

Dinner



Our De-light menu is based on a new low calorie gastronomy program in partnership with Thalassa Sea & Spa. The De-Light menu offers a healthy, balanced & delicious option of a tasteful meal with less than 700 calories.



Gluten free dish

APPETIZERS

Jean-Baptiste de Quintinye's Grand Carre 102 cal • 13



Poireaux vinaigrette and herbs

Grilled shrimps 136 cal • 19



Tomato fennel marmalade, baby arugula, piment d'Espelette

Maine lobster & Avocado • 25



Fresh Maine lobster, avocado, sauce Aurore

Golden beet and goat cheese • 14



Stuffed golden beets with goat cheese, pine nuts, raisins

Assorted baby kale • 12



Assorted baby kale leaves, roasted tomatoes, shaved parmesan, sherry vinaigrette

Escargots • 15

Sautéed escargot with vegetable brunoise and red wine, gratiné with Pastis escargot butter and grilled ficelle bread

Foie gras au torchon • 22

Foie gras marinated with Cognac, ginger marmalade, grilled country bread

Salmon tartare • 15



Smoked and fresh salmon tartare, cilantro, shallots, ginger

SOUPS

French onion soup • 12

Gruyère & Parmesan cheeses gratinés

Soups of the day • 12

Inquire with your waiter

Executive Chef Sylvain Harribey

Master Chef of France - Member of the French Culinary Academy

2011 "Chopped" winner on the Food Network

For a group of 6 attendees or more, a 20% gratuity will be added automatically.



De-Light: an healthy, balanced and delicious meal with less than 700 calories.



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DAILY SPECIALS

Monday

Hanger steak • 30

Potato crushed shallot confit,
warm vinaigrette

Tuesday

Lapin aux pruneaux 267 cal • 28

Roulade of rabbit stuffed with prunes and
Armagnac, served with peas braised with
lettuce, mint and baby onions

Wednesday

Red Snapper • 31

Spaghetti squash persillade, citrus sauce


Thursday

Grilled lamb chops • 29

Eggplant caviar, couscous,
ras el hanout sauce


Friday

Monkfish and shrimps • 29

Pan Seared, purple-potato puree, flat  ns,
lemon beurre blanc

Saturday

Rib Eye steak • 32

12 oz Grilled steak, potato  le,
stuffed mushroom zucchini, béarnaise
sauce

ENTREES

Duck breast 290 cal • 31

Skinless seared duck breast, red organic rice, baby spinach
and carrots, sauce à l'orange

Wild Caught Massachusetts Scallops 288 cal • 33

Accompanied by asparagus, mushrooms, and beet ragout

Atlantic Salmon • 30

Seared salmon, Faro seeds, confit fenouil, sauce vierge

Bronzini • 31

Pan seared filet, italian coucous with parmesan, spring relish,
green jus

Chicken picatta • 28

Grilled pounded chicken breast, mushroom raviolis, roasted
vegetables, double Dijon mustard sauce

Angus filet mignon • 37

Fingerling potatoes coated with herbs and parmesan
cheese, roasted grapes tomatoes, Bordelaise sauce

Spanish Chorizo omelet • 22

3-egg omelet, chorizo, onion, peppers, potatoes, baby kale

Tuna and quinoa Niçoise • 26

Fresh Ahi tuna marinated in black pepper and herbs,
haricots verts, quinoa, quail egg, Kalamata olives,
red wine vinaigrette

Steak frites • 30

Grilled top sirloin served with truffle butter, baby kale,
French fries

VEGETARIAN

Homemade vegetarian lasagna • 26

Zucchini, sweet smoked pepper, eggplant, ricotta cheese,
Parmesan gratin, served with Roma tomato and oregano
sauce

Mushroom risotto • 24

Arborio rice with wild mixed mushrooms, Parmesan, truffle
oil

Gaby
BRASSERIE FRANÇAISE