

# La Parisienne

FRENCH CUISINE

When Pierre-August Renoir painted his famous *La Parisienne* (the Parisian Lady), his style was considered modern revolutionary, and she came to represent the *esprit du temps* — the spirit of the age of Paris. Our *La Parisienne* presents and the culinary spirit of our age. Her sleek, contemporary décor is a perfect canvas for modernized, classic French cuisine served white-glove style — a dining experience to rival any of the celebrated restaurants on Paris' world-renowned *rive gauche*.

## HORS D'OEUVRES - Appetizers

### Salade Niçoise ✓

Organic mixed greens, seared tuna, potato, boiled egg, haricots verts, tomato, Kalamata olives, citrus-herb vinaigrette

### Salade Maison 🌿✓

Seasonal local greens, semi-dried tomato, goat cheese, asparagus, mustard vinaigrette dressing

### Soupe à l'Oignon

French onion soup, caramelized onions, rich beef broth, melted Gruyère toast

### Cocktail de Crevettes

Poached shrimp, lime, cocktail sauce

### Pâté en Croûte

Pork & chicken liver, pistachios, apple chutney, port wine reduction

### Escargots à la Bourguignonne

Tender snails drenched in melted garlic-herb butter

### Coquilles

Pan-seared sea scallops, chorizo, cauliflower purée, crispy bacon & herb crumble

### Tarte aux Champignons 🌿✓

Wild mushroom ragoût, fresh herb-garlic cream, puff pastry

## PLATS PRINCIPAUX - Main Courses

### Poulet Cordon Bleu - Signature Dish ✓

Ham & cheese-filled breaded breast of chicken, rice pilaf, seasonal vegetables, lingonberry relish

### Bouillabaisse

Prawns, mussels, squid, scallops, grilled fennel, leeks, potatoes, saffron fish fumet, garlic rouille

### Canard Bigarade

Pink roasted duck breast, Pommes William, market vegetables, orange-scented duck jus reduction

### Souris d'Agneau aux Romarin

Braised lamb shank, haricots verts, caramelized pearl onions, roasted pumpkin, mashed potato, cabernet jus

### Filet de Sole à la Meunière

Pan-seared sole fillet, market vegetables, parsley potatoes, lemon beurre blanc, fried caper sauce

### Tournedos de Boeuf

Grilled beef medallions, green asparagus, gratin dauphinois, creamy five peppercorn sauce

### Gratin de Crêpes aux Artichauts 🌿

Savory artichoke-filled crêpes, baked with Gruyère cheese, mascarpone reduction

### Crevettes Provençales ✓

Tiger prawns, plum tomatoes, garlic, white wine, olives, herbes de Provence, potato purée

## DESSERTS

### Gâteau au Chocolat Opéra

White chocolate mousse, coconut and caramel mousse, genoise sponge, rum cream

### Île Flottante

"Floating island" of poached meringue, crème anglaise, almond praline

### Mille Feuilles Aux Baies

Layers of crème pâtissier, marinated berries, Grand Marnier, crisp phyllo, Chantilly cream

### Tarte Aux Poires

Baked and caramelized pear, sweet shortbread, frangipane, vanilla ice cream

🌿 Vegan

🌿 Vegetarian

✓ Balanced Lifestyle  
These dishes offer healthier preparations and lower calorie counts

✂️ Gluten-Free  
Please consult your server on which dishes can be prepared gluten-free

🥛 Lactose-Free  
Please consult your server on which dishes can be prepared lactose-free



Please inform your server if you have any food allergies or special dietary requirements. Sandals' kitchens are not food allergen-free environments. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of food-borne illness to young children, seniors and those with compromised immune systems.

Our Chefs proudly partner with these local farmers and artisans to source quality, fresh-picked ingredients: Sharom Fruits and Vegetable Mart • Thorpe's International Produce • Banana Baron • Armag Farms Ltd • Barbados Agricultural Society