

# FLEUR DE SEL

Summer 2017

## APPETIZERS AND SHARED PLATES

### **ALEPPO PEPPER TUNA BRICK \* \$ 9.50**

Aleppo pepper scented ahi tuna – goat cheese – sun dried tomato pesto  
Cooked rare in a brick – Aurora sauce

### **CHARRED BABY OCTOPUS \$ 10 GF**

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

### **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

### **SUMMER “CHILLED” FLATBREAD \$ 8**

Romesco purée – local fresh vegetables shoots –  
Cheddar cheese shavings from Brush Creek Creamery, Deary Idaho

### **FRIED PANISSE BITES \$ 6 VGF\***

A speciality of Provence made of garbanzo beans flour (gluten free) – Chermoula 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

### **SMOKED CANDIED SALMON FARM SALAD \$ 17 ½ ORDER \$ 9**

House smoked and maple syrup candied salmon – lemon and olive oil vinaigrette -

Vegetables, shoots, salad from local farms – server description

*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

### **ROASTED QUAIL 1 bird \$ 16 2 birds \$ 26 GF**

Boneless roasted quails –house made spiced pork sausage – Chermoula vinaigrette  
Quinoa and cucumber tabouleh salad

### **FDS SPICED SHRIMP AND GNOCCHI \$ 26**

Marinated in our own spices mix then sautéed large shrimp (6) - Parisian gnocchi  
San marzano tomato sauce and sun dried tomatoes pesto cream – local shoots salad

### **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

### **TUNA “PAN BAGNAT” SANDWICH \$ 17**

Classic sandwich from the French Riviera – house made fougasse bread –olive tapenade  
Seared rare tuna – hard boiled farm egg – tomatoes, onions, salad – olive oil – side of fries

### **RIS DE BOEUF SAUTÉ AU COGNAC \$ 18**

Beef sweetbread – black trumpet mushrooms – kale –  
Brandy cream sauce – Fingerling potatoes

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

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

### **CÔTES D’AGNEAU À LA PROVENÇALE 2 chops \$ 19 3 chops \$ 25 GF**

Herbes de Provence crusted and roasted lamb chops (cooked medium rare to medium)  
Green olives tapenade – artichokes savory cheesecake - side of panisse fries -

### **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 local vegetables when available \$ 5

Mac and cheese \$ 6

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

Savory artichoke cheesecake \$4

**GF – GLUTEN FREE**

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

(ask your server about it)