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.

**Lunch - Dinner**

Serving from 11.00 am - 11.00 pm

**Soup**
- Spinach and Lentil – 98 kcal
  - Parmesan cheese, basil, lentils, carrots, spinach, lemon
  - 70 kcal

**Appetizers**
- Cajun Crab and Quinoa Cakes – 257 kcal
  - Rocket, mustard pickled yoghurt
  - 95 kcal
- Sprout Salad – 72 kcal
  - Mixed lentils and pulses, tomatoes, onions, coriander, lemon zest, olive oil
  - 65 kcal

**Main Course**
- Crispy Snapper and Roasted Cherry Tomatoes – 295 kcal
  - Fresh herbs, capers, panko, olive oil, balsamic
  - 230 kcal
- Chicken Basquaise – 399 kcal
  - Chicken, tomato, red and green peppers, white wine, garlic, olive oil
  - 220 kcal
- Prawn Pad Thai – 400 kcal
  - Flat rice, noodles, prawns, sriracha, lime, garlic, bean sprouts, shallots, peanuts
  - 190 kcal
- Indonesian spiced braised chicken – 220 kcal
  - Chicken, ginger, garlic, coriander, shallots, fish sauce, chicken broth, rice
  - 190 kcal

**Dessert**
- Lemon Tart – 186 kcal
  - Fresh seasonal berries, crème fraîche
  - 65 kcal
- Strawberry and Lemon Panacotta – 168 kcal – NV
  - Strawberries, lemon, vanilla
  - 65 kcal
A LA CARTE MENU

Soup

Soup A L’OIGNON 95
Oven baked traditional French onion soup, cheese crust

MUSHROOM VELOUTÉ 90
Cream of wild mushroom soup, truffle infused

CHICKEN AND SWEET CORN 80
Chicken, garlic, sweet corn, spring onions, soy sauce

Salads

GADO-GADO 120
Mixed steam vegetables, fried tofu, fermented bean curd, emping cracker, peanut sauce

AYAM PELALAH 135
Spicy Balinese shredded roasted chicken, long bean salad, peanut crackers, fried shallot

THAI BEEF SALAD 160
Marinated roast beef, leafs, red pepper, tomatoes, spring onions, rice noodles, coriander

CLASSIC CAESAR SALAD 100
Romaine lettuce, anchovy, garlic and herb croutons, parmesan tuile, caesar dressing

Additional

GRILLED CHICKEN BREAST 45

SMOKED SALMON 80

BLOW TORCHED PRAWNS 100

SALADE NiÇOISE 135
Yellow fin tuna, potato, roasted peppers, olives, french beans, quail eggs, citrus vinaigrette

ROCKET AND REGGIANO PARMIGIANO 105
Wild rocket leaves, shaved reggiano parmigiano salad, balsamic vinaigrette

GREEK SALAD 125
Tomato, cherry tomatoes, onions, cucumber, green pepper, mint, capers, feta cheese, black olives

TOMATO AND MOZZARELLA 135
Fresh mozzarella, tomato, balsamic, garlic and oregano vinaigrette

Mixed leaves, tomatoes, onions, carrots, cucumber, peppers and olives

Dressings

French vinaigrette
Italian vinaigrette
Lemon vinaigrette
Thousand Island

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**APPETIZER**

<table>
<thead>
<tr>
<th>Dish</th>
<th>Price</th>
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<tbody>
<tr>
<td><strong>Foie Gras</strong></td>
<td>245</td>
</tr>
<tr>
<td>Goose and chicken liver parfait, grape chutney, capers, cornichons, toasted brioche</td>
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<tr>
<td><strong>Smoked Salmon</strong></td>
<td>200</td>
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<tr>
<td>Avocado, cucumber salad, Indonesian vinaigrette</td>
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<tr>
<td><strong>Scallops</strong></td>
<td>210</td>
</tr>
<tr>
<td>Charred scallop, beurre blanc, saffron chips, micro herbs, roes</td>
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<tr>
<td><strong>Calamari</strong></td>
<td>190</td>
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<tr>
<td>Crisp salt and pepper calamari, parsley, garlic, lemon, rocket, lime aioli</td>
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<tr>
<td><strong>Parmesan Goujons</strong></td>
<td>190</td>
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<tr>
<td>Chicken panco parmesan crisps, lemon, rocket, and parmesan salad pommery mustard mayonnaise</td>
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<tr>
<td><strong>Sushi &amp; Sashimi Assortment</strong></td>
<td>200</td>
</tr>
<tr>
<td>Selection of eight sushi and sashimi, wasabi, pickled ginger, soya sauce</td>
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**INDONESIAN APPETIZER**

<table>
<thead>
<tr>
<th>Dish</th>
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<tbody>
<tr>
<td><strong>Lumpia</strong></td>
<td>100</td>
</tr>
<tr>
<td>Indonesian chicken and prawn spring rolls, carrots, bean sprouts, coriander and pickled vegetable salad, sweet peanut sauce</td>
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<tr>
<td><strong>Sate Campur</strong></td>
<td>135</td>
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<tr>
<td>Chargrilled Indonesian satays, chicken, lilit, beef, peanut sauce, vegetable pickles fried shallot served with rice cake or steamed rice</td>
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<tr>
<td><strong>Sate Lilit</strong></td>
<td>135</td>
</tr>
<tr>
<td>Chargrilled Balinese fish minced satay on lemongrass skewer, Balinese dipping sauce served with rice cake or steamed rice</td>
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<tr>
<td><strong>Sate Maranggi</strong></td>
<td>210</td>
</tr>
<tr>
<td>Beef satay in coriander seasoning, turmeric paste, rice cake, sambal, acar</td>
<td></td>
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<tr>
<td><strong>Aneka Gorengan</strong></td>
<td>110</td>
</tr>
<tr>
<td>Spring rolls, sweet corn fritter, pastel, bean curd fritter, chili sambal, peanut sauce</td>
<td></td>
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<tr>
<td><strong>Balinese Sampler</strong></td>
<td>310</td>
</tr>
<tr>
<td>Lumpia – crisp chicken and prawn spring roll</td>
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<tr>
<td>Sate Lilit – minced fish satay</td>
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<tr>
<td>Ayam Pelalah – shredded chicken in rice paper roll</td>
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<tr>
<td>Sambal Udang – Balinese spiced prawn on lemon grass stick</td>
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<tr>
<td>Dipping Sauce</td>
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<tr>
<td>Lawar Kacang – long bean salad</td>
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Risotto and Pasta

Risotto Milanese 125
Wild mushrooms, saffron, parsley, Parmigiano Reggiano

Bolognese 110
Spaghetti, minced beef sauce, parmesan

Napolitan 100
Spaghetti, fresh oven roasted tomato sauce, basil, parmesan

Ravioli 180
Crab ravioli, shallot and mustard cream, greens

Mains

Barramundi 255
Crispy skin barramundi, sautéed root vegetables, braised fennel, caper sauce

Salmon 330
Oven baked salmon, cream leek, Lombok dam, asparagus, saffron sauce

Fish and Chips 265
Crisp tempura fish, tartar sauce, salad, french fries

Prawns 265
Crisp panko and oatmeal prawns, rosemary roasted potatoes, red onion tartar sauce, lemon, white balsamic vinegar

Beef 485
Grilled tenderloin, pommes puree or pommes frites, fennel salad, Béarnaise sauce

Lamb 495
Sous vide lamb loin, eggplant puree, potato cake, glazed vegetable root, rosemary jus

Chicken 245
Free range braised chicken, mash potato, pickled onion and mushroom, chicken jus

Sauces on Side 245
Béarnaise, tartare, hollandaise, mushroom jus, pepper jus, red wine jus

Your Choice of One Side Dish 80

Pommes Puree
Pommes Frites
Roasted baby potatoes, rosemary, garlic
Green pea puree, white oil, parmesan
Roasted broccoli, chili, garlic and parmesan
Roasted mixed peppers, garlic and lemon
Sautéed asparagus, garlic butter, fresh herbs, lemon zest
Sautéed mixed mushrooms, green beans, cherry tomatoes, thyme Rocket and parmesan salad, walnuts, house dressing

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Sandwiches & Burgers
All sandwiches & burgers are served with choice of French fries - spiced, parmesan, blue cheese or side salad

Beef Burger 180
Beef patty, romaine lettuce, fried egg, swiss cheese, beetroot and onion relish, dijon mustard, onion rings

With Foie Gras 310

Chicken Burger 155
Chicken patty, romaine lettuce, fried egg, swiss cheese, cornichon relish, onion rings

Vegetable Burger 135
Baked potato and spinach patty, cheddar cheese, tomato, rocket, mushrooms, onion rings

Steak Sandwich 190
Minute cube roll, feta cheese, ciabatta, rocket, spicy tomato relish, mustard mayonnaise

Club Sandwich 165
Chicken, bacon, romaine lettuce, tomato, fried egg, mayonnaise, toasted bread

Lobster Club Sandwich 245
Sous vide lobster, crisp pancetta, avocado, vine ripe tomatoes, rocket, lemon zest and chervil mayonnaise

Oven Roasted Vegetable Sandwich 135
Grilled mushroom, roasted peppers, oven dried tomatoes, baby rocket lettuce, caramelized onions, parmesan cheese, garlic aioli, roasted sour dough loaf

Croque Monsieur 145
Ham, swiss cheese, béchamel sauce, baked butter golden bread

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### ORIENTAL

**Thai Beef Red Curry**  
Thai curry, green and red peppers, baby corn, mushrooms, aubergine, onions, coconut milk, cashew nuts, basil leaves  
$145

**Szechuan Beef**  
Wok seared beef, bamboo shoot, black fungus, onion, chili bean sauce, steamed rice  
$165

**Black Pepper Beef**  
Wok seared beef in black pepper sauce, three colour capsicum, onion, braised kailan, steamed Rice  
$165

**Hainanese Chicken Rice**  
Poached or roasted chicken, chicken broth, fragrant rice, soya, ginger, chili garlic dipping sauce  
$110

**Fish Curry**  
Fish, Coconut cream, Coriander, Bok Choy, Yellow Noodle  
$155

**Tempura Moriawase**  
Vegetables tempura, shrimp, shredded ginger, daikon, tempura sauce  
$140

**Prawn Sweet and Sour**  
Wok fried prawn, pineapple, onion, bell pepper, steam rice  
$135

### NOODLES

**Pad Thai**  
Thai wok fried rice noodles, chicken, tofu, onions, ground peanuts, bean sprouts, fried egg  
$135

**Singaporean Curry Laksa**  
Shredded free range chicken, prawns, fried tofu, quail eggs, yellow noodle  
$155

**Char Kway Teow**  
Wok fried rice noodle, chicken, bean sprout, spicy soy sauce  
$135

"Hong Kong" Stir Fried Noodles  
Wok fried “Hong Kong” noodles, pork charsio, carrot, bok choy, Chinese cabbage, spring onion  
$145
### INDOonesian

<table>
<thead>
<tr>
<th><strong>Rendang Sapi</strong></th>
<th>145</th>
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<tbody>
<tr>
<td>Braised beef cooked in spicy coconut milk, steamed rice</td>
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<thead>
<tr>
<th><strong>Ayam Goreng</strong></th>
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<tbody>
<tr>
<td>Crispy fried free range spring chicken, steamed rice, fresh vegetables, sambal</td>
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<tr>
<th><strong>Ayam Bakar Wong Cilik</strong></th>
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<tbody>
<tr>
<td>Grilled aroma chicken, fresh vegetables, fried bean cake, sambal terasi, sambal ijo</td>
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<thead>
<tr>
<th><strong>Kambing Mekuah</strong></th>
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<tbody>
<tr>
<td>Braised lamb in spiced coconut gravy, tomato, spring onion, fried shallot, steamed rice</td>
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<tr>
<th><strong>Ikan Pesmol</strong></th>
<th>145</th>
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<tbody>
<tr>
<td>Indonesian deep fried fish, fried tofu, sautéed green beans</td>
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<tr>
<th><strong>Gurame Goreng Kering</strong></th>
<th>155</th>
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<tbody>
<tr>
<td>Crispy gurame fish, sambal colo colo , steamed rice</td>
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<tr>
<th><strong>Ikan Pepes</strong></th>
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<tbody>
<tr>
<td>Baked white Snapper marinated with turmeric paste wrapped in banana leaf, steamed rice, sambal</td>
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<tr>
<th><strong>Be Celeng Mebase Manis</strong></th>
<th>155</th>
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<tbody>
<tr>
<td>Balinese braised pork with traditional spices, fried shallot, steamed rice</td>
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<thead>
<tr>
<th><strong>Ikan Bakar Benoa</strong></th>
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<tbody>
<tr>
<td>Grilled snapper fillet, plecing kangkung, bean sprout, sambal tomat, fried peanut, steamed rice</td>
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<thead>
<tr>
<th><strong>Nasi Goreng</strong></th>
<th>125</th>
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<tr>
<td>Stir fried rice, chicken and shrimp paste, fried egg, prawn crackers</td>
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<tr>
<th><strong>Mie Goreng</strong></th>
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<tbody>
<tr>
<td>Stir fried noodles, scrambled eggs, chicken and shrimp, vegetables, prawn crackers</td>
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<tr>
<th><strong>Sup Buntut</strong></th>
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<tbody>
<tr>
<td>Oxtail meat, potatoes, leeks, carrot, celery, fried shallots, crackers, green chili sambal, steamed jasmine rice</td>
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<thead>
<tr>
<th><strong>Soto Ayam</strong></th>
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<tbody>
<tr>
<td>Classic Indonesian aromatic chicken soup, turmeric broth, shredded chicken, boiled egg, glass noodles, bean sprouts, fried potato chips , red chili sambal, steamed jasmine rice</td>
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# Dessert

- **Cheese Plate**
  135
  Selection of five cheeses, cheeses served with fig and red wine compote, walnuts, pecan nuts, fresh grapes, crackers, fruit bread

- **Seasonal Fruit Salad**
  80
  Mint coulis, lemon sorbet

- **Banana Split**
  90
  Fresh Bananas, vanilla ice cream, strawberry ice cream, chocolate ice cream, vanilla sauce, strawberry sauce, chocolate sauce, choco chips, almond roast, whipped cream, choco tuile

- **Orange Crème Brûlée**
  90
  Orange crème brulée, raspberry coulis, yoghurt sorbet, white chocolate granola, caramel tuile

- **Caramel Brownie**
  90
  Caramel brownie bar, chocolate soil, white dust, chocolate sauce, chocolate tuile, raspberry sorbet

- **Hazelnut Mousse**
  90
  Hazelnut mousse, pistachio - coconut dacquoise, chocolate sauce, chocolate soil, pistachio crunch, chocolate soil, white dust, raspberry coulis, chocolate tuile, vanilla ice cream

- **Passion Fruit Cheese Cake**
  90
  Passion fruit cheese cake, passion fruit compote, lime sorbet

- **Pisang Goreng**
  90
  Indonesian banana fritter, cheese, chocolate sauce, vanilla ice cream

- **Sorbet Selection**
  70
  Choice of three scoops, please ask server for daily selection

- **Ice Cream Selection**
  70
  Choice of three scoops, please ask server for daily selection

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