



LE **M**  
RESTAURANT



# Out formulas

## LUNCH Monday to Friday (excluding holidays)

| <i>Express menu</i>   | <i>Menu of the day</i>   |
|---|--|
| <b>DAY'S SPECIAL</b><br>+ gourmet coffee<br>3 pièces<br><b>15</b> €50 | <b>STARTER + MAIN COURSE<br/>+ DESSERT</b><br><b>16</b> €50<br><b>STARTER + MAIN COURSE<br/>ou MAIN COURSE + DESSERT</b><br><b>14</b> €90<br><b>DAY'S SPECIAL</b><br><b>11</b> €90 |

## LUNCH AND DINER Weekdays, weekends and holidays

| <i>Brasserie Menu</i>  | <i>Gourmet Menu</i>  |
|--|--|
| Tomato gazpacho<br>with mussels<br><u>or</u> Goat cheese salad<br><u>or</u> Caesar salad<br>—————<br>Grilled Simmental Bib Steak<br><u>or</u> Pigtail<br><u>or</u> Chicken supreme<br><u>or</u> Grilled salmon<br>—————<br>Organic Amazonian Vanilla<br>Crème Brûlée<br><u>or</u> Red fruits soup<br><u>or</u> Dessert of the day<br><b>25</b> €50 | 6 snails in pan<br><u>or</u> Oysters n°3 by 6<br><u>or</u> Foie gras<br>—————<br>Lamb chops<br><u>or</u> Grilled steak entrecôte<br><u>or</u> Duck breast<br><u>or</u> Bass fillet<br>—————<br>Choice of dessert<br>(Coffee, tea or chocolate<br>in addition)<br><b>37</b> €50 |

| <i>Children's menu</i>  | Chopped steak <u>or</u> salmon <u>or</u> hamburger<br><u>or</u> chicken <u>or</u> ham<br><u>or</u> bambino pizza (no sides)<br>—————<br>Sides : French fries <u>or</u> pasta<br>—————<br>Dessert : 2 balls of ice cream <u>or</u><br>Chocolate cake <u>or</u> fruit salad |
|---|---|
| <b>MAINE COURSE<br/>+ DRINK<br/>+ DESSERT</b><br><b>9</b> €50 |   |

## OUR STARTERS

**FRIED SWEETBREADS**

Sweet potatoes mash  
and parsley butter



14€90

**2M BEEF  
CARPACCIO**

Citrus dressing, walnuts,  
parmesan cheese and basil sorbet



9€90

**FRENCH DUCK  
FOIE GRAS**

Black cherry jam  
and toasted bread



15€90

**ANDALUSIAN TOMATO  
GAZPACHO**

Marinated mussels  
in raspberry vinegar and pesto



9€50

**SNAILS IN PAN**

6 pieces / 12 pieces



8€90 / 13€90

**OYSTERS N°3**

6 pieces / 12 pieces



11€50 / 17€00

**SAINT-BERTHEVIN  
LA-TANNIÈRE  
GOAT CHEESE SALAD**

Lettuce mix, cherries,  
tomatoes, walnuts, golden grapes,  
breaded goat cheese and grilled bacon



9€90

**SMOKED TROUT SALAD  
FROM PARNÉ-SUR-ROC**

Lettuce mix, cherry  
tomatoes, avocado, parmesan cheese,  
smoked trout, croutons and  
fresh herb cheese sauce



9€90

**CAESAR SALAD**

Lettuce mix, cherry  
tomatoes, parmesan cheese,  
grilled chicken,  
avocado, croutons, homemade  
Caesar dressing



9€90

LA  
CARTEBAR - BRASSERIE  
RESTAURANT

# OUR SALADS as main course

## SAINT-BERTHEVIN-LA-TANNIÈRE GOAT CHEESE SALAD

*Lettuce mix, cherry tomatoes, walnuts, golden grapes,  
breaded goat cheese and grilled bacon*



15 €90

## SMOKED TROUT SALAD FROM PARNÉ-SUR-ROC

*Lettuce mix, Cherrys tomatoes, avocado, parmesan cheese,  
smoked trout, croutons and fresh herb cheese sauce*



16 €50

## CAESAR SALAD

*Lettuce mix, cherry tomatoes, parmesan cheese, grilled  
chicken, avocado, croutons, homemade Caesar dressing*



15 €90

# OUR PASTA AND WOKS

## LINGUINI CARBONARA

*Grilled bacon, onions, Paris mushrooms, cognac,  
fresh cream, egg yolk and parmesan cheese*



12 €90

## CHICKEN WOK

*Chicken, cilantro, lemongrass, sautéed vegetables, Paris  
mushrooms, Chinese noodles and sweet soy sauce*



15 €50

## SHIRMP WOK

*Shrimp, coconut milk, biryani curry, sautéed vegetables,  
Paris mushrooms and Chinese noodles*



15 €50

# OUR HAMBURGERS

## 2M HAMBURGER

*Blin bakery hamburger bun, tomme plaisir cheese, Béarnaise  
sauce, chopped beef, pickles and sweet potatoes straws*



16 €90

## MAYENNAIS HAMBURGER

*Blin bakery cereal bun, breaded chicken tenderloin,  
P'tit rond cheese, grilled bacon and sweet potatoes straws*



16 €90

## FARM HAMBURGER

*Blin bakery black bun, chopped beef, grilled bacon,  
tomme de loire cheese, mustard cream and sweet potatoes straws*



16 €90



## VEGETARIAN

### VEGETARIAN WOK

*Sautéed vegetables, Paris mushrooms, Chinese noodles, sesame and soy sauce*



**11** €90

### VEGETARIAN HAMBURGER

*Eggplant, blin bun, sautéed vegetables and mustard cream*



**15** €90

### VEGETARIAN PIZZA

*Tomato sauce, mozzarella cheese, pesto, sautéed vegetables, Paris mushroom and onions*



**13** €90

### VEGETARIAN SALAD

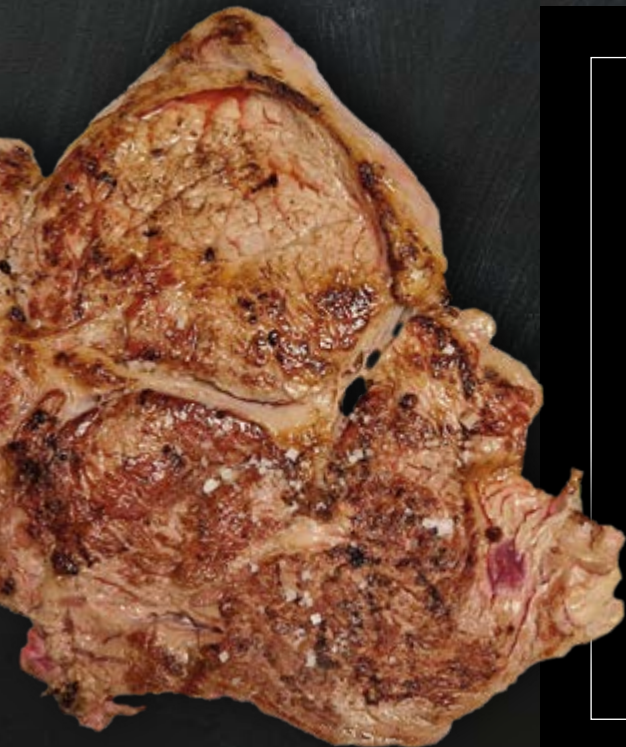
*lettuce mix, cherrys tomatoes, avocado, parmesan cheese, croutons, golden grapes and walnuts*



**13** €90

# OUR MEAT

|   |   |       |
|---|---|-------|
| RACK OF LAMB                              |    | 17€50 |
| BEEF SKEWER WITH CORIANDER AND LEMONGRASS |    | 17€50 |
| ANDOUILLETTE 5A                           |    | 16€90 |
| DUCK BREAST                               |    | 17€50 |
| CHICKEN SUPREME                           |   | 15€90 |
| PRIME BEEF RIB 1KG <i>(2 people)</i>      |    | 55€00 |
| 2M BEEF TARTARE                           |    | 16€90 |
| GRILLED STEAK ENTRECÔTE 300G              |    | 23€50 |
| VEAL HEAD, GREEN SAUCE AND VEGETABLES     |    | 16€90 |
| FRIED SWEETBREADS                         |    | 22€50 |
| PIGTAIL                                   |    | 16€90 |
| GRILLED SIMMENTAL BIB                     |   | 14€00 |










## sides

[ choose 2 ]

Homemade French fries,  
Green salad,  
Sweet potatoes mash,  
sautéed vegetables,  
Mushroom risotto,  
Linguini

## Sauces

[ choose 1 ]

Pepper    
Béarnaise    
Mustard cream    
Gorgonzola cheese 

# OUR FISH

## GRILLED SEA BASS FILLET

Sweet potatoes mash and Amazonian vanilla sauce



18€50

## GRILLED SALMON

Risotto with Paris mushrooms, Aubance sauce



17€50

## MUSSELS [depending on arrival]

Homemade French fries («marinière», cream or curry cream)



15€50



# OUR PIZZAS



## SUMMER

Fresh cream, mozzarella cheese, dried tomatoes, peppers, grilled bacon and black olives



14€50

## THE 2M

Tomato sauce, mozzarella cheese, pesto, parmesan cheese, Spanish ham and arugula leaves



14€90

## THE 4 CHEESE

Tomato sauce, tomme de Loire, mozzarella cheese, gorgonzola, tomme plaisir et oregano



14€90

## QUEEN

Tomato sauce, white ham, Paris mushrooms, emmental cheese, mozzarella cheese and oregano



11€90

## CALZONE [with green salad]

Tomato sauce, white ham, Paris mushroom, emmental cheese, egg and oregano



13€90

## HONEY AND GOAT CHEESE

Tomato sauce, mozzarella cheese, grilled bacon, red onions, Saint-Berthevin goat cheese, honey and arugula leaves




14€90

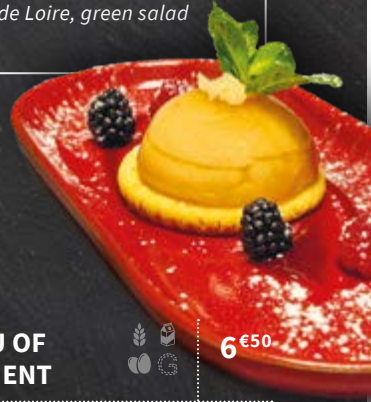


# Cheese

## MAYENNE 'S CHEESE SELECTION

Camembert "Bons Mayennais", Painchaud goat cheese, tomme de Loire, green salad

5 €90 



## OUR DESSERTS

### DARK CHOCOLATE CAKE

With Ecuadorian 72,5% Manabi chocolate and mint liquor «menthe pastille» sorbet



7 €50

### VANILLA CRÈME BRÛLÉE

Organic amazonian vanilla



6 €90

### TRIAMISU OF THE MOMENT



6 €50

### CINNAMON WAFFLE

Caramelized apple, whipped cream, salted butter caramel, vanilla ice cream



7 €50

### GOURMET COFFEE 5 SWEETS

[chef's choice]

Tea, chocolate or decaffeinated have a supplement of 0€20



7 €90

### ICED NOUGAT

Red fruit coulis



6 €90

### DESSERT OF THE DAY

See selection on display

[according to availability]



5 €50

### RED FRUITS SOUP

Limoncello sorbet



6 €90

## OUR ICE CREAMS

### BANANA SPLIT

Vanilla ice cream, chocolate ice cream, strawberry ice cream, banana, chocolate sauce, whipped cream and slivered almonds



7 €90

### SUMMER CUP

Cherry sorbet, strawberry sorbet, Limoncello sorbet, red fruit coulis and wipped cream



7 €90

### SEASONAL CUP

Please ask your waiter about the composition of the cup



7 €90

## ice cream cup



[choose 1]



1 SCOOP 2 €50

2 SCOOPS 4 €00


3 SCOOPS 6 €00




Chocolate   



Vanilla  


Strawberry  

Coffee   

Limoncello 

Rum raisin   

Salted butter caramel  

Mint liquor 

Cherry

Extra Chantilly : 1 €00

Extra coulis (salted butter caramel, chocolate, red fruits) : 1 €00

### ALLERGENS



Cereal gluten-containing



Milk



Egg



Seeds Sesame



Nuts Peanut



Crustaceans and Molluscs



Fish



Soy



Anhydride sulphurous and sulphites



Mustard