

## Sample French Restaurant Menu

### Starters

- Crevette Cocktail (Shrimp Cocktail)
- Escargot (Snails)
- Foies Gras (Fat Liver)
- Les Huîtres (Oysters on the Half Shell)
- Steak Tartare (Beef Tartar)
- Tartare de Saumon (Salmon Tartar)

### Soups

- Bisque (Cream Soup)
- Vichyssoise (Potato Leek Soup)

### Salads

- Artichauts à la Vinaigrette (Artichoke Salad)
- Asperge à la Vinaigrette (Asparagus Salad)
- Mesclun de Salade (Mixed Green Salad)
- Salade Niçoise (Nice Style Salad)

### Egg Dishes

- Les Oeufs (Fried Eggs)
- Les Omelettes (Omelets)

### Beef Dishes

- Filet de Boeuf (Beef Filet)
- Fondue Bourguignon (Beef Fondue)
- Steak au Poivre (Peppered Steak)
- Steak Frites (Steak and French Fried Potatoes)

### Chicken Dishes

- Poulet Provençal (Roasted Chicken with Herbs)

### Seafood Dishes

- Bouillabaisse (Seafood Stew)
- Moules Frites (Mussels and French Fried Potatoes)
- Saumon en Papillote (Baked Salmon)

## Sample French Restaurant Menu

### Sides

Gratin Dauphinois (Creamed Potatoes)  
Haricots Verts (French Green Beans)  
Pommes Frites (French Fried Potatoes/Chips)  
Ratatouille (Vegetable Stew)

### Desserts

Assiette de Fromage (Cheese Plate)  
Crème Brulée (Baked Custard)  
Fruits à la Crème (Fresh Fruit with Cream)  
Mousse au Chocolat (Chocolate Mousse)  
Les Sorbets (Sorbet)

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## French Menu Item Descriptions

### Starters

#### Crevette Cocktail (Shrimp Cocktail)

Shrimp cocktail usually refers to medium sized shrimp. *Les Gambas*, large shrimp or prawns, may also be seen on some menus. Most restaurants prepare and serve this starter in a similar fashion. The shrimp are boiled in water or fish stock, shelled and chilled. They are traditionally served with a cocktail sauce (tomato sauce, horseradish and lemon juice), lemon wedges and sometimes an additional mayonnaise-based sauce.



#### Gluten-Free Decision Factors:

- Ensure stocks and broths are not made from bouillon which may contain gluten
- Ensure no wheat flour in sauce

#### Allergen Considerations:

- Contains shellfish from shrimp