

THE FIRST SHOWING OF LUMIÈRE CINEMATOGRAPH

ON 28 DECEMBER 1895, THE FIRST CINEMATOGRAPH SHOW TOOK PLACE IN THE SALON INDIEN AT THE HOTEL SCRIBE. THE FIRST PUBLIC MEETING ATTRACTED ONLY THIRTY THREE SPECTATORS. HOWEVER, THE WORD OF MOUTH QUICKLY SPREAD THE NEWS. A FEW WEEKS LATER, THE SALON INDIEN ACCOMMODATED 2500 SPECTATORS PER DAY. THE SUCCESS WAS HENCEFORTH MAINTAINED. THE CINEMA SHOW WAS BORN!

THE TEN FILMS MAKING UP THIS HISTORICAL SHOW WERE ALL TURNED BY LOUIS LUMIÈRE, WHO HAD INVENTED, WITH THE CINEMATOGRAPH, NOT ONLY A TECHNICAL PROCESS BUT ALSO ITS USE. HE FILMED ALL THE 1895 FILMS OUTSIDE AND IN A NATURAL SETTING, THUS FOUNDING AESTHETICS AND THE SET OF THEMES OF FUTURE VIEWS OF THE LUMIÈRE CATALOGUE. SO YOU COULD FIND AT THIS VERY FIRST SHOW A COMMENTARY, A CURRENT AFFAIR, COMICAL VIEWS, MILITARY VIEWS, SCENES OF DAILY LIFE ON WORK AND LEISURE AND A VIEW OF THE CITY, FOLLOWING ONE ANOTHER.

EXECUTIVE CHEF
SÉBASTIEN CRISON

MONDAY TO FRIDAY FROM NOON TO 2 PM AND FROM 7 PM TO 10 PM

NET PRICES IN EUROS
MOST OF OUR RECIPES ARE PREPARED WITH LOCAL PRODUCTS
ALL OUR MEATS ARE FROM FRANCE
ALL OF OUR DISHES ARE HOMEMADE, DEVELOPPED ON SPOT FROM RAW PRODUCTS
WE WILL BE HAPPY TO ASSIST YOU IN YOUR SELECTION
IF YOU SUFFER FROM ANY FOOD ALLERGIES OR FOOD INTOLERANCE

LUMIÈRE DU JOUR

LUNCH MENU

STARTER AND MAIN COURSE OR
MAIN COURSE AND DESSERT - WATER - COFFEE

45

STARTERS

SARDINE

CEVICHE WITH DAÏDAÏ, GRILLED AUBERGINE, TOMATO AND
COURGETTE MARMALADE EMULSIFIED WITH VIRGIN OLIVE OIL

OR

STARTER OF THE DAY ACCORDING TO THE MARKET'S PRODUCTS

MAIN DISHES

MACKEREL

ROASTED WITH THAI LEMONGRASS, CAULIFLOWER, HERB RAVIOLI
AND FUMET STOCK EMULSIFIED WITH GREEN CURRY BUTTER

OR

MAIN DISH OF THE DAY ACCORDING TO THE MARKET'S PRODUCTS

DESSERTS

PARISIENNE TO CHOOSE FROM THE CHEF PÂTISSIER'S TROLLEY

WATERS

EVIAN, VITTEL, BADOIT OR SAN PELLEGRINO, 50 CL

COFFEE AND MIGNARDISES

BEVERAGES NON INCLUDED

GRAND ÉCRAN

FOR LUNCH OR DINNER

95

GLASS OF VEUVE CLICQUOT PONSARDIN «YELLOW LABEL» BRUT CHAMPAGNE
AND APPETIZERS

STARTERS

PEAS & CARROTS

COLD SOUP WITH CORIANDER, LEMON PICKLED CARROTS,
CRUNCHY PEAS AND HONEY-GLAZED PORK BELLY CONFIT

OR

DUCK FOIE GRAS

WITH SARAWAK BLACK PEPPERCORN, GREEN CABBAGE LEAF,
CHANTERELLE VINAIGRETTE AND CHALLANS DUCKLING

MAIN DISHES

GERMON TUNA

CARAMELIZED WITH THAI SPRING ONION AND SOYA, THYME ROASTED TOMATO,
THIN SLICED COURGETTE AND BANDED CARPET SHELLS

OR

CHRISTOPHE ROBIN'S CHICKEN

ROASTED CHICKEN BREAST, THIGH STUFFED WITH ARTICHOKE AND
TROUT LILY, CARROT FRICASSÉE AND BROAD BEANS IN SEAWEED BUTTER

CHEESES

SELECTION OF REFINED CHEESES

DESSERTS

CHOOSE FROM THE PASTRY CHEF'S TROLLEY

COFFEE AND MIGNARDISES

BEVERAGES NON INCLUDED

À LA CARTE

STARTERS

SARDINE

CEVICHE WITH DAIDAI, GRILLED AUBERGINE, TOMATO AND
COURGETTE MARMALADE EMULSIFIED WITH VIRGIN OLIVE OIL

17

PEAS & CARROTS

COLD SOUP WITH CORIANDER, LEMON PICKLED CARROTS,
CRUNCHY PEAS AND HONEY-GLAZED PORK BELLY CONFIT

20

DUCK FOIE GRAS

WITH SARAWAK BLACK PEPPERCORN, GREEN CABBAGE LEAF,
CHANTERELLE VINAIGRETTE AND CHALLANS DUCKLING CARPACCIO

28

ARTICHOKE

IN A VINAIGRETTE SAUCE WITH A LARGE ROASTED LANGOUSTINE,
WHEAT CRISP AND BLACK PUDDING WITH SAN CLEMENTE BACON

37

STARTER FROM THE MARKET

CREATION OF THE DAY ACCORDING TO THE MARKET'S PRODUCTS

18

À LA CARTE

FISHES

BLUE LOBSTER & RABBIT

PAN-ROASTED, CARAMELIZED FILLET WITH TROUT LILY,
BUTTERY POLENTA AND BABY CARROTS, WITH LOBSTER JUS

49

MACKEREL

ROASTED WITH THAI LEMONGRASS, CAULIFLOWER, HERB RAVIOLI
AND FUMET STOCK EMULSIFIED WITH GREEN CURRY BUTTER

32

GERMON TUNA

CARAMELIZED WITH THAI SPRING ONION AND SOYA, THYME ROASTED TOMATO,
THIN SLICED COURGETTE AND BANDED CARPET SHELLS

37

MEATS

FARMHOUSE SUCKLING VEAL

LIGHTLY COOKED TARTARE, MACADAMIA NUTS, CARAMELIZED SHALLOTS,
SAUTÉED CHANTERELLES, CELERIAC AND RICH JUS

38

QUERCY FARMHOUSE LAMB

ROASTED NOISETTE, SMOKED SHOULDER AND LOIN « KEBAB »,
GRILLED AUBERGINE, BROWN BULGUR AND FETA

39

CHRISTOPHE ROBIN'S CHICKEN

ROASTED CHICKEN BREAST, THIGH STUFFED WITH ARTICHOKE AND
TROUT LILY, CARROT FRICASSÉE AND BROAD BEANS IN SEAWEED BUTTER

32

MAIN DISH FROM THE MARKET

CREATION OF THE DAY ACCORDING TO THE MARKET'S PRODUCTS

27

CHEESES

SELECTION OF REFINED CHEESES

16

DESSERT

PARISIENNE

TO CHOOSE FROM THE PASTRY CHEF'S TROLLEY

10

EXPRESSO COFFEE

5,50

GREEDY COFFEE

13

COGNAC **HENNESSY V.S.O.P (5 CL)**
AND ITS FINANCIER PASTRY

18

LIQUOR (5 CL) AND ITS MACAROON

15



LOW-CALORIE GASTRONOMY

BY SOFITEL QUIBERON THALASSA SEA & SPA

INVENTIVE, FLAVORFUL, EXCITING...

DE-LIGHT MEANS MAXIMUM PLEASURE AND MINIMUM CALORIES. 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.

SOFITEL CHEFS WORLDWIDE ARE SPREADING DE-LIGHT, CRAFTING DELICIOUSLY LIGHT, DELIGHTFULLY TASTY DISHES ACCORDING TO THE SOFITEL QUIBERON PRINCIPLES.

ENJOY A GASTRONOMIC ADVENTURE FEATURING COMPELLING BLENDS OF FRENCH AND LOCAL CULINARY TRADITIONS AS WELL AS A MAGNIFIQUE BOOST TO A HEALTHY LIFESTYLE.



**À LA CARTE
OR MENU**

STARTER AND MAIN DISH OR MAIN DISH AND DESSERT

WATER - COFFEE

45

STARTERS

COLD BEETROOT SOUP

COCKLES MARINIÈRES AND FROMAGE FRAIS

WITH HORSERADISH 115 KCAL

15

SALMON

CARPACCIO OF SALMON, MISO VINAIGRETTE,
GRAPEFRUIT AND CRUNCHY RADISH 165 KCAL

15

DISHES

ESCABECHE FISH FILLET

CUCUMBER AND FENNEL SALAD,

FRESH CORIANDER 140 KCAL

25

GRILLED FILLET OF GUINEA FOWL

MUSHROOM PUREE AND TENDER CINNAMON CARROTS 290 KCAL

25

DESSERTS

SEASONAL FRUIT SALAD

FRESH MANGO AND MINT COULIS,
WHIPPED FROMAGE FRAIS 87 KCAL

10

CHOCOLATE AND BLOOD ORANGE LEAF

BLOOD ORANGE JELLY, CRÈME PÂTISSÈRE MADE WITH
SOYA MILK AND SUGAR-FREE CHOCOLATE LEAVES 130 KCAL

10