

FLEUR DE SEL

Winter 2016

APPETIZERS AND SHARED PLATES

CRISPY SMOKED DUCK TENDERLOINS \$ 9

Crispy fried breaded duck tenders – butternut squash ribbons – black garlic sauce

SNAILS IN PUFF PASTRY \$ 10

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

SHRIMP AND VEGETABLE FRITURE \$ 9

Crispy fried shrimp and onions, carrots, peppers, celery dressed in a lime, ginger aioli

RILLETTE \$ 7

Country style pork paté - mushroom confit – toasted tartines

“IDAHOAN RACLETTE” FLATBREAD \$ 8

Cream of Idaho spuds, onions – French Raclette cheese – Apple wood smoked bacon jam

FOIE GRAS PANNA COTTA \$ 9

“la belle farm” foie gras – rhubarb jam – 4 spices bread – Italian black truffles

SOUPS AND SALADS

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

ONION SOUP GRATINÉE \$ 8

The way my mom made it

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

WINTER GOAT CHEESE SALAD \$ 8

Deep fried goat cheese – red cabbage salad mix – candied walnuts – dried cranberries

Figs vermouth vinaigrette

EGG , BEETS AND BUTTERNUT SQUASH SALAD \$ 8

FDS spiced roasted beets and butternut squash – baby kale – tarragon vinaigrette

Local E.G.A. farms organic 61° poached egg – roasted pumpkin seeds

*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” \$ 12

Cream and parmesan recreate an American classic – rigatoni pasta

PORTOBELLO & VEGETABLE LASAGNA (no pasta) \$ 15 GF

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

SMOKED PORK TENDERLOIN \$ 19 GF

Smoked slow cooked pork tenderloin – sweet Brussels sprout purée
Braised red cabbage in gastrique – caramelized walnuts – bacon jam

BLACK TIGER PRAWNS AND GNOCCHI \$ 24

Sautéed large shrimp (5) in a dry vermouth cream sauce – Spinach- 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

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

RIS DE BOEUF SAUTÉ AU COGNAC \$ 16

Sweetbread - black mushrooms – butternut squash – brandy cream sauce
Parisian gnocchi

ESCALOPE DE VEAU GRATINÉE \$ 19

Thin 4 oz. veal cutlet topped and baked with smoked ham, parmesan mornay sauce
Creamy risotto with spinach - horseradish demi glace

COULIBIAC DE SAUMON \$ 20

Wild Alaskan sockeye salmon baked in puff pastry with duxelle mushroom and spinach
Tarragon beurre blanc sauce

GIGOT D’AGNEAU PROVENÇAL \$ 19

Herbes de Provence crusted and roasted leg of lamb (cooked medium rare to medium)
Parsley and garlic savory bread pudding – crispy kale – capers piperade -

CONFIT DE CANARD “AUX EPICES” \$ 23 GF

Duck confit – grilled duck sausage - fennel, bell peppers, 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

Mac and cheese \$ 5

Crispy goat cheese \$ 3.50

Grilled chicken breast [4 oz.] \$ 6

Side of vegetables (spinach or kale) \$ 5

Bistro fries \$ 4

White truffle oil drizzle \$ 1

Bread basket as an appetizer \$3

GF – GLUTEN FREE

TAKE HOME – FDS SPICE MIX, FDS MUSTARD

[ask your server about it]