

# FLEUR DE SEL

Spring 2017

## APPETIZERS AND SHARED PLATES

### “ASSIETTE GOURMANDE” P/A

From a single plate to a shared platter it is the chef's special of the day

### CHARRED BABY OCTOPUS \$9.50 GF

Roasted onions and Portobello – capers and peppers sweet and sour piperade

### SNAILS IN PUFF PASTRY \$10

Sautéed half dozen French snails – mushroom – garlic and herb in a veal demi glace sauce

### FOIE GRAS PANNA COTTA \$9

“la belle farm” foie gras – bacon jam – Italian black truffles – herbs scented fougasse bread

### RILLETTE \$7

Country style pork paté - mushroom confit – toasted tartines – cornichons

### SWEET GARLIC AND TOMATO FLATBREAD \$8

Sun dried tomato pesto brushed – poached garlic and goat cheese spread  
Local pea shoots - pepitas –

### CRAB “ACRAS ANTILLAIS” FRITTERS \$9

Blue crab spiced fritters– Lime ginger dipping sauce

## SOUPS AND SALADS

SOUP OF THE DAY                      CUP \$4                      BOWL \$6.75

### LOBSTER BISQUE \$8

With a side of parmesan popover and topped with Pernod foam

### ROMAINE \$8.75

Caesar dressing\* - crisp parmesan - red onions

Side salad (also available with balsamic dressing) \$4.50

### BABY GREENS \$9.75

Mixed greens – feta cheese - tomato - olives - celery - balsamic vinaigrette

Side salad \$4.95

### SHRIMP, AVOCADO AND FRESH MOZZARELLA SALAD \$14

#### ½ ORDER \$7.75

Hot house tomatoes - basil oil - balsamic glaze – mixed greens with avocado

### SUMMER GOAT CHEESE SALAD \$8

Deep fried goat cheese – Napa cabbage, arugula, shaved fennel salad – pistachios  
Whole grain mustard and honey vinaigrette

### EGG AND POTATO SALAD \$7

61° organic poached egg from EGA farms – warm fingerling potato salad –  
Local micro green shoots - Truffle scented vinaigrette - Fried parsley

*A 18% gratuity will be added for parties of 8 or more, tabs left open  
and credit card receipts left unsigned.*

*No separate checks for parties of 8 or more*

*\* The use of cellular phones in the restaurant and consuming raw or undercooked meats, poultry,  
seafood, shellfish or eggs may increase your risk of food borne illness.*

*Many dishes contain ingredients not listed on the menu.*

*Please let us know if you have allergies of food sensitivities*

## LES ENTRÉES

### **“MAC AND CHEESE” \$ 13**

Cream and parmesan recreate an American classic – rigatoni pasta

### **PORTOBELLO & VEGETABLE LASAGNA (no pasta) \$ 16 GF**

Baked with mozzarella – zucchini – tomatoes – eggplant – tomato sauce  
Herbes de Provence

### **LAMB MERGUEZ PASTILLA \$ 19**

House made spiced lamb sausage wrapped in a crispy “brick” with eggplants and baked –  
Local micro green salad with a green olive tapenade – lime ginger aioli

### **BLACK TIGER PRAWNS AND GNOCCHI \$ 26**

Sautéed large shrimp (5) in a dry vermouth cream sauce –  
Kale -and mushroom – Parisian gnocchi

### **CHICKEN AND TRUFFLES – A Fleur de Sel specialty \$ 22**

Natural chicken breast grilled – mushroom duxelle ravioli – Italian black truffles cream

## “LES CLASSIQUES” BECAUSE THEY ARE TIMELESS

### **CROQUE MONSIEUR \$ 14**

### **CROQUE MADAME with a 61° egg \$ 15.50**

French bistro style “grilled cheese” sandwich – smoked ham – bistro fries

### **RIS DE BOEUF SAUTÉ AU COGNAC \$ 17**

Beef sweetbread - Porcini mushrooms – asparagus –  
Brandy cream sauce - Parisian gnocchi

### **JOUES DE PORC RAVIGOTE \$ 19**

**GF**

Braised pork cheeks – crispy organic Kale - Ravigote vinaigrette –  
Creamy risotto – Bacon jam

### **CAILLE AU FOIE GRAS**

1 bird \$ 17

2 birds \$ 26

**GF**

Boneless roasted quail stuffed with a chicken and foie gras mousse -  
Herbed butter green beans – gratin of potatoes Dauphinois

### **CONFIT DE CANARD “AUX EPICES” \$ 23 GF**

Duck confit – grilled duck sausage - fennel, bell peppers, fingerling potatoes fricassée  
Balsamic, green peppercorn demi glace

### **STEAK FRITES MAITRE D’HOTEL \$ 27**

8 to 9 oz. grilled USDA choice beef New York – topped with herb butter  
Bistro fries - FDS mustard

## SIDE DISHES

Side of duck sausage \$ 6

Side of herbed butter green beans \$ 5

Mac and cheese \$ 5

Bistro fries \$ 4

Crispy goat cheese \$ 3.50

White truffle oil drizzle \$ 1

Grilled chicken breast [4 oz.] \$ 6

Bread basket as an appetizer \$3

**GF – GLUTEN FREE**

**TAKE HOME – FDS SPICE MIX, FDS MUSTARD**

[ask your server about it]