

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTERS	Endives with cheese and honey vinaigrette  Rice with surimi and chives Potato and tuna salad Mixed sausages  Pomelo 	Grated vegetables and balsamic vinaigrette  Rillettes on toast Greek-style mushrooms Grated carrots in lemon sauce  Salami 	Apple and celeriac salad  Parisian salad Vol-au-vent Hummus Cauliflower with aurora sauce	Vegetable soup Mini penne pasta with ham and olives Mini toasted ham and cheese sandwich Liver pâté  Salad Niçoise	Middle Eastern tabbouleh Red cabbage & Granny Smith apples  Beetroot in vinaigrette Saveloys in vinaigrette  Durum wheat, corn & cheese salad
HOT MAIN DISHES AND SIDES	Chicken Cordon Bleu with tomato sauce Skate wing with capers Bulgur / Julienne of vegetables	Macaroni and cheese  Minced beef in black pepper sauce Broccoli gratin Macaroni	Jambalaya Armorican calamari Rice / Matchstick vegetables with runner beans	Pork and honey stew  Duck leg with shallots Moquette beans (local) / Caramelised parsnip sauté 	Fish au gratin Veal meatballs with mushrooms Winter squash purée (organic) / Baked potatoes 
DAIRY PRODUCT	Cheese or Dairy Product	Cheese or Dairy Product	Cheese or Dairy Product	Cheese or Dairy Product	Cheese or Dairy Product
DESSERTS	Dessert cream  Floating island  Fresh fruit  Dark chocolate tart with white-chocolate shavings Red berry soup	Fresh fruit  Mango and passion fruit mousse & Speculoos chunks Lemon cake Cinnamon pears Panna cotta & Oreos 	Chocolate chip muffin Baked apple with raisins and gingerbread Baked custard with fruit & granola  Fresh fruit  Coconut pyramid	Vanilla jelly  Farm-fresh fromage blanc  Grilled apples Fresh fruit  Semolina cake 	Tiramisu Marble cake Fresh fruit salad  Fresh fruit  Flavoured yoghurt
	Endives with cheese and honey vinaigrette Chicken Cordon Bleu with tomato sauce Bulgur / Julienne of vegetables Cheese or Dairy Product Dessert cream	Grated vegetables and balsamic vinaigrette Macaroni and cheese Broccoli gratin Cheese or Dairy Product Fresh fruit	Apple and celeriac salad Jambalaya Rice / Matchstick vegetables with runner beans Cheese or Dairy Product Chocolate chip muffin	Vegetable soup Pork and honey stew Moquette beans (local) / Caramelised parsnip sauté Cheese or Dairy Product Vanilla jelly	Middle Eastern tabbouleh Fish au gratin Winter squash purée (organic) / Baked potatoes Cheese or Dairy Product Tiramisu

MOKE
your plate
The healthy choice !



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 Brégeonnerie, 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

This menu may occasionally be changed due to supplier shortages or service requirements.