

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