



PLANTATION

STARTERS & SALADS

Fine de claire D'Oléron

French fine de Claire oysters served with condiments or gratinated with spinach and tarragon béarnaise (3 or 6 pieces) **(A)**

40 - 70

Saint Jacques

Pan seared scallops, fennel purée, green apple, celery and cucumber brunoise, crispy brioche, saffron dressing

45

Carpaccio

Pepper marinated Black Angus beef tenderloin, quail eggs, Parmesan crisp rocket lettuce, truffle olive oil dressing

50

Foie gras terrine

Homemade foie gras terrine, toasted almonds, artichokes, mesclun lettuce, raspberry vinaigrette **(A) (N)**

65

Antipasto

Parma ham, spicy salami, speck, mortadella, salame Milano, Manchego cheese cantaloupe melon, gherkins, cocktail onions, mix lettuce in balsamic dressing **(PORK)**

65

STARTERS & SALADS

Mediterranean Salad

Pepper crusted tuna loin, green beans, new potatoes, anchovies, kalamata olives, romaine lettuce in lemon olive oil

45

Salad Forestiere

Poached egg, bread crouton, asparagus, datterino tomatoes, mushrooms, seasonal lettuce, mustard dressing

45

Goat cheese salad

St. Maure cheese gratinated on rosemary focaccia croutons, poached baby pears, dried figs, roasted pine nuts, mesclun salad in vinaigrette dressing **(N)**

55

SOUPS

Cold Vichyssoise

Creamy potatoes & leeks soup, fresh chives, extra virgin olive oil (V)

35

Pumpkin velouté

Butternut pumpkin soup, shaved winter truffle, brioche bread croutons (V)

35

MAIN COURSES

CASSOLETTES VEGETARIENNES

Jardinière de légumes

Selection of slow cooked vegetables, baby carrots, peas, new potatoes,
green beans, snow beans (V)

50

Gratinated gnocchi

Homemade potato gnocchi, tomato basil sauce, buffalo mozzarella gratin (V)

60

Ravioli

Ricotta spinach stuffed pasta, dry tomatoes, truffle pecorino cheese, butter sage sauce (V)

65

Vegetable lasagna

Oven baked lasagna, creamy vegetables, tomato basil sauce, Parmesan cheese gratin

65

MAIN COURSES

CASSOLETTES DU TERROIR

Daube

Traditional Wagyu beef stew, steamed baby potatoes, mushrooms (A) 100

Haricot de mouton

New Zealand braised lamb shank, white beans, rosemary olive oil 90

Blanquette de Poulet

Creamy chicken stew, mushrooms, seasonal vegetables, black truffle shavings 75

Osso buco

Slow cooked veal shank, aromatic herbs “gremolata”, fresh corn flour polenta (A) 80

Tartiflette

Cheese lover’s Reblochon cheese, charlotte potatoes, turkey bacon 65

MAIN COURSES

CASSOLETTES DE LA MER

Guazzetto

Oven baked Sea Bass “pot au feu”, kalamata olives, potatoes, cappers, tomato basil broth (A) **75**

Dos de cabillaud

Cod fish, braised baby leeks, ratatouille (A) **80**

Rouget

Red Mullet barigoule, artichokes, baby vegetables saffron broth (A) **90**

Calamars farcis

Prawn & mussel stuffed squid, mashed potatoes, tomato coulis with peas **95**

Moules marinières

Sauté black mussels, shallot, white wine, potatoes Pont neuf (A) **65**

DESSERTS

Signature Praline

Almond hazelnut praline, lemon compote, raspberries & lavender honey sauce **35**

Tarte fine aux pommes

Traditional cinnamon apple tart, vanilla ice-cream **35**

Crêpe

Fresh pancake trilogy: plain, chocolate and homemade strawberry jam, served with vanilla Chantilly, icing sugar and fresh berries **35**

Millefeuille

Raspberry millefeuille, lemon custard, basil raspberry coulis **35**

Tiramisu

Coffee flavoured biscuits, mascarpone mousse, amaretto liqueur (A) **35**

Chocolate fondant

Valrhona chocolate fondant, poached baby pear, hazelnut praline ice-cream (N) **35**

Cheese trolley

Affinated cheese selection, homemade compotes, dry figs, crackers **55**

Dish containing Nuts (N), Dish containing Alcohol (A)

All prices are in UAE Dirhams inclusive of 10% Municipality fee and 10% Service charge



LOW - CALORIE GASTRONOMY
BY SOFITEL DUBAI JUMEIRAH BEACH

DE-LIGHT MENU

INVENTIVE, FLAVORFUL, EXCITING... PLEASURE AND MINIMUM CALORIES

Give into the temptation of gourmet cuisine without compromising your healthy lifestyle goals.

Savor exquisite, nutritiously-balanced dishes featuring fresh seasonal ingredients and offering a memorable dining experience.

Innovative culinary techniques and an unwavering commitment to refined tastes and textures have inspired a low-calorie menu that will enchant your palate and energize your soul.

ابتكارى, ذواق, مشوق و ممتع, و قليل السعرات الحرارية

لاغرائك بأفضل و أشهى الأطباق من دون المساومة على نمط حياتك الصحية

طعم رائع, و اطباق متوازنة غذائيا تعطي طابعا موسميا بالمكونات و تقدم تجارب تذوق لا تنسى

تقنيات مبتكرة و التزام لا متناهي لتلبية أرقى الأذواق و تقدم الأصناف المستوحاة من المكونات قليلة الدسم التي سوف ترضي رغباتك و تحفز الروح

DE-LIGHT MENU

STARTERS / مقبلات

Carpaccio of smoked salmon, chives, low fat cream cheese, asparagus, lemon 65

كارباتشيو السالمون الاسكتلندي المدخن, جبنة قليلة الدسم, هليون, ليمون

150 kcal

Beetroot, pear, endive, mache salad, quail egg, chive vinaigrette 55

سلطة الشمندر, كمثرى, انديف, ماشي, بيض السممان, صلصة خل

45 kcal

MAIN COURSES / أطباق رئيسية

Poached cod fish "court bouillon", carrots, braised leeks, sauce vierge 160

سمك القد المسلوق, جزر, كرات مطبوخ, صلصة فييرغ

215 kcal

Roasted lamb loin, Dijon mustard, herbs, baby spinach, green peas puree 155

لحم الضان المشوي, خردل ديجون فرنسي, اعشاب, سبانخ, صلصة بازلاء

315 kcal

DE-LIGHT MENU

DESSERTS / حلويات

"Œufs à la neige" floating island, eggs whites, vanilla, chocolate curls, crème Anglaise

35

حلوى الجزيرة العائمة, بياض البيض, فانيليا, شوكولاتة, كريما انكليزية

140 kcal

Pineapple carpaccio, star anise cardamom, lemon, lime zest, sorbet

30

كارباتشيو الأناناس, يانسون وهال, ليمون, قشر الليمون, مثلجات

45 kcal

SET MENU

Carpaccio of smoked salmon, chives, low fat cream cheese, asparagus, lemon

كارباتشيو السالمون الاسكتلندي المدخن, جبنة قليلة الدسم, هليون, ليمون

150 kcal

Poached cod fish “court bouillon”, carrots, braised leeks, sauce vierge

سمك القد المسلوق, جزر, كرات مطبوخ, صلصة فييرغ

215 kcal

Pineapple carpaccio, star anise cardamom, lemon, lime zest, sorbet

كارباتشيو الأناناس, يانسون وهال, ليمون, قشر الليمون, مثلجات

45 kcal