Menu FIR Intolerance Report

April - June Soiree Gastronomique

Dish Name	**Cereals containing Gluten :**	Wheat	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	**Nuts :**	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin
Soups																										
Roasted tomato, spring onion and goats cheese											✓															
French onion soup with gruyere crouton	✓	✓								✓		✓													✓		
Pea and Ham soup												✓										✓			✓		
Roasted tomato and red pepper soup with thyme and crème fraiche												✓															
Wild mushroom soup with chives	✓	✓										✓										✓			✓		
Cauliflower soup with parmesan	✓	✓										✓															
Entrees																										
Chicken liver parfait with red onion confiture and sourdough toast	✓	✓			✓					✓		✓												✓			
Whole king prawns with brandy, garlic butter and lemon served with fennel salad								✓		✓		✓											✓		✓		
Escargots with garlic and green herb butter	✓	✓							✓			✓	✓												✓		
St Marcellin with red onion confiture and sourdough toast	✓	✓			✓							✓											✓	✓			
Pan-fired scallops with Alsace bacon and hazelnut butter									✓		✓	✓	✓		✓								✓		✓		
Deep-fried goats cheese with frisee salad and spice tomato chutney	✓	✓								✓	✓	✓											✓	✓	✓		

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Plats																										
Rump steak with green peppercorn and brandy sauce											✓	✓	✓										✓	✓		✓	
Fillet of sea bass with crayfish tails, mussels, ratatouille, olive oil and lemon								✓	✓	✓		✓	✓													✓	
Duck leg confit with Lyonnaise potatoes, French beans and blackcurrant jus											✓		✓										✓			✓	
Roasted medallions of rump steak with roasted garlic and herb butter	✓	✓									✓	✓	✓										✓	✓		✓	
Rump steak with black pepper butter												✓	✓											✓		✓	
Whole lemon sole with baby capers and parsley butter								✓				✓	✓											✓		✓	
Bavette steak with mushroom and shallot sauce											✓	✓	✓										✓	✓		✓	
Seared peppered salmon with sauce vierge, olive oil and lemon								✓				✓														✓	
Slow-cooked Limousin beef with red wine, leeks and moutarde violette de brive											✓	✓	✓										✓	✓		✓	
Pork loin steak with crispy bacon and mint hollandaise											✓	✓	✓														
Rump steak with Roquefort butter												✓	✓											✓		✓	
Salmon nicoise with soft poached egg, garlic new potatoes, French beans, plum t								✓			✓	✓	✓											✓		✓	
Desserts																										
French style bread and butter pudding with spiced berry compote and vanilla icecr	✓	✓									✓	✓	✓	✓												✓	
Warm sticky toffee pudding with vanilla ice-cream	✓	✓									✓		✓	✓													
Cherry and almond frangipane with vanilla crème fraiche and toasted pistachios	✓	✓									✓		✓	✓	✓												
Caramelized lemon tart with raspberry sorbet	✓	✓									✓		✓														
Chocolate and raspberry tart with raspberry sorbet	✓	✓									✓	✓	✓	✓													
Crushed meringue, strawberries and whipped cream											✓		✓													✓	
Cheese platter (all menus)	✓	✓			✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		