



DE LIGHT



Our De-Light menu is based on a new low-calorie gastronomy program in partnership with Sofitel Thalassa Sea & Spa. The De-Light menu offers a healthy, balanced & delicious option with less than 500 calories.

Low-fat yogurt granola 310 cal 21
Assorted fresh berries and coulis fraise

Sliced fruit and berries 116 cal 20
Melons, pineapple, grapefruit, berries served with candied ginger yogurt

Fresh assorted berries 156 cal 20
Strawberries, blueberries, blackberries and raspberries topped with cottage cheese

Pink grapefruit segments 94 cal 14
Strawberry and honey

Egg white omelet 301 cal 23
Green asparagus, sun-dried tomatoes, wild mushrooms, Tomato coulis and wheat toast

ORGANIC EGGS

All egg dishes are served with sautéed baby marbled potatoes, parsley & onions.

Chef's signature scrambled eggs 21 Served on grilled pita bread with avocado, onion, red pepper, asparagus, cheddar cheese

The New Yorker 25 Two fresh eggs "your way", 5 oz. Grilled sirloin steak

Eggs Benedict 22 Canadian bacon on English muffin, Hollandaise Sauce

Eggs Royale 22 Smoked salmon on English muffin, Hollandaise Sauce

Gaby omelet 22 Goat cheese, spinach

Parisian omelet 22 White ham, gruyere, mushroom

SWEET AND SAVORY

Mini NY bagel & smoked salmon 19 Sour cream, cream cheese, capers, onion, tomato, lemon

French toast 17 Slices of brioche, crusted with glazed corn flakes with caramel sauce

Savory French toast 17 Ham and provolone cheese French toast

Belgian waffle 17 Served with peach compote and caramel

Pancakes plain or Blueberry 17 Served with Nutella or 100% Maple Syrup

Cereal or Oatmeal plate 13
Banana +4
Berries +6

For a group of 6 attendees or more, a 20% gratuity will be added automatically.

The consumption of raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food-born illness. Some food may contain nuts, dairy, eggs, shellfish or other allergens. Please notify of any allergy restriction.



De-Light: an healthy, balanced and delicious meal with less than 700 calories.



Gluten Free

TRADITIONNALS

Includes your choice of fresh juice, French press coffee, hot chocolate or tea

The Continental 26

Basket of freshly baked assorted French viennoiseries and sliced fruit



The American 31

Two fresh eggs your way, sausage or bacon served with potatoes

HOT BEVERAGES

French-press coffee 7

Hot chocolate 6

Espresso 7

Hot tea or herbal infusion 6

Double espresso 9

*English Breakfast Chamomile
Green Tea Peppermint
Darjeeling Lemon Verbena
Decaf Ceylon Raspberry
Earl Grey Cinnamon spice*

Cappuccino, latte 8

SIDES

Baguette, whole-grain bread or muffin of the day 4

Turkey or pork sausage 6

Two mini bagels with cream cheese 8

Smoked pepper bacon or turkey bacon 6

Low-fat plain or Greek yogurt 8

Slice of brie cheese and Parisian ham 7

Smoked salmon 11


Bakers basket 15

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30-MINUTE LUNCH

 DE-LIGHT 310 cal 31	PARISIAN 31
<i>Root vegetable purée</i>	<i>French onion soup</i>
<i>Chicken paillard</i>	<i>Tuna Niçoise</i>
<i>Scallop</i>	<i>Croque monsieur</i>
<i>Passion fruit mousse</i>	<i>Crème brûlée</i>

SOUP

ROASTED TOMATO AND LAVENDER SOUP 8	
<i>Finished with mascarpone</i>	
FRENCH ONION SOUP 8	
ROOT VEGETABLE PURÉE 8	


APPETIZERS & SALADS

 MARKET GREENS 12	
<i>Seasonal market greens tossed with roasted tomatoes, market vegetables and sherry vinaigrette</i>	
CAESAR SALAD 13	
<i>Gem romaine, baby kale, avocado, heirloom cherry tomatoes, Parmesan dressing</i>	
Chicken +8 Shrimp +10	
 BURRATA WITH JAMÓN 15	
<i>Balsamic caviar and pickled melon</i>	
 HUDSON VALLEY CAMEMBERT cal 392 15	
<i>Fresh baby spinach, local honey, Marcona almonds, cranberries tossed in strawberry vinaigrette</i>	
 CHICKEN PAILLARD cal 250 16	
<i>Heirloom radish, arugula, wax beans, basil pesto</i>	
 TUNA & QUINOA NIÇOISE 24	
<i>Sushi-grade Ahi, toasted quinoa, French beans, Kalamata olives and quail egg served with red wine vinaigrette</i>	

SANDWICHES

GABY BURGER 24	
<i>Ground Wagyu, Hudson Valley Camembert piment d'espelette aioli and French fries</i>	
CROQUE MONSIEUR 22	
<i>Parisian ham, Gruyère, béchamel sauce on brioche and a side of market greens</i>	
CHICKEN CLUB 22	
<i>Free-range chicken, avocado, slab bacon, lettuce, and heirloom tomatoes on sour dough</i>	
LOBSTER ROLL 24	
<i>Maine lobster, avocado, lemon aioli served on a buttered split-top roll</i>	
QUICHE LORRAINE 21	
<i>Served with market greens</i>	

ENTRÉES

 DUCK BREAST cal 290 29	
<i>Red organic rice, baby spinach, baby carrots and sauce a l'orange</i>	
CHICKEN & MUSHROOMS 26	
<i>Pan-seared chicken, shiitake leek, seasonal ravioli and roast vegetables</i>	
 WILD SALMON 30	
<i>Celery root purée, braised leeks, caper berries and sauce vierge</i>	
MUSHROOM-CRUSTED SEA BASS 31	
<i>Beluga lentils and roasted butternut squash</i>	
 STEAK FRITES 33	
<i>10oz grass-fed Angus beef, truffle butter, market greens and French fries</i>	
 QUINOA VEGETABLE BOWL cal 217 15	
<i>Toasted quinoa, sautéed asparagus and mushrooms, grated carrot in a tahini dressing</i>	



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOLE FILET MEUNIÈRE	BRAISED LAMB SHANK	SPINALIS DORSI	VEAL OSSO BUCO	PAELLA
<i>Sautéed spinach, farro in a tarragon beurre blanc</i>	<i>Cauliflower-potato purée, roasted butternut squash</i>	<i>Rib eye cap, Israeli couscous, toasted shiitake mushrooms, market vegetables</i>	<i>Porcini ravioli and vegetable ragout</i>	<i>Chorizo, clams, shrimp, and mussels served in saffron rice</i>
29	30	31	33	26

Consuming raw or undercooked meals, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Before placing your order. Please inform us if your party has a food allergy. 20% gratuity will be added for parties of 6 or more.

SOUP

ROAST TOMATO AND LAVENDER SOUP 8

Finished with mascarpone

FRENCH ONION SOUP 8

ROOT VEGETABLE PURÉE 8

APPETIZERS

GRILLED OCTUPUS SALAD 19

Roast fennel and water crest slaw, blood orange velouté

BURRATA WITH JAMÓN 15

Balsamic caviar and pickled melon

CHICKEN PAILLARD 250 cal. 16

Heirloom radish, arugula, wax beans, basil pesto

TUNA & QUINOA NIÇOISE 24

Sushi grade Ahi, toasted quinoa, French beans, Kalamata olives and quail egg, served with red wine vinaigrette

CAESAR SALAD 13

Gem romaine, baby kale, avocado, heirloom cherry tomatoes, Parmesan dressing

Chicken +8 | Shrimp +10

HUDSON VALLEY CAMEMBERT 392 cal 15

Fresh baby spinach, local honey, Marcona almonds, cranberries tossed in strawberry vinaigrette

MARKET GREENS 12

Seasonal market greens tossed with roast tomatoes, market vegetables and sherry vinaigrette

FOIE GRAS AU TORCHON 22

Cognac-infused foie gras, ginger marmalade and grilled country bread

ENTRÉES

DUCK BREAST cal 290 29

Red organic rice, baby spinach, baby carrots and sauce a l'orange

CHICKEN & MUSHROOMS 26

Pan-seared chicken, shitake leek, seasonal ravioli and roast vegetables

MUSHROOM-CRUSTED SEA BASS 31

Beluga lentils and roasted butternut squash

DAY BOAT SCALLOPS 29

Pan-seared scallops, sautéed beech mushrooms, toasted sage and roast corn velouté

WILD SALMON 30

Celery root purée, braised leeks, caper berries and sauce vierge

FILET MIGNON 38

6oz grass-fed petit filet, slab bacon and asparagus risotto and market vegetables

GRILLED RIB EYE 42

16oz grass-fed bone-in rib eye, basted in butter, fingerling and roast corn hash

COLORADO LAMB CHOPS 38

Faro risotto, market vegetable ragout

VEGETABLE LASAGNA 24

Homemade lasagna, fresh ricotta cheese, plum tomatoes and pesto

QUINOA VEGETABLE BOWL cal 217 20

Toasted quinoa, sautéed asparagus and mushrooms, grated carrot in a tahini dressing

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PRIX-FIXE MENU – 38

5:00PM – 8:00PM

APPETIZER

BURRATA WITH JAMÓN

Balsamic caviar and pickled melon

CAESAR SALAD

Gem romaine, baby kale, avocado, heirloom cherry tomatoes, Parmesan dressing

HUDSON VALLEY CAMEMBERT

Fresh baby spinach, local honey, Marcona almonds, cranberries tossed in strawberry vinaigrette

ENTRÉE

FILET MIGNON (ADD 5)

6oz grass-fed petit filet, slab bacon and asparagus risotto and market vegetables

WILD SALMON

Celery root purée, braised leeks, caper berries and sauce vierge

DUCK BREAST

Red organic rice, baby spinach, baby carrots and sauce à l'orange

VEGETABLE LASAGNA

Homemade lasagna, fresh ricotta cheese, plum tomatoes and pesto

DESSERT

TAHITIAN VANILLA CRÈME BRÛLÉE

Fresh berries and mint

CHEESECAKE

New York cheesecake with raspberry sauce



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOLE FILET MEUNIÈRE	BRAISED LAMB SHANK	SPINALIS DORSI	VEAL OSSO BUCO	PAELLA
Sautéed spinach, farro in a tarragon beurre blanc	Cauliflower potato purée, roast butternut squash	Rib eye cap, Israeli couscous, toasted shitake mushrooms, market vegetables	Porcini ravioli and vegetable ragout	Chorizo, clams, shrimp, cilantro mussels served in saffron rice
29	30	31	33	26



EXECUTIVE CHEF – ROBERT HOHMANN

DESSERT

FROMAGE

5 SPOKE TUMBLEWEED

Grass-fed cow's milk cheese assumes a unique position between the styles of French Cantal and Farmhouse Cheddar. Subtle fruit flavor, delicate curdy texture, with a creamy brown finish.

NETTLE MEADOW KUNIK

Tart, tangy triple-cream made of pasteurized goat's milk and enriched with fatty Jersey cow cream. The blend makes for a sumptuous, thick, buttery paste that still remains the kick of fresh chèvre.

HUDSON VALLEY CAMEMBERT

Square in shape and made with a blend of cow and sheep's milk, boasting a slippery thick texture and mild well salted flavor.

CAYUGA BLUE CHEESE

A local favorite, dry and crumbly due to the development of mixing goat cheese and blue cheese. Both elements keep each other in check. The relatively dry interior is chocolaty with a clean milky finish.

PENNSYLVANIA REGION

ADIRONDACKS REGION

HUDSON VALLEY REGION

FINGER LAKES REGION

CHOICE OF 2 - \$15; CHOICE OF 3 - \$18; CHOICE OF 4 - \$24



DESSERT

PASSION FRUIT MOUSSE 180 cal.

Made from coconut milk and banana

TRIO OF SORBET 15

Apricot, pear, raspberry, mini tuiles

MELTDOWN CHOCOLATE DOME

Chambord mousse, granola, berries, vanilla ice cream and chocolate sauce

TAHITIAN VANILLA CRÈME BRÛLÉE

Caramelized and topped with fresh berries and mint

CHEESECAKE

New York cheesecake drizzled with raspberry sauce

CHOCOLATE POT DE CRÈME

Espresso whipped cream and chocolate pearls

12 DESSERT WINE

MUSCAT BLANC

15

Beaume de Venise, 2011

SEMILLON, SAUVIGNON BLANC

25

Dolce Late Harvest, 2009

GRENACHE

19

Banyuls Chapoutier, 2009

COFFEE COCKTAILS 14

FRENCH COFFEE (COGNAC)

IRISH COFFEE (WHISKEY)

JAMAICAN COFFEE (DARK RUM)

MEXICAN COFFEE (KAHLUA)

ENDLESS MIMOSA, BLOODY MARY, BELLINI + \$20*
WITH PURCHASE OF BRUNCH ENTRÉE OR PRIX-FIXE (TWO HOUR LIMIT*)

PRIX-FIXE MENU \$26

INCLUDES ONE APPETIZER, ONE ENTRÉE, COFFEE OR TEA, AND A BREAD BASKET

APPETIZERS

SOUP OF THE DAY

AVOCADO TOAST OF THE DAY

BAGEL & LOX

Toasted New York bagel, Irish smoked salmon,
heirloom tomatoes, red onion, capers, and
cream cheese

MARKET GREENS

Seasonal market greens tossed with roasted
tomatoes, market vegetables and
sherry vinaigrette

HUDSON VALLEY CAMEMBERT 392 cal.

Fresh baby spinach, local honey, Marcona
almonds, cranberries tossed in
strawberry vinaigrette

ENTRÉES

CROQUE MADAME

Parisian ham, Gruyère, béchamel served on brioche topped with sunny side up egg
served with market greens

CHICKEN PAILLARD 250 cal.

Heirloom radish, arugula, wax beans, basil pesto

EGGS BENEDICT | EGGS ROYALE

Poached organic eggs, Canadian bacon or smoked salmon, English muffin accented with
Cresskill farm parsley potatoes

DAY BOAT SCALLOPS (+6)

Pan-seared scallops, sautéed beech mushrooms, toasted sage and roasted corn velouté

STEAK & EGGS

Grass-fed New York strip steak, fresh organic eggs, and Cresskill farm parsley potatoes

AMERICAN CLASSIC

Your choice of organic eggs with bacon or sausage, and Cresskill Farm parsley potatoes
(Can substitute bacon and sausage for turkey bacon and turkey sausage)

A LA CARTE

FRIED GREEN TOMATOES 14

Goat cheese and tomato-bacon jam

MARKET GREENS 12

Seasonal market greens tossed with roast
tomatoes, market vegetables and
sherry vinaigrette

CHEF'S SIGNATURE 21

Grilled pita, avocado, onions, red peppers,
asparagus and cheddar cheese

GABY OMELETTE 22

Goat cheese and spinach

FISH & CHIPS 26

Fried snapper and French fries

TUNA & QUINOA NIÇOISE 24

Sushi-grade Ahi, toasted quinoa, French
beans, Kalamata olives and quail egg served
with red wine vinaigrette

GABY BURGER 24

Ground Wagyu, Hudson Valley Camembert,
piment d'espelette aioli and French fries

BURRATA WITH JAMÓN 15

Balsamic caviar and pickled melon

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gastronomy program, which offers a healthy, balanced
& delicious option with less than 500 calories.

— NEW YORK —

BAR MENU

GABY BAR

SMALL PLATES

PAN-FRIED CHORIZO Tossed in a cider reduction	13
MARGHERITA FLATBREAD San Marzano tomatoes, fresh mozzarella cheese and basil	18
MUSHROOM & OLIVE FLATBREAD San Marzano tomatoes, fresh mozzarella cheese	16
TRUFFLE FRIES Parsley, Parmesan and truffle	12
FRIED GREEN TOMATOES Goat cheese and tomato bacon jam, served on a bed of arugula	14
SHRIMP TEMPURA Kewpie sauce	14

TO SHARE

HUMMUS Pita bread	10
MUSSELS Gigante beans and chorizo	15
CHARCUTERIE & FROMAGE Prosciutto Pheasant pâté Saucisson Sec Hudson Valley Camembert 5 Spoke Tumbleweed Aged Gouda	24

TABLE

SOUP DU JOUR	8
MARKET GREENS Seasonal market greens tossed with roasted tomatoes and pickled vegetables and finished with sherry vinaigrette	12
GRILLED CHEESE & TOMATO SOUP Vermont cheddar, Havarti and Jack cheese on sourdough bread	22
FISH & CHIPS Fried snapper and French fries	26
TUNA & QUINOA NIÇOISE Sushi-grade Ahi tuna, toasted quinoa, French beans, Kalamata olives and quail egg served with a red wine vinaigrette	24
GABY BURGER Ground Wagyu, Hudson Valley Camembert, piment d'espelette aioli and French fries	24
CHICKEN CLUB Free-range chicken, avocado, bacon, lettuce, heirloom tomatoes on sour dough; served with French fries	22
LOBSTER ROLL Maine lobster, avocado, lemon aioli and buttered split-top roll; served with French fries	24
BURRATA WITH JAMÓN Balsamic caviar & pickled melon	15



20% gratuity will be added for parties of 6 or more

Notice: Please notify a member of our team of any allergy or restriction.