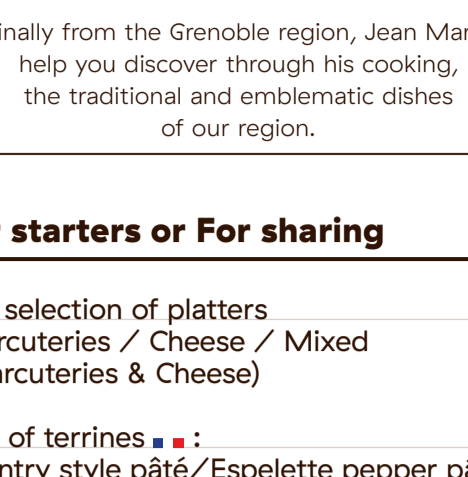


L'INSTANT *M*

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.

For starters or For sharing

- Our selection of platters _____ 18
Charcuteries / Cheese / Mixed
(Charcuteries & Cheese)
- Duo of terrines ■ ■ ■ : _____ 8
Country style pâté/Espelette pepper pâté
- 🌱 Smooth tomato cream – Superproducteur ■ ■ ■ 8
- Iberian ham croquettes _____ 5
- Smoked salmon, lentil salad, _____ 12
Martin Pouret mustard dressing
- Chicken eggs, whole-grain mustard _____ 6
mayonnaise and mixed herbs
- 🌱 Cream of mushroom soup, _____ 7
creamy parsley sauce
- Red onion Tarte Tatin, smoked duck 📷 10
breast, Comté cheese and rocket

VEGETARIEN



Classics

- House Brasserie Burger _____ 21
ground beef patty 150 gr ■ ■ ■, Cheddar,
bacon, onions, red cabbage pickles and
rocket
- Charolais raw beef tartar 180 gr ■ ■ ■ _____ 21
- Coquillettes (small elbow pasta) 📷 _____ 17
with truffle-flavoured ham and a fried egg
- House Brasserie Salad _____ 18
crispy Cajun spiced chicken, Batavia
lettuce, red cabbage pickles, leeks,
potatoes, egg and Grana Padano



A different signature

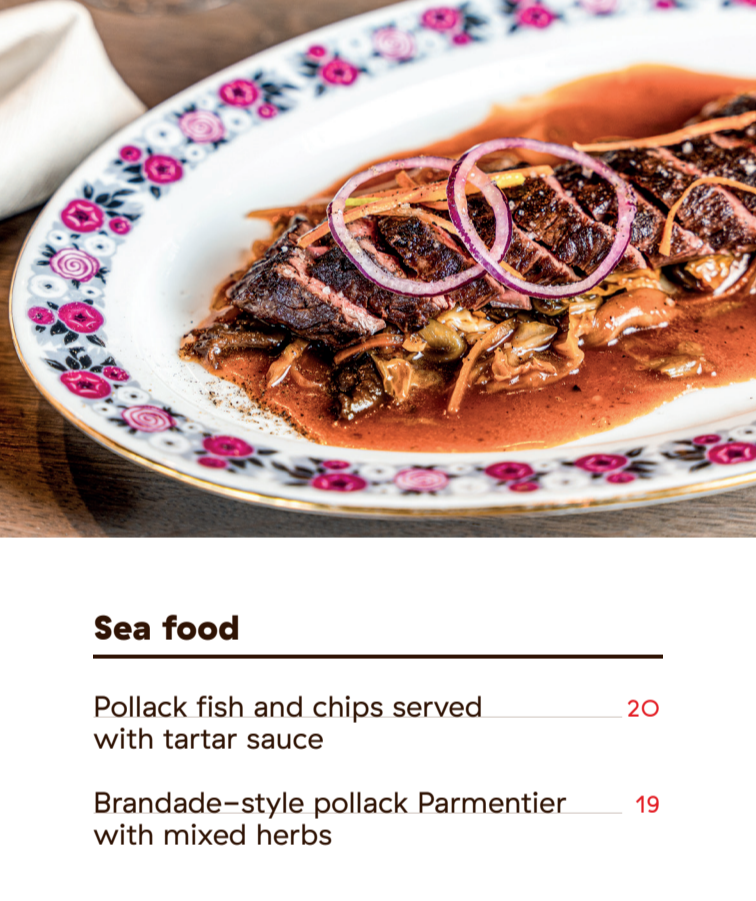
- 🌱 Roasted cauliflower, _____ 14
Martin Pouret mustard sauce
- 🌱 Seasonal vegetables Blanquette 📷 _____ 14

VEGETARIEN

Our chefs' — recipe book



In this book our chefs have given vegetables a different signature, elevating them to more than a mere side dish. Simple and generous recipes to highlight seasonal vegetables.
On sale in your restaurant



Meats

- 'House Brasserie' griddled 📷 _____ 23
180 g minced beef onglet steak
- Veal Marengo in casserole ■ ■ ■ _____ 22



Sea food

- Pollack fish and chips served _____ 20
with tartar sauce
- Brandade-style pollack Parmentier _____ 19
with mixed herbs

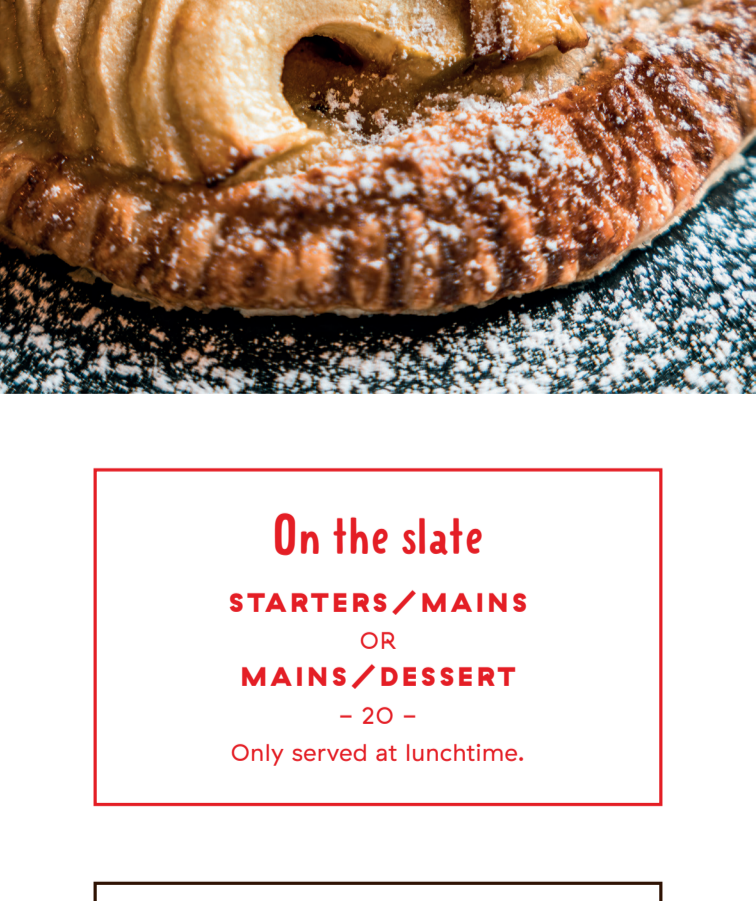
For gourmet eaters

- Generous 300 g ground beef ■ ■ ■, _____ 23
patty topped with a fried egg
- Thyme-seasoned half roast chicken ■ ■ ■ _____ 22
Espelette pepper mayonnaise 📷

A choice of side dishes — served with your main course

- Potato chips
- Smashed potatoes
- Lentils
- Coquillettes (small elbow pasta)
- Seasonal vegetables
- Green salad

Surcharge for extra sides: €4



On the slate

STARTERS / MAINS
OR
MAINS / DESSERT
- 20 -
Only served at lunchtime.

KID'S MENU

- 13 -
includes beverage, for children up to 12 years old
(Syrup with water or lemonade, or soft drink, or fruit juice)

MAINS:
150 g ground beef patty ■ ■ ■
or Fish and Chips with tartar sauce
or Chicken breast or Marengo veal
Choice of side dish:
Potato chips or Coquillettes (small elbow pasta) or
Seasonal vegetables or Smashed potatoes

CHOICE OF DESSERT:
Chocolate mousse
or Fred's profiteroles (children's portion)
or Ice cream (2 scoops)
or Dessert of the day

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