



LA TABLE SAINT CRESCENT  
— DEPUIS 1995 —

*by Lionel Giraud*

MENU



## Business lunch

35 €

Fresh market produce of the day, served lunchtimes only, not including weekends & bank holidays.

Starter of the day – Dish of the Day - Cheese or Dessert - Kafa Lavazza coffee

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Each dish is prepared to order,  
please choose same menu for all guests at the table.

## Impromptu Menu

65 €

Starter - Fish or Meat - Dessert  
Choice from the A la Carte Menu  
10€ additional charge for cheese

## Convivial Menu

80 €

Starter - Fish - Meat -  
Selection of matured cheese - Dessert  
Choice from the A la Carte Menu

## Trust Menu

95 €

Chef's Tasting Menu

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Food and wine pairing can be proposed  
by our sommelier for each of our menus

## Children's Menu (-12 years old)

20 €

Meat or fish dish - Dessert - Drink

A list of allergens and drinks is available on request.  
All our meat is born, reared and slaughtered in the EU.  
VAT and service charge included.



## *Starters*

Young eggplant from the Jardins de l'Estarac poached in a seaweed broth and carrot cooking juices, citron melon and an airy Hollandaise sauce

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Squid from the Narbonne coastline cut into tagliatelle, seasonal mushroom cooked with fir tree buds of the Canigou Mountain, tarragon juice, grilled rye and Madras emulsion.

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Monkfish of the Mediterranean Sea cooked in spice salt and dried by the fish tail for a week, pattypan squash with wild basil and a cream whisked with condiments.

## *Fish*

Hake from the daily fish market of Port la Nouvelle hardly smoked with pine needles from the Massif de la Clape, drapery of turnips marinated and cooked in sake, juice extraction from Mikan tangerine of Mas Bachès and butter broth.

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Sea bass from the craftsmen of "La Nouvelle" cooked in a seaweed broth, young candied carrots and a caramelized fish head broth.

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R Narbonne coastline Octopus stewed with Foie Gras, beets gently grilled on juniper embers.

## *Meat*

Thin beef slices of "the exceptional Aubrac cattle breed" in a carpaccio style, confit of tomatoes of the Estarac with wild basil, black olive oil and a beef stew consommé served either cold or hot at your convenience.

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Farm-reared hen of "Famille Quintard", roasted and served with tortellini filled with fresh almond from the cliffs of Leucate, mushrooms from the Canigou mountain, pine tree vinegar based juice.

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Fagottini of the Allaiton lamb by "Yohann" from the Meljac farm candied with fermented garlic, olive flavoured cooking juices.



## *Desserts*

(to be ordered at the beginning of the meal for your greatest enjoyment)

### **Le Lait**

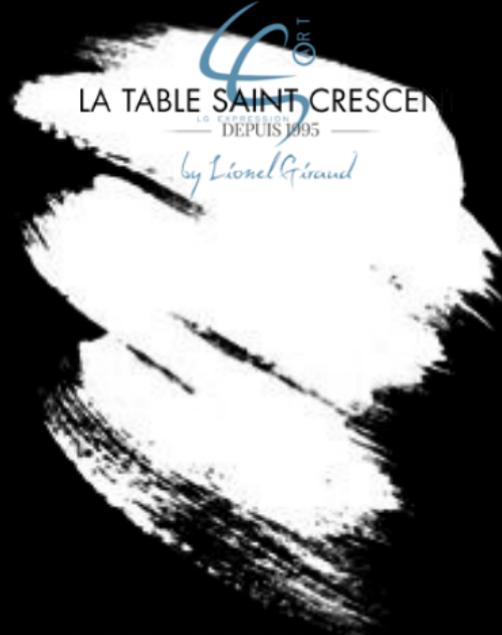
Raw cow milk of Alain MAZARS from Cassagnes-Bégonhès, worked in different textures and temperatures with blue vanilla.

### **Le Miel**

GGarrigue honey from the apiery “Rucher narbonnais” processed into ice cream, lying on a soft cake with peach from the city of Luc sur Orbieu and thyme from the Massif de la Clape.

### **Le Chocolat**

A “Jivara Grand Cru” chocolate short-crust tart, a praline with almonds from Ornaisons and a freshness of granadilla by Fred & Lili from Toreilles.



# FOOD AND WINE PAIRINGS



## OUR AGREEMENTS

### COMPOSITION

25 €

**Proposed with the IMPROMPTU MENU**

Three glasses of wine allowed to selected dishes. *(12cl)*

### DÉGUSTATION

40 €

**Proposed with the CONVIVIAL MENU**

Five glasses of wine allowed to selected dishes. *(10cl)*

### CONFIANCE

50 €

**Proposed with the CONFIANCE MENU**

Seven glasses of wine allowed to selected dishes. *(8cl)*

## OUR REGIONAL WINE BY THE GLASS

### CONFIRMATION

8 €

White or Red. *(12cl)*

### CONFIRMATION

7 €

Rose. *(12cl)*