

# La Parisienne

FRENCH CUISINE

When Pierre-August Renoir painted his famous *La Parisienne* (the Parisian Lady), his style was considered modern 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 — a dining experience to rival any of the celebrated restaurants on Paris' world-renowned *rive gauche*.

## HORS D'OEUVRES - Appetizers

### Tartare De Thon ✓

Sushi grade yellowfin tuna, Sriracha sauce, shallots, lemon juice, avocado, ponzu-wasabi aioli

### Salade Maison 🌱🌿✓

Seasonal greens, semi-dried tomato, red radish, asparagus, mustard vinaigrette dressing

### Soupe à l'Oignon

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

### Cocktail de Crevettes ✓

Poached shrimp, lime, cocktail sauce

### Escargots à la Bourguignonne

Tender snails drenched in melted garlic-herb butter

### Salade de Ratatouille et Pois Chiches 🌱🌿✓

Blistered cherry tomato, roasted onion, zucchini, eggplant, olives, crisp baguette chips, extra virgin olive oil, balsamic drizzle

### Pâté en Croûte

Pork & chicken liver, pistachios, apple chutney, port wine reduction

## PLATS PRINCIPAUX - Main Courses

### Poulet Cordon Bleu - Signature Dish ✓

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

### Provençal Fish Stew ✓

White fish fillet, shrimp, mussels, squid, fennel, leeks, saffron tomato broth, garlic bread

### 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

### Médallions de Boeuf Grillées

Grilled beef tenderloin medallions, asparagus, mashed potatoes, peppercorn sauce

### Roulade Végétalienne 🌱🌿✓

Premium plant-based Hungry Planet® meat, sautéed spinach, braised lentils, broccoli, spicy tomato chutney

### 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

### Mille Feuilles Aux Baies

Crème pâtissier, marinated berries, Grand Marnier, crisp puff pastry, Chantilly cream

### Tarte Aux Poires

Pear almond tart, brandy-nutmeg sabayon

🌱 Vegan

🌿 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.

Our Chefs proudly partner with these local farmers and artisans to source quality, fresh-picked ingredients: Sharom Fruits and Vegetable Mart • Thorpe's International Produce • Banana Baron • Armag Farms Ltd • Barbados Agricultural Society