








	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTERS	Grated carrots, corn and balsamic vinaigrette  Mushrooms in lemon cream sauce Garlic sausage  Rice with avocado, pineapple, and shrimp Watermelon 	Tzatziki   Tomato gazpacho  Rolled ham and cheese Indian-style pasta salad (chicken and curry) Saveloys in vinaigrette 	Mimosa salad (green salad, eggs, tomatoes and croutons)  Pizzetta Sardines with lemon Grapefruit Melon  	Celeriac in vinaigrette  Guacamole & chips Durum wheat salad with surimi Tuna loaf Watermelon 	Rillettes and pickles  Tomato and goat cheese quiche Salad with Emmental cheese, ham, and corn  Tomatoes and sheep's cheese   Radishes and butter  
HOT MAIN DISHES AND SIDES	Breaded cheese  Mexican duck thigh Bulgur with baby vegetables / Broccoli with butter sauce	Provençale beef  Turkey paupiette with cream sauce Durum wheat pilaf / Breton-style peas	Sausage Rougail  Fish of the day with hollandaise sauce Basmati rice / Rougail vegetables	Turkey fillet with Colombo sauce (coconut milk and curry)  Minced beef in black pepper sauce Roasted potatoes (local) / Salsifies with parsley 	Pollock loins with cumin Pineapple pork sauté  Pasta shells with butter / Spinach in Bechamel sauce
DAIRY PRODUCT	Cheese or Dairy Product	Cheese or Dairy Product	Cheese or Dairy Product	Cheese or Dairy Product	Cheese or Dairy Product
DESSERTS	Chocolate banana Fresh fruit  Molten cake with apricots Floating island  Fromage blanc with rhubarb compote 	Filled doughnut Baked apple on gingerbread Red berry soup Fresh fruit  Ice cream	Compote with meringue Baked pears with whipped cream Millefeuille Fresh fruit  Custard tart 	Peach Melba Chocolate jelly  Fresh fruit  Strawberry and raspberry tart Smoothie 	Fresh fruit  Fresh fruit salad  Tiramisu Dessert cream  Cream puff with whipped cream
	Grated carrots, corn and balsamic vinaigrette Breaded cheese Bulgur with baby vegetables / Broccoli with butter sauce Cheese or Dairy Product Chocolate banana	Tzatziki Provençale beef Durum wheat pilaf / Breton-style peas Cheese or Dairy Product Filled doughnut	Mimosa salad (green salad, eggs, tomatoes and croutons) Sausage Rougail Basmati rice / Rougail vegetables Cheese or Dairy Product Compote with meringue	Celeriac in vinaigrette Turkey fillet with Colombo sauce (coconut milk and curry) Roasted potatoes (local) / Salsifies with parsley Cheese or Dairy Product Peach Melba	Rillettes and pickles Pollock loins with cumin Pasta shells with butter / Spinach in Bechamel sauce Cheese or Dairy Product Fresh fruit



 **Seasonal product**
All or part of this dish is made with seasonal raw ingredients

 **All whole pork, beef, chicken, and turkey meat served in the restaurant is of 100% French origin**

 **Organic Product**
All our homemade milk-based desserts are made with organic raw milk from Pannetière farm

 **Veggie party!**



Local products

- * Chicken: Galliance, Ancenis
- * Turkey: Ferme de la Brégonnerie, Nort sur Erdre
- * Pork and beef: Viandissime, Le Poiré sur Vie
- * Bread: Tradéoz, Orvault
- * Eggs: Gaec de l'eau vive, St-Hilaire de Clisson
- * Potatoes: Mahot, Chaumes en Retz

- * Pancakes and buckwheat galettes: Catal Roc, Treillères
- * Fish: Cap Marée, Nantes
- * Organic vegetables: Tom Pousse, La Chapelle sur Erdre
- * Milk, fromage blanc, cheese (tomme): Ferme La Pannetière, La Chapelle sur Erdre
- * Cold cuts: Gérard, Legé (44)
- * Organic yoghurt: Ferme Péard, Blain