



DUO FORMULA

STARTER / MAIN COURSE OR MAIN COURSE / DESSERT

Identical menu for all participants, to be determined at least on D-7

Caprese salad

Or

Seasonal vegetables soup (bread)

Grilled salmon with basmati rice

Or

Beef lasagna, salad

Tiramisu

Or

Apple pie

Water, 1/4 wine and coffee



MENU ÇA FLINGUE !!

Identical menu for all participants, to be determined at least on D-7

Crusty sea food

Or

Puff pastry with goat cheese and honey, salad

Or

Foccacia with candied onions, olives, salad

Roasted sea bream fillet, mixed vegetables

Or

Beef raviloi, beef stew sauce

Brownie with cream

Or

Lemon pie

Water, 1/4 wine and coffee



MENU L'ANTRE POTES

Identical menu for all participants, to be determined at least on D-7

Crispy goat cheese with figs, salad

Or

Gnocchi with truffle cream

Or

Niçoise salad, half-cooked tuna

Traditionnel veal stew, pilaf rice

Or

Grilled salmon, vegetables with olive oil sauce, mixed vegetables

Or

Beef stew, gnocchi

Panna cotta, red fruits sauce

Or

Apple pie, ice cream vanilla

Or

Brownie with cream

Water, 1/4 wine and coffee



MENU LE GEORGES

Identical menu for all participants, to be determined at least on D-7

Knife-cut salmon tartare, cream cheese, wakamé

Or

Little vegetables stuffed with meat "Niçois", salad

Or

Creamy burrata, cherry tomatoes

John Dory fillet, vegetables with olive oil sauce, mixed vegetables, basmati rice

Or

Grilled piece of beef, pepper or béarnaise or Roquefort sauce

Mixed vegetables, French fresh fries

Or

Duck breast, honey sauce, mashed potatoes and olive oil

Gourmet coffee +2.00€ (*menu excluding drinks*)

Or

Minute cookie, caramel ice cream

Or

Rum baba, exotic fruits, light vanilla cream

Water, ½ wine AOC Cote de Provence and coffee

4 Course option

Truffle risotto or Gnocchi with pesto

Cheese option

Plate of matured cheeses and salad