

# L'Instant *M*

## Les Essentiels



### In the kitchen

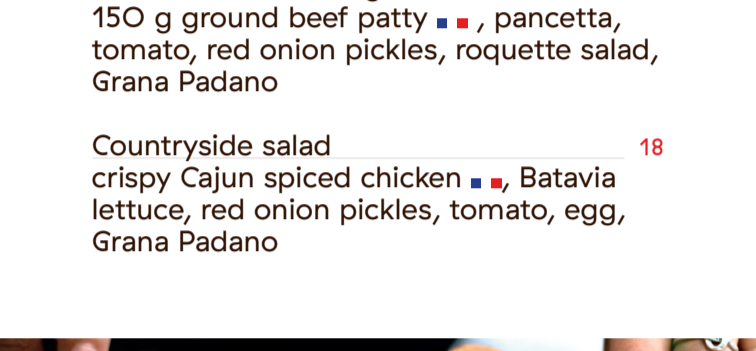
**JEAN MARC**

Originally from the Grenoble region, Jean Marc will help you discover through his cooking, the traditional and emblematic dishes of our region.

### STARTERS OR TO SHARE

Our selection of platters:	18
Cured meats and sausage / Cheese / Mixed	
🌿 Humus with toast	5
Terrine Duo: Country style/Espelette pepper	8
Crispy Cajun spice chicken ■ ■ ■, Espelette chilli mayonnaise	8
Mimosa eggs	6
🌿 Courgette gazpacho with herbs, fresh cream and crunchy vegetables	8
Salmon gravlax, crunchy fennel, pomegranate, virgin olive oil with fine herbs	11
🌿 Burrata, heritage style tomatoes, piquillo pepper coulis	12
Little gem, grilled pancetta, balsamic cream, walnuts	7

VEGETARIEN



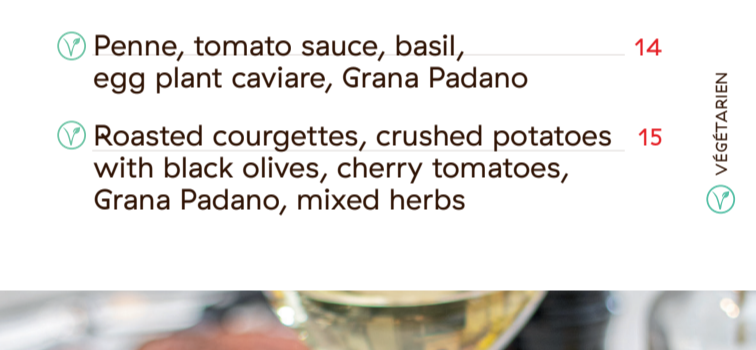
### THE CLASSICS

200 g hanger steak,	23
served with red onion caramelised in soy sauce	
180 g Charolais beef tartar raw ■ ■ ■	19
whole grain mustard	
House Brasserie Burger	20
150 g ground beef patty ■ ■ ■, pancetta, tomato, red onion pickles, roquette salad, Grana Padano	
Countryside salad	18
crispy Cajun spiced chicken ■ ■ ■, Batavia lettuce, red onion pickles, tomato, egg, Grana Padano	



### SEA FOOD

Salmon escalope	23
Seaside salad	18
Salmon gravlax, batavia lettuce, tomato, hard boiled egg, black olives, fennel, red onion pickle	



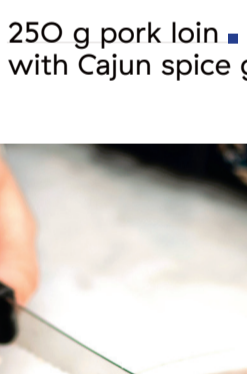
### A DIFFERENT SIGNATURE

🌿 Penne, tomato sauce, basil, egg plant caviare, Grana Padano	14
🌿 Roasted courgettes, crushed potatoes with black olives, cherry tomatoes, Grana Padano, mixed herbs	15

VEGETARIEN



### Our chefs' recipe book



In this book our chefs have given vegetables a different signature beyond just a basic side dish. Simple and generous recipes to highlight seasonal vegetables.

On sale in your restaurant

### FOR THE GOURMETS

400 g hanger steak,	44
red onions caramelised in soy sauce	
250 g pork loin ■ ■ ■,	18
with Cajun spice gravy	



### a choice of sides — for your main course

- Fresh chips
  - Penne
  - Crushed potatoes with black olives and mixed herbs
  - Roasted courgettes
  - Season's vegetables
  - Salad
- Surcharge for extra sides 4€

### DESSERT

Seasonal fruit Melba	9
Chocolate mousse with caramelised hazelnuts	7
Fred's profiteroles	11
Red fruit tiramisu	10
Indulgent coffee or tea	12



### On the slate

**STARTERS / MAINS**

OR

**MAINS / DESSERT**

- 19 -

Lunchtime only.

### KID'S MENU

- 13 -

with drink, up to 12 years old

(Syrup plus water or lemonade or Soft drink or fruit juice)

#### CHOICE OF MAINS:

150 g ground beef patty ■ ■ ■ or Salmon escalope  
ou Chicken breast ■ ■ ■

ou ½ Penne, tomato sauce, basil,  
egg plant caviare, Grana Padano  
A choice of side dish

#### CHOICE OF DESSERT:

½ chocolate mousse or ½ fruit Melba  
or ½ profiteroles or Ice cream (2 scoops)

For all room service, flat rate charge of €8 Glass or jug of water free of charge on request. All our prices are in euros including VAT. Allergen list available on request. 🌿 Vegetarian dish. ■ ■ ■ Origin France. The indicated meat weights are gross and before cooking and can vary by +/-10%.