granny Smith
In all its States, Light Cream Cheese White Olive Oil
Cocoa Crumble and Green Apple Wasabi Sorbet 17

Yuzu Soufflé
Bitter Almonds Ice Cream and Macaroon 19

Wine Pairing

*A wine by the glasses list is suggested in our cellar Book
page 37.*

*We wish, through this selection to Put in honor the
vineyards expressing, sensibility and the requirement of
craftsmen passion.*

*Who work daily in a precise purpose to transmit you the
quintessence of their ground.*

*We try hard to renew frequently this selection to realize
harmonious agreements with your expectation.*

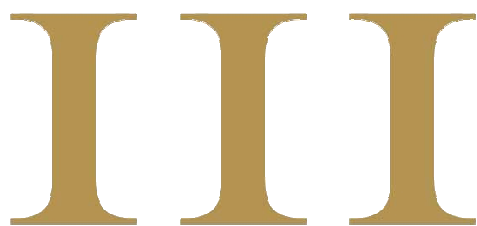
*Frédéric Pralus and Kevin Parrin
are for your listening and satisfy you completely.*

Lunch and Dinner

Menu served to all the guests **125 €**

*Food and Wine Matching
Suggestion by Frédéric Pralus*

5 Glasses of wine 55 €



LES TROIS DÔMES

Jardin Secret

By Christian Lherm

—

Oyster Tartare

Pinch of Caviar, Lemon, Bread and Butter

—

Pike Quenelle

Nantua crayfish sauce and spinach

—

Caramelized Scallops

Roseval Potatoes and Black Truffle

Reduced Bard Juice

—

Granity Transparence

—

Salers Beef Filet and Foie Gras

“Selected by Trolliet House”

M.O.F Butcher, Halles Paul Bocuse

Shuffleboard Sucrine and Poivrade Artichokes

Red Wine Beef Juice

—

Selection of Refined Cheeses

« Renée Richard »

Served with Jams and Breads

—

Exquisite Delicacies

—

Chocolate and Tea Sphere

Served in Hot and Cold

Bergamot and Matcha

Luncheon

Net Prices in Euros
47€

Business Menu

Only from Tuesday to Friday

Starter and Main Course

38€

Main Course and Dessert

36€



LES TROIS DÔMES

Along The Seasons

—

Jellyfish Salad with Condimented Jelly
Saffron Espuma, Red Quinoa and Small Spelled

Or

Opéra Foie Gras, Coral Lentil and Beef Cheek
Onion Chutney, Red Wine and Blackcurrant with Mustard Seed

—

Norwegian Skrei, Salted and Poached
Grilled Salamanca Chorizo
Reduced Balsamic Vinegar Ravigote

Or

Roasted Iberic Porc Filet Mignon

Risotto Acquerello with Green Asparagus
Parmesan Reggiano

—

The Mille-Feuille

Vanilla Bourbon and Citrus Zest
Yogurt and Lime Sorbet

Or

Velvet Tartlet

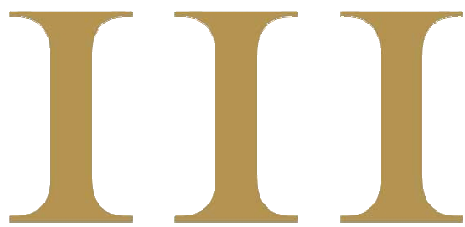
Guanaja Chocolate and Praline Cream
Hazelnut Ice Cream

Lunch and Diner

Prices including taxes and service

2 Courses, Cheese and Dessert **81€**

3 Courses, Cheese and Dessert **96€**



LES TROIS DÔMES

Collection Trois Dômes

Declined in two or three courses according to your taste

—

Dublin Bay Prawn Raviole

Served Cold with a Pink Grapefruit Jelly
Grated Preserved Lemon

—

Caramelized Scallops

Roseval Potatoes and Black Truffle
Reduced Bard Juice

—

Organic Black Angus Irish Beef Rump

Panied and Fondant with Red Wine Sauce
Palette of Yellow Carrot and Preserved Edible
Charlotte of Braised Ox Cheek

—

A Selection of Refined Cheeses « Renée Richard »

Jams and Homemade Breads

—

Exquisite Douceurs

—

The Granny Smith

In all its States, Light Cream Cheese White Olive Oil
Cocoa Crumble and Green Apple Wasabi Sorbet

Or

The Coco Choco

Crispy and melting balls like a Bounty,
Malibu Emulsion and Perfect Glaze