




/Starters

- Pumpkin soup with chestnuts, soft egg, roasted hazelnuts 12,00€
Fish ceviche of the moment with "Letche du Tigre" 14,00€
.Coconut milk, lime, bird pepper, lemongrass, ginger, garlic, coriander.
 Undergrowth tart, candied celery, oyster mushroom cappuccino with coffee. 12,00€
.Fine tartlet topped with wild mushrooms and diced candied celery, coffee-flavoured mushroom cream cappuccino.
The 6 Asserac Oysters from "Fohanno". 13,00€
Marbled homemade duck foie gras marinated with spices and red wine. 24,00€
Like a Sangria, apple chutney with ginger and Goji berries, vegetable pickles, toasted homemade brioche.

/Dishes

- French veal from "Aveyron", low temperature cooking 60° Parsnips and 29,00€
roasted squash, wild mushrooms, reduced meat juice, Balsamic and sage, lightly
whipped with butter.
Low temperature cooking octopus, herbaceous chimichurri sauce. 28,00€
Sweet potato, confit butternut and cooked autumn vegetables.
The fish of the moment (See slate)
The classic VBF Cheese Burger (180g), homemade fries and salad. 21,00€
The Autumn Burger with figs, chanterelles, homemade fries and salad. . . 25,00€
Rustic burger bread, duck breast, homemade foie gras, Sangria sauce.
Tuna tataki with smoked black pepper or sesame seeds. 29,00€
Flavoured rice and vegetable wok, lemongrass soy sauce ginger, Fresh coriander
and lime and vegetable pickles.
 The grilled and candied Butternut, homemade Seitan with smoked
paprika. 21,00€
Butternut risotto with vegetable parmesan and chives, butternut gnocchi, very
fragrant vegetable broth.

/Desserts

- The Mont-blanc of the "Grain of Madness". 12,00€
.Dacquoise biscuit, chestnut cream with Cognac, crunchy meringues,
Vanilla whipped cream, candied oranges, crushed candied chestnuts.
 The tart with Figs and Pecans. 12,00€
Almond cream, fig cream, homemade praline with pecans, Whipped cream with
hazelnuts.
Autumn Meringue. 12,00€
Poached apple, cinnamon pear compote, hazelnut whipped cream, raw fruit.
The Mint-Chocolate Opera« After-Eight » 12,00€
Sacher biscuit, chocolate ganache, joconde biscuit, mint syrup, cream
Fresh mint and Peppermint, mint jelly, chocolate glaze.
The famous homemade Baba with rum from the pastry chef. 14,00€
Vanilla whipped cream, citrus segments.
The pastry chef's dessert. 12,00€
The ageing cheese trolly. 13,00€
From the house "Perrin" in La Baule and "Heude" in La Baule-les-Pins.