

Sophie's Restaurant

French country cooking at its best

Typical Lunch Menu

Starters

Winter Vegetable Soup £4.50 or Sophie's Fish Soup served with Rouille & Croutons £4.95, Pork, Duck and Armagnac Terrine served with Quince Jelly and Crudites £5.95, Caramelised Red Onion Tart £5.95 or Moules Marinieres £6.95

Main Courses:

Loin of Veal cooked with White Wine, Green Peppercorns, Mushroom and Creme Fraiche £11.95, John Dory Fillet with a Lemon and Fresh Herb Sauce £13.95, Duck Confit served with Puy Lentils and Roasted Tomatoes £11.95, Dover Sole Meuniere £16.95, Roasted Mediterranean Vegetables and Puy Lentil gratin £9.95, Fillet Steak served with Roquefort Sauce £15.95

All Main Courses are served with Fresh Vegetables and Potatoes

All Starter & Main Courses are served with Fresh Homemade Bread

Side Orders:

Tossed Green Salad £2.50
Homemade Chips £2.00
A Selection of French Cheese

Dessert:

Chocolate and Pear Tart or French Lemon Tart or Crêpe filled with either Chocolate and Chestnut Purée Or with Apples and Calvados or Chocolate and Vanilla Profiteroles. All Desserts are served with Sophie's homemade Ice Cream
All Desserts: £4.95
Coffee £1.20

Typical Evening Menu

Soup:

Fish Soup served with Rouille, Croutons and grated Gruyère or Roasted Vegetable Soup

Hors d'œuvres:

Pork, Duck and Armagnac Terrine served with Quince Jelly and home-made bread, garnished with green salad or French Winter Salad (Lardons Roquefort and Toasted Pine Nuts on a bed of lettuce or Mushroom and Gruyere Gougere

Main Course:

Roast Organic Salt Marsh Lamb served with Roasted Mediterranean Vegetables & Puy Lentils or Wild Sea Bass Fillet cooked with white wine and Fennel or Fillet Steak with either Roasted Tomatoes and Homemade Chips or with a Mushroom & Green Peppercorn Sauce

A green salad (optional) is served after the main course

Cheese:

A selection of French cheese

Dessert:

Chocolate Delice with Sophie's Homemade Ice-cream or Blackcurrent Tart or Raspberry Creme Brulee or Riz au Lait served with Pears and Cherries Poached in Red Wine or Tarte Tatin.

Coffee

5 course menu £ 31.00
4 course menu £ 28.90
3 course menu £ 26.50
2 course menu £ 24.50

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