

THIRD COURSE BISTRO

Please select one item from each of the courses to the right

\$34⁹⁵ + tax

Please be considerate. Students in the kitchen and dining room are training to be chefs and tourism professionals. Serving you is the first step in their culinary and hospitality careers.

Menu prepared and served by Culinary Professional Cook 2 students. Supervised by Chef Instructor Xavier Bauby and Melody White.

NORTH ISLAND COLLEGE



APPETIZERS

Fennel & Saffron Cold Jelly with a Crab Whipped Cream

Jelly made from saffron, fennel & orange juice broth & topped with a crab whipped cream

Warm Potato Crêpe, Sautéed Quail, Herb Vinaigrette

Warm potato crêpe, balsamic glazed sautéed quail breast, local greens & herbs, quail jus

Beef Carpaccio

Tataki beef tenderloin, lemon vinaigrette, parsley & arugula pesto, black olives tapenade and shaved parmesan

Seafood Salad

Served with a crispy baked vegetable spring roll and Jerez vinaigrette

SOUPS AND SALADS

Lobster Bisque

Rich lobster bisque, "Martini Wine" caramel, butter-poached prawn, with arugula coulis

Traditional Caesar Salad

Served with a homemade dressing

Haricots Verts Salad

Dressed with homemade lemon and fresh thyme crème fraiche

Third Course Bistro Mixed Green Salad

Served with house French vinaigrette

MAINS

Chicken Ballotine, Eggplant "Caviar" Brown Jus

Stuffed chicken served with eggplant "caviar" spread, tapenade jus lie

Pan-fried Salmon Pavé "Grand-Mère"

Pan-fried salmon, laced with brown chicken jus and garnished with pomme cocotte, sautéed lardons, mushrooms and glazed baby onions

Braised Lamb Shank Moroccan Style

Served with edamame and pepper stew and polenta fries

Mushroom Raviolis

Served with mellow garlic broth and confit garlic

DESSERT

Chocolate Tart, Seasonal Fruit, Meringue

Almond shortcrust disc topped with milk chocolate ganache, meringue sticks, seasonal fruit, crème anglaise and raspberry coulis

"Nuit Saint Georges"

Blackcurrant mousse cake encased in light sponge.

Pistachio Crème Brûlée

Served with 70% Fleur de Cao ganache and almond brittle