MEALS & MENUS
SESSION OBJECTIVES

After the end of the session one should be able to understand the meals & the types of menus.
CONTENTS

- Definition
- French Classical Menu
- Types of Menu
- A la carte menu
- Table d`hÔte
- Sample Menu
- All the course of French Classical menu
**DEFINITION**

Menu is a presentation of food and beverage offerings.
French Classical Menu

- Hors d’oeuvre (appetizer)
- Potage (soup)
- Oeufs (eggs)
- Farineaux (rice & pasta)
- Poisson (fish)
- Entrée (entry of 1st meat course)
- Sorbet (flavoured water)
- Reléve (meat course)

- Rôti (roast)
- Légumes (vegetables)
- Salades (salad)
- Buffet Froid (cold buffet)
- Entremet de sûcre (sweets)
- Savoureaux (savoury)
- Fromage (cheese)
- Desserts (fresh fruits & nuts)
- Cafe
Types of Menus

- A` La Carte and
- Table d'hôte
- Plat du Jour (Specialties)
- Cyclical menu
À la carte is a French expression meaning "from the menu", and it is used in restaurant terminology in one of two ways:

- It may refer to a menu of items priced and ordered separately rather than selected from a list of preset multi-course meals at fixed prices.
- It may designate the option to order a main course item along with the choice of an accompanied side dish included with the dish, at no extra charge.
À la carte

A LA CARTE

To Start:
- Today's Soup with House Bread Basket
- Caprese with House Bread Basket
- Irish Goat's Cheese Grilled on Round Toast with Roasted Peppers Puree
- Smoked Mackerel Salad with Pesto Verde & Avocado
- Pan Fried Chilli Prawns with Garlic & White Wine

Main Courses:
- Penne Pasta with Rocket, Herbs, Fresh Cream & White Wine
- Traditional Fish & Chips Crispy Beer Battered Fillet or Fresh Donegal Cod with Tartare Creme Fraiche & French Fries
- Darnes of Irish Salmon with Citrus & Dill Suerre Blanc, Chef's Potatoes & Vegetables
- Duck Confit with Brandy & Orange Sauce, Chef's Potatoes
- Bangers 'n' Mash Colcannon & Irish Sausages with Creamy Champ and Onion Gravy

A LA CARTE

From The Grill:
- Grilled Chicken Burger Served with Pepper Sauce, Onions & French Fries
- Bacon Cheese Burger Served with Pepper Sauce, Onion French Fries
- Mixed Grill 6oz Sirloin Steak, Bacon, Egg, Sausage & French Fries
- Short Breakfast Bacon, Egg, Sausage Tomato & Toast
- Full Breakfast Bacon Egg Sausage, Tomato, Mushrooms, Black & White Pudding & Toast
- Castle Brunch Bacon, Egg, Sausage, Tomato, Mushrooms, Black & White Pudding, French Fries and Toast
- Chargrilled Breast of Irish Chicken with Pepper Sauce, Sautéed Mushrooms, Onions, & French Fries
- Steaks:
  - with Pepper Sauce, Sautéed Mushrooms, Onions and French Fries
  - Minute Steak 6oz of Prime Irish Chargrilled Beef Sirloin
  - Fillet Steak 6oz of Prime Irish Chargrilled Beef Fillet
Table d'hôte

- Table d'hôte is a French phrase which literally means "host's table".
- Multi-course meals with limited choices are charged at a fixed price.
- Because the menu is set, the cutlery on the table may also already be set for all of the courses, with the first course cutlery on the outside, working in towards the plate as the courses progress.
Table d'hôte

TABLE D'HÔTE

2 COURSE £12.95 | 3 COURSE £14.95
COMPLEMENTARY GLASS OF HOUSE WINE (175ml)

STARTERS

SOUP OF THE DAY
with a warm bread roll

TOASTED GOATS CHEESE
sun blushed tomatoes and crisp salad

HOUSE PÂTE
with fruit chutney and toasted ciabatta

MAINS

STORNOWAY BLACK PUDDING STUFFED CHICKEN
herb crushed potatoes and pan jus

BRAISED SCOTTISH SHOULDER OF BEEF
wholegrain mustard mash and thyme jus

STUFFED HADDOCK FILLETS WITH OAK SMOKED SALMON
cream sauce, prawn & lemon cream

PARIS BROWN MUSHROOM RISOTTO
with soft herbs and parmesan cheese

DESSERTS

CROSS KEYS CRANACHAN PARFAIT
SCOTTISH RASPBERRIES

STICKY TOFFEE PUDDING
RICH TOFFEE SAUCE

BAKED VANILLA CHEESECAKE
SWEET FRUIT COULIS

THANKSGIVING TABLE D'HÔTE

$27.95 Adult
$13.95 Child

ROASTED BUTTERNUT SQUASH SOUP
garnished with Crème Fraîche

CAESAR SALAD
traditional home-made Dressing & Parmesan Tuille

ROAST TOM TURKEY
with savoury Bread Stuffing, Garlic Mashed Potatoes
seasonal roasted Vegetables

OR

ROAST PRIME RIB of BEEF
with creamy Peppercorn Gravy
Garlic Mashed Potatoes & melody of Autumn Vegetables

OR

HONEY GLAZED SOCKEYE SALMON
Bumbleberry Compote, Wild Rice Pilaf
seasonal Vegetables

PUMPKIN PIE
freshly baked with a scoop of Vanilla Ice Cream

OR

PUMPKIN CHEESECAKE
with a selection of Cookies

OR

FLOURLESS CHOCOLATE TORTE
Raspberry Coulis & Caramel Lace

COFFEE/TEA

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Sample Table D'Hôte Menu

Cream of cauliflower soup

Sliced breast of duck with oyster mushrooms
or
Pumpkin and artichoke risotto

Pecan nut tart with caramel ice cream

La Cafetière coffee
served with home-made petits fours

Rs. 555 (inclusive of all taxes)
A La Cart

One Whole Chicken (8 pc) $6.50
BBQ $7.00

Slab of Ribs (12 bones) $20.00 Per Slab

Turkey Wings (20)
$18.00

Whole Cakes
$12.00-$18.00
Sweet Potato Pie
$7.00

Aunt Berta's Kitchen

Sizzling Sides Serves 18-20

*Macaroni & Cheese $20.00  *Candied Yams $15.00  *Collard Greens $15.00
*Green Beans w/Potatoes $10.00  *Sauteed Cabbage $10.00
*Sweet Corn $10.00  *Mashed Potatoes w/Gravy $10.00  *Garden Rice $10.00
*White Rice w/Gravy $8.00  *Okra, Corn & Tomato $12.50

Lg Party Wing Tray 10 lbs (80-100)
$29.99
Pan of Meatballs in Aunt Berta's Own Red Sauce $18.99
24 Petite Sandwiches $29.99
Lg Cheese & Cracker Tray $29.99 with Pepperoni $34.99
Lg Fruit Tray $24.99
Lg Vegetable with Dip $21.99

10 lb Bowl of Salad
$1.99 Per Pound Each

Potatoe Salad
Macaroni Salad

Cole Slaw
Pasta Berta

**Macaroni Seafood Salad with Jumbo Shrimp $29.99

*Please Note: Prices are Subject to Change without Notice*
12 Courses

- Hors d’oeuvre (appetizer)
- Potage (soup)
- Poisson (fish)
- Entrée (entry of 1st meat course)
- Reléve (meat course)
- Sorbet (flavoured water)
- Rôti (roast)
- Légumes (vegetables)
- Entremet de sûcre (sweets)
- Savoureaux (savoury)
- Desserts (fresh fruits & nuts)
- Café (beverage)
HORS D’ŒUVRES / APPETIZERS:

Spicy or tangy to stimulates the appetite

- Russian salads (mixed vegetables salads)
- Caviar (roe / egg of a sturgeon fish) (Beluga, Ossetra & Sevruga are types of cavair, where Beluga is light greenish color and Sevruga is dark reddish brown colour)
- Escargots (snails)
- Hûitres (oysters)
POTAGE / SOUP:

Choice of a clear soup and thick soup is given

- Consommé julienne (vegetable)
- Consommé celestine (savory pancakes)
- Bisque d’hômard (thick lobster flavored soup)

Cover in general:

- Thick soup – Soup spoon, soup plate with large plate as underliner
- Clear soup – consommé cup and saucer dessert spoon
OEUFS / EGG DISHES:

- Omelette espagnole (fat omelette with onions, pepper and tomato)
- Omelette aux tomates (tomato omelette)
- Omelette aux champignon (mushroom omelette)

Cover in general: AP knife; AP fork; half plate half plate
FARINACEOUS
(PASTA & RICE DISHES):

- Spaghetti Napolitaine (meaning little strings, also known as vermicelli in southern Italy cooked in tomato & garlic flavoured sauce)
- Spaghetti Bolognaise – (with minced lean beef in rich brown sauce)
- Agnolini-small half moon shaped, stuffed with ham, cheese or minced meat.

Cover in general: Large fork; half plate / deep place for spaghetti; AP spoon.
POISSON / FISH:

- Sole Meunière (sole, shallow fired in butter)
- Sole Colbert (sole, flour, egg & bread crumbs deep fried)
- Sole Vèronique (fillet of sole in white sine sauce and garnished with white grapes.)
- Sole Bonne femme (fillet of sole l white wine sauce with mushrooms)

Cover in general: Fish knife; Fish fork; half plate
ENTRÉE / ENTRY OF FIRST MEAT DISH:

Small well garnished meat dishes served with sauce

- Suprème de volaille sur cloche – breast and wing of chicken cooked under cover in oven.
- Kebab Orientale – savoury items cooked in a skewer in which basically minced meat is used.
- Tournedos Rossini – small fillet roundels served on crouton with foie gras slice & Madeira sauce.

Cover in general: Small knife; small fork; half plate.
SORBET / REST COURSE

Provides a rest between courses and stimulates the appetite for courses to follow

- Sorbet au Champagne – Champagne flavoured water ice
- Sorbet au Citron – lemon water ice

Cover in general: Champagne saucer; quarter plate; tea spoon
RELEVÉ / GRILLS & ROASTS:

Larger than entrees and these joints need to be carved. Served with roast gravy & veg.

- Entrecôte grillée – sirloin steak
- Chop d’agneau grillée – grilled lamb chop
- Poulet grillée, sauce Diable – grilled chicken served with devil sauce

Cover in general: Large knife; Large fork; large plate; Dessert spoon for rice.
RÔTI / ROAST:

Roast of game or poultry e.g. Chicken, turkey, duck, quail, pheasant, partridge etc. served with its accompaniments and sauces.

- Dindonneau rôti, sauce d’airelle – Roast turkey served with cranberry sauce
- Lievres rôti – roast hare served with redcurrant jelly
- Caille roti – Roast quail served with bread sauce
LÉGUMES / VEGETABLES:

- Purée de pommes (de terre) – creamed potatoes.
- Champignon grillée - grilled mushrooms.
- Pommes lyonnaise – sautéed potatoes blended with shallow fried shredded onions.
- Petits pois au beurre – green peas toasted in butter.

Cover in general: Small Knife; Small Fork; Half plate.
Salade Verte – lettuce, watercress, cucumber and green pepper.

Salade Française – lettuce, tomato, egg, beetroot, cucumber and vinaigrette dressing.

Salade Niçoise – French beans, tomato, potato, anchovy, olives, capers with vinaigrette dressing

Cover in general: Small Knife; Small Fork; Half plate.
BUFFET FROID / COLD BUFFET:

This includes a variety of cold meats and fish items together with a range of salads.

- Mayonnaise d’hômard – lobster mayonnaise
- Jambon froid – cold ham
- Galatine de volaille – cold chicken coated with chicken flavored sauce and coated aspic jelly.

Cover in general: Small knife; Small fork; Half plate
ENTREMETS DE SÛCRE / SWEETS

- Baba au rhum – light sponge soaked in rum
- Pêche melba – peach served with ice-cream, melba sauce (raspberry purée sauce) & cream
- Gâteau au chocolat – chocolate cake
- Crêpes Suzette – pancakes in rich fresh orange juice and Grand Marnier flavoured sauce & flamed with cognac.

Cover in general: Dessert spoon; Dessert fork; Half plate
SAVOUREAUX / SAVOURY:
Always served hot, and includes souffles, quiches, and fritters as well as items on toast.

- Canapé Diane – chicken liver wrapped in bacon and served on toast
- Croûte Derby – chopped ham in Bechamel sauce on toast & garnished with pickled walnut
- Moelle sur croûte – poached bone marrow on toast

Cover in general: Small knife; Small fork; Half plate
FROMAGE / CHEESE:

The ideal cheese board should combine hard, semi hard, soft or cream, blue and cream cheese.

- Mozzarella – fresh cheese from Italy
- Ricotta – fresh cheese from Italy
- Parmesan – hard cheese from Italy
- Gorgonzola – blue veined cheese from Italy

Cover in general: Quarter Plate / Cheese Plate; Side knife
DESSERTS /
FRESH FRUITS & NUTS:

Includes all types of fruits and nuts accompanied by castor sugar and salt.

Cover in general: Fruit plate; Fruit knife & Fruit fork interlocked on the fruit plate; Napkin; Finger bowls with cold & lukewarm water respectively; Nut crackers & Grape scissors; Sideplate.
CAFÉ / BEVERAGES:

- Coffees: Cona; Espresso; Cappuccino; Filter
- Teas: Indian; Ceylon (Sri Lanka); Darjeeling; Earl Grey; Jasmine; Kenya;
  **TISANES**
- These are fruit or herb flavoured teas and are often devoid of caffeine.
- Herbal Teas: Peppermint; Mint; Rosehip; Camomile
- Fruit Teas: Mandarin Orange; Lemon
REVIEW

- A` la carte
- Table d`hôte
- Plat du jour
- Cyclic menu
- French Classical menu.
BIBLIOGRAPHY

- Food & Beverage Service (Denis Lillicrap pg 69-104)
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