

BREAKFAST (5:00hrs – 12:00hrs)

CONTINENTAL BREAKFAST – 24 Hours

105

Seasonal Cut Fruit
Freshly Squeezed Fruit Juice
Fresh Bakery Basket **(N)**
French Butter, Jam & Honey
Selection of Fine Teas or Coffee or Hot Chocolate
Soya Milk, Low Fat Milk, Hot or Cold Milk

AMERICAN BREAKFAST

175

Seasonal Cut Fruit
Freshly Squeezed Fruit Juice
Fresh Bakery Basket **(N)**
French Butter, Jam & Honey
Yoghurt, Natural or Fruit
Cereals **(N)**
Fresh Farm Eggs of Your Choice
(Omelette, Benedict, Scrambled, Cocotte, Oeufs a La Poêle)
Breakfast Vegetables, Your Choice of Veal or Chicken Sausage, Turkey
or Veal Bacon
Selection of Fine Teas or Coffee or Hot Chocolate
Soya Milk, Low Fat Milk, Hot or Cold Milk

ARABIC BREAKFAST

130

Seasonal Cut Fruit
Freshly Squeezed Fruit Juice
Arabic Bread, Lebanese Bread, Mini Baguettes
French Butter, Dates, Honey, Black Olives, Olive Oil
Labneh, Halloumi Cheese
Foul Moudamas (Broad Beans with Garlic and Lemon Juice)
Shakshouka (Scrambled Eggs with Onion and Tomatoes)
Selection of Fine Teas or Coffee or Hot Chocolate
Soya Milk, Low Fat Milk, Hot or Cold Milk

(S) Shellfish **(A)** Alcohol **(N)** Nuts **(V)** Vegetarian

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RICE & CURRIES

Prawn Biryani (S) (N)	150
Lamb Biryani (N)	150
Chicken Biryani (N)	150
Vegetable Biryani (V) (N)	100

Served with Mango Chutney, Raita, Lime Pickle, Papad and Laccha Salad

Thai Chicken Curry	140
Jasmine Rice	

Thai Chicken with Cashewnut (N)	140
Chicken Cooked with Onions in Light Soy Sauce, Jasmine Rice	

Chicken Curry (N)	140
Boneless Chicken Cooked with Indian Spices	

Yellow Dal	100
Lentils Tempered with Onions, Chillies, Cumin	

PÂTISSERIE

Macaroon – Selection of 5	50
Coffee, Chocolate, Caramel, Lemon, Strawberry, Green Apple	

Half Cooked Chocolate Cake	50
Served with Crème Brulee Ice Cream	

White Opera (N)	50
Traditional French Opera Cake Made with Coffee Cream and Almond Sponge	

Paris-Brest	50
Choux Pastry Filled with Praline Pastry Cream	

Traditional Umm Ali	50
Served with Three Arabic Sweets	

Ice Cream Selection – Selection of 3 Scoops	50
Vanilla, Chocolate, Mango, Pistachio, Strawberry, Caramel	

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KIDS MENU



STARTER

40

Caesar Salad

Vegetable Magic Potion (V)

Melon & Mozza Bubbles (V)

Minizza Napolitana (V)

Chicken Ham & Cheese

MAIN

85

Gratined Macaroni and Cheese (V)

Linguini with Meat Balls

Mini Burger

Mini Fish and Chips

Roasted Salmon & Vegetables

Chicken Nuggets & Mashed Potatoes

Hot Dog

Vegetables Chips (V)

French Fries

DESSERT

35

Strawberry Candy & White Chocolate Macaroon

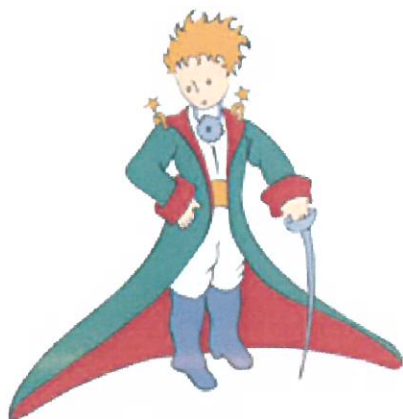
Crocodile Jelly Éclair

Marshmallow and Ice Cream Scoop

Banana Candy Crème Brulee

Teddy Bear Jelly Cup Cake

Peanut Butter Jelly Sandwich



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OVERNIGHT MENU (23:00hrs–11:00hrs)

Lentil Soup (V)	70
Lentil, Cumin, Crouton, Lemon	
Niçoise Salad	100
Lettuce Salad, Half Cooked Tuna, Black Olives, Cucumber, Bell Pepper, Cherry Tomato, Chive, Radish, Quail Eggs, Lemon Dressing	
Caesar Salad	75
Parmesan Cheese, Crostini, Romaine Lettuce, Bresaula, Caesar Dressing with Anchovy	
With Grilled Chicken	100
With Grilled Shrimps (S)	110
Croque Madame	95
Turkey Ham and Cheese Sandwich, Fried Egg, Béchamel & Swiss Cheese	
Cold Mezzeh (V)	90
Fatoush, Hommos, Moutabel, Baba Ganouj, Tabouleh	
Hot Mezzeh (N)	110
Lamb Sambousek, Lamb Kebbeh, Spinach Fatayer, Cheese Rokakkat	
Sofitel Night “Shared” Plate	(For Two Guests) 220
- Smoked Salmon	
- Beef Cold Cut	
- Turkey Ham	
- Brie Cheese	
- Tomme De Savoie	
- Green Salad	
- Black Olives	
From Our Cheese Selection	70
Chef's Selection of 3 Cheese	
Served with Crackers, Butter, Fig Jam and Walnuts	
Macaroon – Selection of 5 -	50
Coffee, Chocolate, Caramel, Lemon, Strawberry, Green Apple	
White Opera (N)	50
Traditional French Opera Cake Made with Coffee Cream and Almond Sponge	
Paris-Brest	50
Choux Pastry Filled with Praline Pastry Cream	
Selection of Mignardises	50
Traditional Umm Ali	50
Served with Arabic Sweets	
Ice Cream Selection – Selection of 3 Scoops	50
Vanilla, Chocolate, Mango, Pistachio, Strawberry, Caramel	

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DELICIOUS LOW-CALORIE GASTRONOMY

INVENTIVE, FLAVORFUL, EXCITING: DE-LIGHT BY SOFITEL QUIBERONTHALASSA SEA & SPA MEANS MAXIMUM PLEASURE AND MINIMUM CALORIES. Give In To the Temptation of Gourmet Cuisine without Compromising Your Healthy Lifestyle Goals. De-Light Was Developed by Sofitel QuiberonThalassa Sea & Spa, An Expert in Nutrition and Wellness Located on France's Invigorating Atlantic Coast. Inspired Low-Calorie Dishes Have Been Created Through Innovative Culinary Techniques And An Unwavering Commitment To Refined Tastes And Textures. Sofitel Chefs Worldwide Are Applying These Principles And Spreading De-Light, Allowing You To Dine Healthily While Enjoying Magnifique Blends Of Fine French And Local Culinary Traditions.

DELIGHT BREAKFAST (Offered from 5.00AM – 12.00AM) **120**

Coffee, Sugar-Free	
Low Fat Plain Yoghurt	(100 Calories)
Fruit Platter	(120 Calories)
Whole Wheat Toasts	(105 Calories)
Light Butter	(45 Calories)
Sugar-Free Fruit Jam	(20 Calories)
	390 Calories

STARTERS (12.00PM – 23.00PM)

Cauliflower Cream Soup (130 Kcal) (V) **65**
Cauliflower, Milk, Soya Milk, Leek

Marinated Prawns, Tomato and Fennel Marmalade (85 Kcal) (S) **100**
Topped with Seaweed and Vinegar Dressing

MAIN COURSE

Steamed Seabass, Sepia Ratatouille and Pesto Sauce (N) (250 Kcal) **175**
Seabass, Sepia, Tomato, Red Bell Peppers, Zucchini, Eggplant, Basil, Garlic, Pine Nuts

Veal Tenderloin with Wheat Bran, Orange Braised Endives (265Kcal) **185**
Roasted Veal Tenderloin with Wheat Bran, Braised Endives in Orange Juice, Shallots Tarragon, Vinegar

DESSERTS

Dietetic Fraisier (125 Kcal) **50**

Pannacotta(140 Kcal) **50**
With Tahiti Vanilla and Red fruits

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BEVERAGES:

STILL WATER

Evian, Small, France 25

Evian, Large, France 30

SPARKLING WATER

Baddoit, Small, France 25

Baddoit, Large, France 30

FRESHLY SQUEEZED JUICE 25

Orange

Green apple

Pineapple

Watermelon

Carrot

Lemon

FRUIT SHAKES 30

Berry Shakes

Strawberry

Mango

Banana

ICE TEA 40

BERRY ICE TEA

Red Berries, Blue Berries, Strawberries, Cranberry Juice, Black Tea

SOFT DRINKS 20

Pepsi / Diet Pepsi

7up / 7up- Diet

Bitter Lemon

Ginger Ale

Mirinda

Effect 30

COFFEE

French Press 25/35

Espresso 20

Double Espresso 25

Cappuccino, Café Latte 30

Café Macchiato 25

Cold or Hot Chocolate 25

Turkish Coffee 25

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CHAMPAGNE

BY GLASS

Laurent-Perrier, Brut, NV	220
Taittinger Prestige, Rosé, NV	220

HALF BOTTLE 37.5 CL

Laurent-Perrier, Brut, NV	530
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BY BOTTLE 75CL

Laurent-Perrier, Brut, NV	1050
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ROSE CHAMPAGNE

Taittinger Prestige, Rosé Brut, NV	1100
Laurent-Perrier, Rosé Brut, NV	1800

WINE BY GLASS

WHITE WINE

Bourgogne, Chardonnay, Louis Latour, France	70
Wolf Blass Eaglehawk, Chardonnay, Australia	45
Marlborough Monkey Bay, Sauvignon Blanc, New Zealand	60

RED WINE

Château Grand Renom, AOC, Bordeaux Rouge, France	60
Wolf Blass Eaglehawk, Merlot, Australia	45
Barton & Guistier, Shiraz-Grenache-Cinsult, France	50
Enrique Foster, Malbec, Argentina	70

ROSE WINE

Cuvée Serpolet, Côtes de Provence, Henri Fabre, France	50
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WHITE WINE

BY BOTTLE

Chablis "La Pierrelée ", Chardonnay La Chablisienne, France	390
Clarendelle Blanc, Bordeaux Supérieur, Domaine Clarence Dillon, France	600
PouillyFumé, Chardonnay, Ladoucette, France	800
Cote des Beaunes, Meursault, Chardonnay, Bouchard Père et Fils, France	950
Puglia, Terre Allegre, Trebbiano, Italy	210
Mendoza, Chardonnay, Argentina	210

RED WINE

BY BOTTLE

Cote du Rhone, Gigondas, Syrah, Guigal, France	800
Saint-Émilion Grand Cru, Château Teyssier, France	900
Pauillac, Château Batailley, 5ème Grand Cru Classé, France	1300
Côtes du Rhône Rouge, Les Abeilles, Jean-Luc Colombo, France	380
Hawkes Bay, Merlot, Monkey Bay, New Zealand	365
Bodega Navajas, Rioja Crianza, Tempranillo - Garnacha, Spain	320
California, Cabernet Sauvignon, Woodbridge, Robert Mondavi, USA	300
California, Sonoma Coast, Pinot Noir, La Crema, USA	700
Mendoza, Merlot, Bodega Norton, Argentina	250

ROSE WINE

Barton & Guestier, Cuvee, Speciale Rose	225
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DESSERT WINE

Moscato, Passito, Araldica, Italy

GLASS BOTTLE

55	275
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CLASSIC COCKTAILS

60

GIN MARTINI

Gin, Vermouth Bianco

COSMOPOLITAN

Vodka, Cointreau, Cranberry Juice

MARGARITA

Tequila, Cointreau, Lemon Juice

MOJITO

Rum, Mint, Lemon Juice, Soda Water

WHISKEY SOUR

Scotch Whiskey, Sour Mix

LONG ISLAND ICE TEA

Vodka, Gin, Rum, Tequila, Triple Sec, Syrup, Lime Juice Top with Cola

PINA COLADA

Matusalem Rum, Pineapple, Coconut Puree

BEERS

50

Peroni, Italy

Stella Artois, Belgium

Corona, Mexico

Heineken, Holland

Amstel Light, Holland

VODKA

Smirnoff Red, England

Ketel ONE, Holland

Ciroc Vodka, France

Grey Goose, France

45

55

75

75

COGNAC

Hennessy V.S.O.P.

Hennessy X.O.

75

180

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WHISKY

SHOT BOTTLE

Johnnie Walker Red Label	45	1100
Johnnie Walker Black Label	60	1150
Johnnie Walker Gold Reserve		1800
Johnnie Walker Blue Label		3500
Chivas Regal 12 years	60	1200
Chivas Regal 18 years		1950
Jim Beam		950
Jack Daniel's		1100

RUM

Matusalem Platino White Rum	45	900
Captain Morgan Dark Rum	50	1200
Ron Zacapa 23YO	85	1750

GIN

Gordons Dry Gin	45	900
Bombay Sapphire	50	1025
Beefeater	65	1495

TEQUILA

Don Julio Reposado	90	2200
Don Julio Blanco	70	1600
Tenampa Blanco	45	900

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A LA CARTE BREAKFAST (5:00hrs – 12:00hrs)

Freshly Squeezed Fruit Juices 30

Fresh Cut Fruits 40

Baker's Basket (N) 45

Croissant, Chocolate Croissant, Raisin Danish, Toasts, Mini Baguette
French Butter, Jam & Honey

Selection of Fine Teas & Coffee, Milk or Hot Chocolate 35

Dairy 30

Yoghurt Low Fat, Natural or with Fruit (Strawberry, Mango, Blueberry, Apricot)

Laban

Labneh

Halloumi Cheese

Bircher Muesli (N) (Healthy) 40

Our Very Own Recipe with Brown Oats, Caramelized Walnuts, Honey, Raisins, Orange Juice, Yoghurt, Fresh Cream, Grated Apple, Banana, Pineapple and Strawberries

Selection of Cereals 35

Served with Your Choice of Milk Full Cream, Low Fat, Soya Milk

Belgium Waffles 50

Served with Maple Syrup

French Crepes 50

Served with Nutella, Jam, Sugar

Buttermilk Pancakes 50

Served with Maple Syrup

French Toast 50

Served with Maple Syrup

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Choice of Fresh Farm

Fresh Farm Eggs of Your Choice

Breakfast Vegetables, Veal or Chicken Sausage, Turkey or Veal Bacon	
Two Eggs	50
Three Eggs	60

Egg White Omelette (Healthy)

With Freshly Tossed Green Salad	70
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Eggs Florentine

2 Soft Poached Eggs, Sautéed Spinach, Béchamel Sauce	90
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Eggs Benedict

2 Soft Poached Eggs, English Muffin, Turkey Bacon, Hollandaise Sauce	80
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Sofitel Royal Salmon Eggs Benedict

2 Soft Poached Eggs, English Muffin, Smoked Salmon, Hollandaise Sauce, Caviar	115
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Side Dishes

Your Choice of Breakfast Sausage, Turkey or Veal Bacon, Grilled Tomatoes, Hash Brown Potatoes or Sautéed Mushrooms	25
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Cheese

3 Cheese Platter

Chef's Selection of Cheese	70
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5 Cheese Platter

Chef's Selection of Cheese	90
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Cheese Platters are Served with Bread Basket that Contains Crackers, Fig Jam, Walnuts and Butter

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SALADS & APPETIZERS (12:00hr- 23:00hrs)

Caviar

French Caviar from Aquitaine

10 Gms 360

30 Gms 700

Served with Condiments (Egg Yolk and White, Onion, Sour Cream, Blinis)

Niçoise Salad 100

Lettuce Salad, Half Cooked Tuna, Black Olives, Cucumber, Bell Pepper, Cherry Tomato, Chive, Radish, Quail Eggs, Lemon Dressing

Scottish Smoked Salmon 95

Smoked Salmon Served with Lemon, Sour Cream, Red Onions, Capers

Foie Gras Terrine 125

Classic Natural Foie Gras with Onion Marmalade, Apple

Caesar Salad 80

Parmesan Cheese, Crostini, Romaine Lettuce, Bresaola, Caesar Dressing with Anchovy
With Grilled Chicken 100

With Grilled Shrimps (S) 110

Tandoori Chicken Salad (N) 90

Mix Green Leaves Salad, Tandoori Roasted Chicken, Mango, Green Apple, Cashew Nuts, Chives, Red Onion, Curry Dressing

Green Salad (V) 70

Mix Salad Leaves, Cucumber, Green Beans, Broccoli, Asparagus, Cherry Tomatoes, Black Olives, Radish, Vinaigrette Dressing

Cold Mezzeh (V) 90

Fatoush, Hommos, Moutabel, Baba Ganouj, Tabouleh

Hot Mezzeh (V) 110

Lamb Sambousek, Lamb Kebbeh, Spinach Fatayer, Cheese Rokakkat

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SOUPS

Andalouse Gazpacho (V)	70
Chilled Tomato and Bell Pepper Soup, Served with Crostini	
XO Lobster Bisque (A) (S)	90
Creamy Lobster Soup, Lobster Dices, Cognac on the Side	
Clear Chicken Soup	85
Confit Chicken, Root Vegetables	
Lentil Soup (V)	70
Lentil, Cumin, Crouton, Lemon	

SANDWICHES & BURGERS

Steak Sandwich	120
Beef Steak, Caramelised Onions, French Mustard, French Baguette	
Club Sandwich	95
Beef Bresaola, Grilled Chicken, Hard Boiled Egg, Tomato, Lettuce, Mayonnaise	
Crab Club Sandwich	100
Kamchatka Crab, Hard Boiled Egg, Tomato, Lettuce, Mayonnaise	
Grilled Chicken Sandwich	90
Chicken, Lettuce, Mayonnaise	
Croque Monsieur	90
Turkey Ham and Cheese Sandwich, Béchamel & Swiss Cheese	
Croque Madame	95
Turkey Ham and Cheese Sandwich, Fried Egg, Béchamel & Swiss Cheese	
Salmon Burger	115
Half Cooked Salmon, Sepia Ink Homemade Bun, Béarnaise Sauce, Eggplant and Zucchini	
“Chic” French Burger	120
Charolais Beef Burger, Caramelized Onion Jam, Cheese, Homemade Bun	
Chicken Burger	115
Chicken Patty, Caramelized Onion Jam, Balsamic Mayonnaise, Cheese, Homemade Bun	

Served with Your Choice of; Green Mix Salad, Pommes Pont-Neuf or French Fries or Crisps, Steamed or Sautéed Vegetables

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PIZZA & PASTA

Pizza

Margherita (V)	80
Vegetables (V)	90
Chicken or Beef Pepperoni	100

Smoked Salmon Tagliatelle	100
Tagliatelle, Smoked Salmon, Fresh Tomato, Dill, Onion, Cream Sauce	

Penne Al 'Arrabiata (V)	75
Penne, Spicy Tomato Sauce, Chilli Pepper	

Penne Al Pesto Genovese (V) (N)	75
Penne, Pesto Sauce (Basil, Garlic, Parmesan and Olive Oil) Roasted Pine Nuts	

Linguini Al Napolitano (V)	75
Linguini, Tomato Sauce	

Gluten Free Pasta Is Available Upon Request

Asparagus Risotto Carnaroli (V)	95
Carnaroli Risotto, Vegetables Stock, Green Asparagus, Olive Oil and Parmesan Cheese	

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FISH & SEAFOOD

Grilled or Poached Salmon Fillet Asparagus and Béarnaise Sauce	170
Samakeh Harra (N) Marinated Sea Bream, Spicy Potato Wedges, Harra Sauce	185
Samakeh Sayadieh (N) Crispy Baked Hammour, Fish Rice, Tahina Sauce	200
Grilled Tiger Prawns (S) Sautéed Vegetables, Dill Cream Sauce	210
Sea Food Mix Grill (S) Tiger Prawns, Hammour, Salmon, Sautéed Spinach with Onions, Majbous Rice, Lemon Butter Sauce	250

MEAT

Angus Beef Tenderloin 180 Gm	280
Angus Rib Eye Steak 220 Gm	260
Wagyu Rib Eye Steak (7 Marble) 220 Gm	380
Tenderloin Charolaise 180 Gm	290
Lamb Chop 200 Gm	280
Chicken Breast	110

Served with Your Choice of: Green Mix Salad or Sautéed Vegetables, Mashed Potatoes or Roasted Potatoes or French Fries, Béarnaise or Veal Jus or Pepper Corn Sauce

Arabic Meat Mix Grill (N) Lamb Chops, Lamb Kofta, Lamb Shish Kebab, Shish Taouk and Oriental Rice	250
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