

# GRAND VELUM MENU

## Culinary creation workshop



**MENU DISCOVERY** 1 main course - 1 coffee with an assortment of desserts - glass of wine (15 cl) **30 €**

**GASTRONOME MENU** 1 starter - 1 main course - 1 dessert **44 €**

**À LA CARTE** Starter - **14 €** / Main course - **25 €** / Dessert - **15 €** / Coffee or Tea with an assortment of desserts **8 €**

### WINE MENUS

1 glass (15 cl), choice in the wine list marked [\*] **6,50 €**

1 sparkling wine - glass, choice in the wine list not marked[\*] **7,50 €**

*"Faced with the need to promote a more altruistic society, it seems that we might be entering the age of the woman."*

Dalai Lama

It's remarkable that the majority of vegetables considered as "super foods" are of the female gender in the French language... Something to think about.

Each dish refers to this main idea that we must get back to the Spirit of "Mother Earth", especially in the way we eat. This Earth, which alone allows us to feed ourselves, now needs us to give "real meaning" to this daily act.

This Menu highlights valuable and delicious foods, symbolising the direct link between the Earth in its totality and our way of eating towards a pure, feminine, and identifiable cuisine; favouring a plant-based diet and inevitably taking inspiration from the conceptual values of bio-ethical cuisine.

The choice to favour these super foods, their history, ancestral origins, and ecosystems in a now globalised world, should be the start of a big change in the way we interact with our food, namely the products of Mother Earth. They present themselves to us as proof of a positively possible understanding between mankind and nature...

## THE STARTERS

### COLLECTION OF CABBAGE<sup>6,7</sup>

The subtle Klamath algae is one of the most ancient life forms to have appeared on our planet. It is the only micro-algae able to evolve spontaneously in a natural lake in the Kalmath Falls region, at an altitude of 1,200 metres, free from pollution. The wild micro-algae *Aphanizomenon flos aquae* provides a general feeling of mental and emotional well-being, which is a perfect match with the benefits of Kale, as well as the Acai berry for its tart sweetness.

**Sauteed pak choi, kale and broccoli in a grey mushroom sauce. Shavings of semi-cooked foie gras, Acai and creamy parsley with Klamath. Crunchy flax seeds enhance this collection.**

Food/wine pairing: Cuvée Romorantin from Domaine Cazin - Cuvée Bubble's Kiss from Domaine de la Châtaigneraie

### SEASCAPE<sup>2,3,6,7</sup>

Maca is a plant that is rich in valuable nutrients that are beneficial to people of all ages. Maca root is believed to boost sports performance, improve memory and aids recovery. Maca has quite a strong taste, and it improves muscle tone and provides a boost of energy. Often presented as an aphrodisiac, this plant, rich in valuable nutrients, provides a feeling of well-being and energy.

**Cream of langoustine with fennel, served at the ideal temperature, Camus artichoke and radishes cooked in lightly salted butter and flavoured with Maca. Thin buckwheat pancakes, grilled spring onions and poached egg yolk.**

Food/wine pairing: Cuvée l'Orbois from Domaine Jean Christophe Mandard - Cuvée Prestige d'Octavie from Domaine Octavie

***In case of allergies or dietary restrictions, ask our staff who will provide you with extra information or offer you alternatives to this menu.***



## THE DISHES

### LA TERRE ELLA MÈRE...<sup>1,3,4,6,7,9</sup>

Silk lucuma differs from other varieties of lucuma fruit due to the delicacy and sweetness of its flesh. This Andean fruit, much loved by ancient civilisations, is known as the gold of the Peruvian Incas. Its yellowy-orange flesh and rich supply of nutrients mean it is also known as the *egg fruit* of the super foods. Lucuma is also characterised by the feeling of a rediscovered, maternal and comforting taste.

**Cereal and seed risotto with ingredients of ethnobotanical origin connected to Mother Earth. Piece of lemon sole stuffed with a root vegetable filling. Salty seaweed sauce for an "Umami" flavour. Roasted new carrots served with a touch of silk lucuma.**

Food/wine pairing: Cuvée Prestige d'Octavie from Domaine Octavie – Chinon rosé from Domaine de la Lande

## THE DESSERTS

### STRAWBERRY AND RHUBARB GRANOLA<sup>1,6,8</sup>

Acerola, a kind of small cherry, originates from the tropical areas of South America, and is one of the fruits with the highest Vitamin C content. Acerola is an antioxidant with a number of benefits for the human body. It boosts vitality and energy, particularly due to the exceptional quality of its vitamin C content, that cannot be matched by synthetic vitamins. Served with rhubarb and strawberry, it's the perfect match.

**A rhubarb compote with acerola cherry, served on a Genoese biscuit with Andoa dark chocolate. Seasonal strawberries and tangy candied rhubarb with acerola cherry. Seed granola with Sologne honey and pistachio-sorrel ice cream... A fruity dessert that is as natural as they come...**

Food/wine pairing: Cuvée Antéa du Domaine Sauvète – Chinon rosé du Domaine de la Lande

### COFFEE AND SELECTION OF MINI DESSERTS<sup>1,3,6,7,8,12</sup>

A selection of mini desserts, in tribute to Gaïa, to be enjoyed with coffee.

**Soft chocolate biscuit with Goji berries, peach and Andoa milk capsule, chocolate cream with coffee beans, cashew nut truffle with green tea and Acai berry foam.**

### VEAL AND "PACHAMAMA" GARNISH<sup>7,8,12</sup>

The cape gooseberry is a healthy product, whether served alone or mixed with other food items... It's full of nutrients and essential vitamins, and regulates blood sugar level, among other things. The cape gooseberry is also known as the "sacred Incan berry". It is a small fruit that originates from the sacred valley of the Peruvian Andes. The sweet and tangy taste of this small precious fruit goes perfectly with this delicate meat.

**Cushion of milk-fed veal, cooked with cape gooseberries and Sologne honey. New potatoes and roasted chard leaves, beechwood smoked veal breast, button mushrooms and sweet peppers for a Grandmother-style garnish. Pan sauce with Isigny cream.**

Food/wine pairing: Cuvée Les Chaînéées d'André from Domaine des Bessons – Cuvée Les Vignerons en Herbes from Domaine des Vins d'Azél

### WAGASHI APPLES<sup>1,3,6,7</sup>

Sea buckthorn is an orange fruit which comes from a small thorny bush with the same name. It is widely used in phytotherapy, where it has a very interesting reputation, particularly due to its exceptional natural antioxidant and omega 7 content. Rich in essential nutrients, antioxidants and vitamins, it has all of the necessary qualities to improve health and well-being.

**An apple, mango and cinnamon puff pastry tart served with carob flavoured praline cream. Sour apple carpaccio with sea buckthorn sauce. Served with candied apples, vanilla miso ice cream and "Wagashi"-style mochi.**

Food/wine pairing: Cuvée Romorantin from Domaine Cazin – Cuvée Signature de la Maison Brédif from le Domaine de Chaumont

### TEA AND SELECTION OF MINI DESSERTS<sup>1,3,6,7,8,12</sup>

A selection of mini desserts, in tribute to Gaïa, to be enjoyed with tea.

**Soft chocolate biscuit with Goji berries, peach and Andoa milk capsule, chocolate cream with coffee beans, cashew nut truffle with green tea and Acai berry foam.**

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## CARTE DU GRAND VELUM

### // LISTE DES ALLERGÈNES // ALLERGENS LIST

1- CÉRÉALES CONTENANT DU GLUTEN [blé - seigle - orge - avoine...]

1- Cereals containing gluten

2- CRUSTACÉS ET PRODUITS À BASE DE CRUSTACÉS

2- Shellfish

3- ŒUFS ET PRODUITS À BASE D'ŒUFS

3- Eggs

4- POISSONS ET PRODUITS À BASE DE POISSONS

4- Fish

5- ARACHIDES ET PRODUITS À BASE D'ARACHIDES

5- Peanuts

6- SOJA ET PRODUITS À BASE DE SOJA

6- Soya

7- LAIT ET PRODUITS À BASE DE LAIT

7- Milk

8- FRUITS À COQUE [amandes - noix - noisettes - noix de cajou - noix de pécan - pistaches]

8- Tree nuts

9- CÉLÉRI ET PRODUITS À BASE DE CÉLÉRI

9- Celery

10- MOUTARDE ET PRODUITS À BASE DE MOUTARDE

10- Mustard

11- GRAINES DE SÉSAME ET PRODUITS À BASE DE GRAINES DE SÉSAME

11- Sesame seeds

12- ANHYDRIDE SULFUREUX ET SULFITES

12- Sulphur dioxide

13- LUPIN ET PRODUITS À BASE DE LUPIN

13- Lupin

14- MOLLUSQUES ET PRODUITS À BASE DE MOLLUSQUES

14- Molluscs