





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTERS	Grated carrots and corn  Beetroot in vinaigrette  Durum wheat salad with lardons Tuna loaf	Melon   Tomato gazpacho Rosette sausage and pickles  Indian-style pasta salad (chicken and curry)	Lettuce with tomatoes, cheese & fried onions  Grapefruit Sardines with lemon Tomato and mozzarella quiche	Cucumbers with Bulgarian sauce   Mushrooms in lemon cream sauce  Garlic sausage  Cheese pastry	Eggs in mayonnaise Avocado mousse with tortilla chips Salad with Emmental cheese, ham, and corn  Watermelon 
HOT MAIN DISHES AND SIDES	Turkey fillet with tomato sauce  Andouillette sausage  Chips / Ratatouille (organic) 	Minced beef Fish of the day Durum wheat pilaf / Peas	Sausage Rougail  Omelette with fines herbes  Basmati rice / Rougail vegetables	Caramel pork sauté  Mexican-style duck thigh Bulghur with baby vegetables / Braised celeriac with pearl onions	Tortellini with spinach & ricotta  Chicken supreme with mushrooms  Green salad  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	Fresh fruit  Caramel mousse Molten cake with apricots Ice cream Dessert cream	Ring doughnut Blueberry tartlet Applesauce Fresh fruit  Pudding with caramel sauce	Caramel custard Crumble Millefeuille Baked pears with whipped cream Fresh fruit 	Chocolate jelly   Crème brûlée  Fresh fruit  Vanilla cream topped with whipped cream Cream puff with whipped cream	Fresh fruit  Fresh fruit salad  Red berry tiramisu Clafoutis Fromage blanc with raspberries 
Balance YOUR menu	Grated carrots and corn Turkey fillet with tomato sauce Chips / Ratatouille (organic) Cheese or Dairy Product Fresh fruit	Melon Minced beef Durum wheat pilaf / Peas Cheese or Dairy Product Ring doughnut	Lettuce with tomatoes, cheese & fried onions Sausage Rougail Basmati rice / Rougail vegetables Cheese or Dairy Product Caramel custard	Cucumbers with Bulgarian sauce Caramel pork sauté Bulghur with baby vegetables / Braised celeriac with pearl onions Cheese or Dairy Product Chocolate jelly	Eggs in mayonnaise Tortellini with spinach & ricotta Green salad 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