



## 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** **70**  
Parmesan cheese, basil, lentils, carrots, spinach, lemon

#### APPETIZERS

Cajun Crab and Quinoa Cakes – **257 kcal** **95**  
Rocket, mustard pickled yoghurt

Sprout Salad – **72 kcal** **65**  
Mixed lentils and pulses, tomatoes, onions, coriander, lemon zest, olive oil

#### MAIN COURSE

Crispy Snapper and Roasted Cherry Tomatoes – **295 kcal** **230**  
Fresh herbs, capers, panko, olive oil, balsamic

Chicken Basquaise – **399 kcal** **220**  
Chicken, tomato, red and green peppers, white wine, garlic, olive oil

Prawn Pad Thai – **400 kcal** **190**  
Flat rice, noodles, prawns, sriracha, lime, garlic, bean sprouts, shallots, peanuts

Indonesian spiced braised chicken – **220 kcal** **190**  
Chicken, ginger, garlic, coriander, shallots, fish sauce, chicken broth, rice

#### DESSERT

Lemon Tart – **186 kcal** **65**  
Fresh seasonal berries, crème fraîche

Strawberry and Lemon Panacotta – **168 kcal** – NV **65**  
Strawberries, lemon, vanilla



## A LA CARTE MENU

### SOUP

<b>SOUP A L'OIGNON</b>	95
Oven baked traditional French onion soup, cheese crust	
<b>MUSHROOM VELOUTÉ</b>	90
Cream of wild mushroom soup, truffle infused	
<b>CHICKEN AND SWEET CORN</b>	80
Chicken, garlic, sweet corn, spring onions, soy sauce	

### SALADS

<b>GADO-GADO</b>	120
Mixed steam vegetables, fried tofu, fermented bean curd, emping cracker, peanut sauce	
<b>AYAM PELALAH</b>	135
Spicy Balinese shredded roasted chicken, long bean salad, peanut crackers, fried shallot	
<b>THAI BEEF SALAD</b>	160
Marinated roast beef, leafs, red pepper, tomatoes, spring onions, rice noodles, coriander	
<b>CLASSIC CAESAR SALAD</b>	100
Romaine lettuce, anchovy, garlic and herb croutons, parmesan tuile, caesar dressing	

### ADDITIONAL

<b>GRILLED CHICKEN BREAST</b>	45
<b>SMOKED SALMON</b>	80
<b>BLOW TORCHED PRAWNS</b>	100
<b>SALADE NIÇOISE</b>	135
Yellow fin tuna, potato, roasted peppers, olives, french beans, quail eggs, citrus vinaigrette	
<b>ROCKET AND REGGIANO PARMIGIANO</b>	105
Wild rocket leaves, shaved reggiano parmigiano salad, balsamic vinaigrette	
<b>GREEK SALAD</b>	125
Tomato, cherry tomatoes, onions, cucumber, green pepper, mint, capers, feta cheese, black olives	
<b>TOMATO AND MOZZARELLA</b>	135
Fresh mozzarella, tomato, balsamic, garlic and oregano vinaigrette	
<b>MIXED LEAVES WITH YOUR CHOICE OF DRESSING</b>	90
Mixed leaves, tomatoes, onions, carrots, cucumber, peppers and olives	

### DRESSINGS

French vinaigrette  
Italian vinaigrette  
Lemon vinaigrette  
Thousand Island



## APPETIZER

<b>FOIE GRAS</b>	245
Goose and chicken liver parfait, grape chutney, capers, cornichons, toasted brioche	
<b>SMOKED SALMON</b>	200
Avocado, cucumber salad, Indonesian vinaigrette	
<b>SCALLOPS</b>	210
Charred scallop, beurre blanc, saffron chips, micro herbs, roes	
<b>CALAMARI</b>	190
Crisp salt and pepper calamari, parsley, garlic, lemon, rocket, lime aioli	
<b>PARMESAN GOUJONS</b>	190
Chicken panco parmesan crisps, lemon, rocket, and parmesan salad pommery mustard mayonnaise	
<b>SUSHI &amp; SASHIMI ASSORTMENT</b>	200
Selection of eight sushi and sashimi, wasabi, pickled ginger, soya sauce	

## INDONESIAN APPETIZER

<b>LUMPIA</b>	100
Indonesian chicken and prawn spring rolls, carrots, bean sprouts, coriander and pickled vegetable salad, sweet peanut sauce	
<b>SATE CAMPUR</b>	135
Chargrilled Indonesian satays, chicken, lilit, beef, peanut sauce, vegetable pickles fried shallot served with rice cake or steamed rice.	
<b>SATE LILIT</b>	135
Chargrilled Balinese fish minced satay on lemongrass skewer, Balinese dipping sauce served with rice cake or steamed rice	
<b>SATE MARANGGI</b>	210
Beef satay in coriander seasoning, turmeric paste, rice cake, sambal, acar	
<b>ANEKA GORENGAN</b>	110
Spring rolls, sweet corn fritter, pastel, bean curd fritter, chili sambal, peanut sauce	
<b>BALINESE SAMPLER</b>	310
Lumpia - crisp chicken and prawn spring roll Sate Litit - minced fish satay Ayam Pelalah - shredded chicken in rice paper roll Sambal Udang - Balinese spiced prawn on lemon grass stick Dipping Sauce Lawar Kacang - long bean salad	



## RISOTTO AND PASTA

<b>RISOTTO MILANESE</b>	125
Wild mushrooms, saffron, parsley, Parmigiano Reggiano	
<b>BOLOGNESE</b>	110
Spaghetti, minced beef sauce, parmesan	
<b>NAPOLITAN</b>	100
Spaghetti, fresh oven roasted tomato sauce, basil, parmesan	
<b>RAVIOLI</b>	180
Crab ravioli, shallot and mustard cream, greens	

## MAINS

<b>BARRAMUNDI</b>	255
Crispy skin barramundi, sautéed root vegetables, braised fennel, caper sauce	
<b>SALMON</b>	330
Oven baked salmon, cream leek, Lombok dams, asparagus, saffron sauce	
<b>FISH AND CHIPS</b>	265
Crisp tempura fish, tartar sauce, salad, french fries	
<b>PRAWNS</b>	265
Crisp panko and oatmeal prawns, rosemary roasted potatoes, red onion tartar sauce, lemon, white balsamic vinegar	
<b>BEEF</b>	485
Grilled tenderloin, pommes puree or pommes frites, fennel salad, Béarnaise sauce	
<b>LAMB</b>	495
Sous vide lamb loin, eggplant puree, potato cake, glazed vegetable root, rosemary jus	
<b>CHICKEN</b>	245
Free range braised chicken, mash potato, pickled onion and mushroom, chicken jus	
<b>SAUCES ON SIDE</b>	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



## **SANDWICHES & BURGERS**

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

<b>BEEF BURGER</b>	<b>180</b>
Beef patty, romaine lettuce, fried egg, swiss cheese, beetroot and onion relish, dijon mustard, onion rings	
<b>WITH FOIE GRAS</b>	<b>310</b>
<b>CHICKEN BURGER</b>	<b>155</b>
Chicken patty, romaine lettuce, fried egg, swiss cheese, cornichon relish, onion rings	
<b>VEGETABLE BURGER</b>	<b>135</b>
Baked potato and spinach patty, cheddar cheese, tomato, rocket, mushrooms, onion rings	
<b>STEAK SANDWICH</b>	<b>190</b>
Minute cube roll, feta cheese, ciabatta, rocket, spicy tomato relish, mustard mayonnaise	
<b>CLUB SANDWICH</b>	<b>165</b>
Chicken, bacon, romaine lettuce, tomato, fried egg, mayonnaise, toasted bread	
<b>LOBSTER CLUB SANDWICH</b>	<b>245</b>
Sous vide lobster, crisp pancetta, avocado, vine ripe tomatoes, rocket, lemon zest and chervil mayonnaise	
<b>OVEN ROASTED VEGETABLE SANDWICH</b>	<b>135</b>
Grilled mushroom, roasted peppers, oven dried tomatoes, baby rocket lettuce, caramelized onions, parmesan cheese, garlic aioli, roasted sour dough loaf	
<b>CROQUE MONSIEUR</b>	<b>145</b>
Ham, swiss cheese, béchamel sauce, baked butter golden bread	



## **ORIENTAL**

### **THAI BEEF RED CURRY** 145

Thai curry, green and red peppers, baby corn, mushrooms, aubergine, onions, coconut milk, cashew nuts, basil leaves

### **SZECHUAN BEEF** 165

Wok seared beef, bamboo shoot, black fungus, onion, chili bean sauce, steamed rice

### **BLACK PEPPER BEEF** 165

Wok seared beef in black pepper sauce, three colour capsicum, onion, braised kailan, steamed Rice

### **HAINANESE CHICKEN RICE** 110

Poached or roasted chicken, chicken broth, fragrant rice, soya, ginger, chili garlic dipping sauce

### **FISH CURRY** 155

Fish, Coconut cream, Coriander, Bok Choy, Yellow Noodle

### **TEMPURA MORIAWASE** 140

Vegetables tempura, shrimp, shredded ginger, daikon, tempura sauce

### **PRAWN SWEET AND SOUR** 135

Wok fried prawn, pineapple, onion, bell pepper, steam rice

## **NOODLES**

### **PAD THAI** 135

Thai wok fried rice noodles, chicken, tofu, onions, ground peanuts, bean sprouts, fried egg

### **SINGAPOREAN CURRY LAKSA** 155

Shredded free range chicken, prawns, fried tofu, quail eggs, yellow noodle

### **CHAR KWAY TEOW** 135

Wok fried rice noodle, chicken, bean sprout, spicy soy sauce

### **"HONG KONG" STIR FRIED NOODLES** 145

Wok fried "Hong Kong" noodles, pork charsiu, carrot, bok choy, Chinese cabbage, spring onion



## INDONESIAN

<b>RENDANG SAPI</b>	145
Braised beef cooked in spicy coconut milk, steamed rice	
<b>AYAM GORENG</b>	135
Crispy fried free range spring chicken, steamed rice, fresh vegetables, sambal	
<b>AYAM BAKAR WONG CILIK</b>	135
Grilled aroma chicken, fresh vegetables, fried bean cake, sambal terasi, sambal ijo	
<b>KAMBING MEKUAH</b>	135
Braised lamb in spiced coconut gravy, tomato, spring onion, fried shallot, steamed rice	
<b>IKAN PESMOL</b>	145
Indonesian deep fried fish, fried tofu, sautéed green beans	
<b>GURAME GORENG KERING</b>	155
Crispy gurame fish, sambal colo colo , steamed rice	
<b>IKAN PEPES</b>	145
Baked white Snapper marinated with turmeric paste wrapped in banana leaf, steamed rice, sambal	
<b>BE CELENG MEBASE MANIS</b>	155
Balinese braised pork with traditional spices, fried shallot, steamed rice	
<b>IKAN BAKAR BENOA</b>	200
Grilled snapper fillet, plecing kangkung, bean sprout, sambal tomat, fried peanut, steamed rice	
<b>NASI GORENG</b>	125
Stir fried rice, chicken and shrimp paste, fried egg, prawn crackers	
<b>MIE GORENG</b>	125
Stir fried noodles, scrambled eggs, chicken and shrimp, vegetables, prawn crackers	
<b>SUP BUNTUT</b>	130
Oxtail meat, potatoes, leeks, carrot, celery, fried shallots, crackers, green chili sambal, steamed jasmine rice	
<b>SOTO AYAM</b>	110
Classic Indonesian aromatic chicken soup, turmeric broth, shredded chicken, boiled egg, glass noodles, bean sprouts, fried potato chips , red chili sambal, steamed jasmine rice	



## DESSERT

<b>CHEESE PLATE</b>	135
Selection of five cheeses, cheeses served with fig and red wine compote, walnuts, pecan nuts, fresh grapes, crackers, fruit bread	
<b>SEASONAL FRUIT SALAD</b>	80
Mint coulis, lemon sorbet	
<b>BANANA SPLIT</b>	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	
<b>ORANGE CRÈME BRULÉE</b>	90
Orange crème brulée, raspberry coulis, yoghurt sorbet, white chocolate granola, caramel tuile	
<b>CARAMEL BROWNIE</b>	90
Caramel brownie bar, chocolate soil, white dust, chocolate sauce, chocolate tuile, raspberry sorbet	
<b>HAZELNUT MOUSSE</b>	90
Hazelnut mousse, pistachio - coconut dacquoise, chocolate sauce, chocolate soil, pistachio crunch, chocolate soil, white dust, raspberry coulis, chocolate tuile, vanilla ice cream	
<b>PASSION FRUIT CHEESE CAKE</b>	90
Passion fruit cheese cake, passion fruit compote, lime sorbet	
<b>PISANG GORENG</b>	90
Indonesian banana fritter, cheese, chocolate sauce, vanilla ice cream	
<b>SORBET SELECTION</b>	70
Choice of three scoops, please ask server for daily selection	
<b>ICE CREAM SELECTION</b>	70
Choice of three scoops, please ask server for daily selection	