

Restaurant LA POISSONNERIE Et pas Que...

Manuel Le Gouil, the Chef and Audrey, his wife, as well as their whole team (*Morgane in the restaurant's room assists Audrey, Charles and Joryan help the Chef in the kitchen*) welcome you in our world.

Both of them started the job of gastronomy at the age of 14. Passionate from the start, we took the time to improve our skills and build our own identity in our birth region «Le Finistère Sud» but in Morbihan too, and finally in Nantes.

So it is in Nantes area that we decided to open our own restaurant on September 2nd 2014.

We have chosen this place named «**La Poissonnerie**» (renowned table since the 70s) to settle down but above all our Brittany's touch.

This table is named like this because of the former fish Halles (fish market) located at that time, at Place Carré Feydeau. We have chosen to respect that history by keeping the original name while at the same time adding «**Et Pas Que**», a little wink for the meat lovers who did not dare to push the door...

Our aim ...? Restoring a second breath to this Nantes former table for the pleasure of adults as youngs.

In our restaurant, everything starts with an « envy »... We « exchange » through ideas and memories. Once they are well-established, we « share » with our brigade, then with you through the result in the plates « and in your glasses... ».



VERY IMPORTANT INFORMATION

-FOOD ALLERGENS-

Dear Customers,

It is impossible to precise all the products used in each course.

CONSEQUENTLY,

We ask you to telling us in order
(if this wasn't done at booking)

if you are

ALLERGIC or if you have got any **DIETARY RESTRICTIONS**
(food allergens, pregnancy, religion, beliefs, etc ...),
so that the Chef may prepare an alternative for you.



LUNCH MENU*



**Served for the LUNCH from TUESDAY to FRIDAY
(except on holiday)*

In addition to the rest of the menu and the other 3 menus.

STARTER + MAIN COURSE + DESSERT	21.50€
STARTER + MAIN COURSE <u>OR</u> MAIN COURSE + DESSERT	19.00€
ONLY MAIN COURSE	16.00€



THE STARTERS

Risotto « leeks and cockles » cockle juice froth with parsley butter.

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Provençal-style smoked mackerel fillet, olive and lentil purée.

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Turkey oyster salad, crisp vegetables, buckwheat blinis, veal juice with sherry.

THE MAIN COURSES

Nantaise Tide and its seasonal garnish. **Chalk detail at the bottom of the slate on the wall**

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Boiled fish (**3 different fish**), mashed potatoes, seaweed, seasonal vegetables and fish soup flavoured with seaweed.

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Shredded hen cooked in its broth, glazed carrot, Eryngii mushroom, wholegrain mustard cream.

THE DESSERTS

Breton pudding-cake « apple - prunes - salted toffee ».

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Soft chocolate cake, coffee espuma, dark chocolate ice cream.

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Selection of 3 cheeses (**Maison Lemaitre in Nantes 44**), green salad.

CARTE MENU



WE DON'T SERVE SEAFOOD PLATTERS ANYMORE IN OUR RESTAURANT SINCE 2017.
(Either on site or Order).

OUR CREUSE OYSTERS N°3*

« La Perle de Quéhan » from Maison Quintin in Quéhan (56)

**Available everyday while stocks last.*

6 Oysters: 12.00€

9 Oysters: 15.50€

12 Oysters: 19.00€



OUR STARTERS

Kromesky fritter of ox-cheek « olives - chickpeas », black olive oil.

16.00€

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Roast salmon **served cold** (cooked with salt/sugar, then roasted) buckwheat blinis,
watercress espuma with lemon.

16.00€

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Crisp yellowfin tuna **served half-cooked** « Granny apples – celeriac - chicory »,
veal juice with sesame seeds.

18.00€

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Scottish Langoustine risotto, crisp vegetables, bergamot bisque.

18.00€

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Lobster and Langoustines in an aromatic broth, rice noodles,
citronella and coriander broth when serving.

23.00€

OUR FISH COURSES



Nantaise Tide and its seasonal garnish. **Chalk detail at the bottom of the slate on the wall**
24.00€

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Monkfish medallions (**low-heat cooking, dipped in olive oil at 63°**), mashed potatoes with parsley, glazed carrot, cockle juice froth with parsley butter.
27.00€

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Day's noble fish, Duchess potatoes and Pak-choï cabbage, veal juice with truffle oil and roasted pistacchio.
31.00€

OUR MEAT COURSES

Preserved rabbit leg (**preserved in duck fat**), leeks, cooked and raw Eryngii mushroom, wholegrain mustard cream.
24.00€

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Duckling fillet **served rare (cooking under vacuum at 58°, then roasted)**, lentil purée, roasted walnut bits, veal juice with Sherry.
29.00€



NOS DESSERTS

(**Pomme'pélup**) Apple dessert « Tonka bean - waffle - salted toffee », stewed apples with Chouchen alcohol.
11.00€

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(**Regression**) « hazelnut panna cotta - moist Madeleine cake - coffee espuma ».
11.00€

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Grapefruit iced dessert mousse, citrus fruit in Grand Marnier syrup, orange thin lace biscuit.
12.00€

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Dark chocolate soft cake (**ganache cream, smoothness, opaline, ice cream, crispy crepes ...**).
12.00€

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Assiette de 4 Fromages (**Maison Lemaitre à Nantes 44**), salade verte.
13.00€



MENU ÉCHANGE

(S + MC + D)

42,00€



STARTERS

Crisp yellowfin tuna **served half-cooked** « Granny apples – celeriac - chicory », veal juice with sesame seeds.

Or

Scottish Langoustine risotto, crisp vegetables, bergamot bisque.

MAIN COURSES

Monkfish medallions (**low-heat cooking, dipped in olive oil at 63°**), mashed potatoes with parsley, glazed carrot, cockle juice froth with parsley butter.

Or

Duckling fillet **served rare (cooking under vacuum at 58°, then roasted)**, lentil purée, roasted walnut bits, veal juice with Sherry.

DESSERTS

Grapefruit iced dessert mousse, citrus fruit in Grand Marnier syrup, orange thin lace biscuit.

Or

Dark chocolate soft cake (**ganache cream, smoothness, opaline, ice cream, crispy crepes ...**).

*This menu is only served
for the whole table.*

MENU PARTAGE*

(blind menus)

*52.00€ **Or** *62.00€

*MENU NOT AVAILABLE
after arrivals of 12H30 pm for the lunch
and not after 8H30 pm for the diner.*

Follow the chef with your eyes closed for a taste trip.

This menu is made according to his associations of the moment, the most representative of his world, of his arrivals and according to the most beautiful products as for him that he works in his menu.

The Chef and his wife wished « **to share with you and for you** » the love they bring to their products, their suppliers and above all to their native land, the « **Finistère Sud** ». So enjoy your trip...

***52€ (4 course trip):** 1 Starter + 1 Fish Course + 1 Meat Course + 1 Dessert

Or

***62€ (5 course trip):** 1st Starter + 2nd Starter + 1 Fish Course + 1 Meat Course + 1 Dessert

** 1 Menu is structured for 1 person, despite its name, it can't be shared.*

MENU ENVIE

(S + MC + D)

32.00€



STARTERS

Kromesky fritter of ox-cheek « olives - chickpeas », black olive oil.

Or

Roast salmon **served cold** (cooked with salt/sugar, then roasted) buckwheat blinis, watercress espuma with lemon.

MAIN COURSES

Nantaise Tide and its seasonal garnish. **Chalk detail at the bottom of the slate on the wall**

Or

Preserved rabbit leg (**preserved in duck fat**), leeks, cooked and raw Eryngii mushroom, wholegrain mustard cream.

DESSERTS

(**Pomme'pélup**) Apple dessert « Tonka bean - waffle - salted toffee », stewed apples with Chouchen alcohol.

Or

(**Regression**) « hazelnut panna cotta - moist Madeleine cake - coffee espuma ».



MENU TI' MOUSSE

15.00€

CHILDREN'S MENU

Aged up to and INCLUDING 11 years old, limited to that age.

For your children's pleasure, the Chef suggests to eat as the adults.

As for us the best interest is to appeal their curiosity as they are the future generation, and maybe future Big Chefs for some of them ?!

So in our restaurant no French fries, or nuggets or minced steak-pasta, only a little moment of sharing and discovery...

Choose in the « MENU ENVIE » here above:

1/2 Starter + 1/2 Main Course + 1/2 Dessert

**Menu available in smaller portions especially for your children.*