

La Parisienne

FRENCH CUISINE

When Pierre-August Renoir painted his famous *La Parisienne* (the Parisian Lady), his style was considered modern and revolutionary, and she came to represent the *esprit du temps* — the spirit of the age of Paris. Our *La Parisienne* presents the culinary spirit of our age. Her sleek, contemporary décor is a perfect canvas for modernized, classic French cuisine served white-glove style — a dining experience to rival any of the celebrated restaurants on Paris' world-renowned *rive gauche*.

GREAT BEGINNINGS

Fruit Juices

Orange, pineapple, passion fruit, grapefruit or local fruit juice of the day

Yogurt

Sweetened or plain

Fruit Plate

Vanilla yogurt sauce

Cereal

Corn Flakes, Frosted Flakes, Raisin Bran or All-Bran cereal. Regular, low-fat or soy milk.

Pastry Basket

Croissants, assorted Danishes, muffins

Steel-Cut Oatmeal

Brown sugar, raisins, almonds

HOT SIGNATURE DISHES

Classic Eggs Benedict

Grilled ham, Hollandaise sauce, paprika dust

Smoked Salmon Benedict

Smoked salmon, Hollandaise sauce, crispy hash browns

Fluffy Pancake

Blueberry compote, whipped butter, warm maple syrup

CLASSICS

Two Eggs Any Style

Crispy hash browns and choice of bacon, ham or sausage

Corned Beef Hash

Two poached eggs, stone-ground mustard Hollandaise

Vegetable Omelet

Made-to-order with your choice of onions, tomatoes, mushrooms, peppers, spinach, Cheddar or Pepper Jack

French Toast

Braised bananas, warm Barbadian rum syrup

Steak and Eggs

Strip steak, two eggs, crispy hash browns

Open Face Omelets

Made-to-order with your choice of lobster, shrimp, ham, onions, tomatoes, mushrooms, sweet peppers, spinach, Cheddar, feta or Pepper Jack cheese

SIDES

Breakfast Pork Sausage

Bacon


Grilled Ham


Baked Beans


Toast

Hash Browns

 Vegetarian

 **Balanced Lifestyle**
These dishes offer healthier preparations and lower calorie counts

 **Gluten-Free**
Please consult your server on which dishes can be prepared gluten-free

 **Lactose-Free**
Please consult your server on which dishes can be prepared lactose-free

Please inform your server if you have any food allergies or special dietary requirements. Sandals' kitchens are not food allergen-free environments. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of food-borne illness to young children, seniors, and those with compromised immune systems.

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HORS D'OEUVRES - Appetizers

Salade Niçoise

Organic mixed greens, seared tuna, potato, boiled egg, haricots verts, tomato, Kalamata olives, citrus-herb vinaigrette

Salade Maison

Seasonal local greens, semi-dried tomato, goat cheese, asparagus, mustard vinaigrette dressing

Soupe à l'Oignon

French onion soup, caramelized onions, rich beef broth, melted Gruyère toast

Escargots à la Bourguignonne

Tender snails drenched in melted garlic-herb butter

Cocktail de Crevettes

Poached shrimp, lime, cocktail sauce

Coquilles

Pan-seared sea scallops, chorizo, cauliflower purée, crispy bacon & herb crumble

Tarte aux Champignons

Wild mushroom ragoût, fresh herb-garlic cream, puff pastry

PLATS PRINCIPAUX - Main Courses

Poulet Cordon Bleu - Signature Dish

Ham & cheese-filled breaded breast of chicken, rice pilaf, seasonal vegetables, lingonberry relish

Bouillabaisse

Prawns, mussels, squid, scallops, grilled fennel, leeks, potatoes, saffron fish fumet, garlic rouille

Canard Bigarade

Pink roasted duck breast, Pommes William, market vegetables, orange-scented duck jus reduction

Souris d'Agneau aux Romarin

Braised lamb shank, haricots verts, caramelized pearl onions, roasted pumpkin, mashed potato, cabernet jus

Filet de Sole à la Meunière

Pan-seared sole fillet, market vegetables, parsley potatoes, lemon beurre blanc, fried caper sauce

Châteaubriand

Hand-carved filet of beef tenderloin, green asparagus, gratin dauphinois, creamy five peppercorn sauce

Gratin de Crêpes aux Artichauts

Savory artichoke-filled crêpes, baked with Gruyère cheese, mascarpone reduction

Crevettes Provençales

Tiger prawns, plum tomatoes, garlic, white wine, olives, herbes de Provence, potato purée

DESSERTS

Gâteau au Chocolat Opéra

White chocolate mousse, coconut and caramel mousse, genoise sponge, rum cream

Île Flottante

"Floating island" of poached meringue, crème anglaise, almond praline


Mille Feuilles Aux Baies


Layers of crème pâtissier, marinated berries, Grand Marnier, crisp phyllo, Chantilly cream


Tarte Aux Poires

Baked and caramelized pear, sweet shortbread, frangipane, vanilla ice cream

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