

**- STARTERS -**

**GARDEN SALADS** from Ile de France 16 €  
red-leaf lettuce/romaine lettuce/sucrine/red endive...

**Crisp'salad**  
Crisp large slices

**TOPPINGS ACCORDING TO YOUR CHOICE**

- Pan-seared king prawns
- Achar of vegetables
- Sautéed beef

**"Shredded"**  
to eat with a spoon

**CONDIMENTS**

- Tzatziki • Tuna/capers
- All about lemon • Olive/hot pepper

**GREEN BROTH** Argenteuil, 19 €  
fresh cheese, salt & pepper - served hot or cold -

**FINE WHITE VELVETY,** 19 €  
raw & cooked artichokes

**TWO-TONE MIX** - white & green - 21 €

**ROMAINE LETTUCE** Caesar dressing, croutons 16 €

**GREEN ASPARAGUS FROM PROVENCE,** 30 €  
poultry juice, smoked black cod

**SEA BREAM** ceviche with citrus and pack shoy 26 €

**"Completely square"** soft boiled **EGG** 23 €  
chachouka with fava bean breadsticks

Spoon Style **RAVIOLI** 19 €

**- MAIN COURSES -**

**FISH & CRUSTACEAN**

**LOBSTER** 47 €  
on the spit

**SEA BREAM** 30 €  
mushrooms/herbs spreaded

**POULTRY & MEAT**

Pan-sautéed tender **RABBIT** 36 €

Roasted **VEAL,** 36 €  
glazed in its juice

**- CRUSHED SAUCES & CONDIMENTS -**

**SEA/IODIZED**

- "Matelote"/BBQ
- Romanesco
- Oyster/sesame

**COUNTRY/PLANT**

- "Choron" reduction
- Lemon parsley butter
- Primavera

Pan-seared **TUNA,** satay sauce, wok-sautéed vegetables 32 €

Raw/cooked grilled **SQUID,** mango rougaille, Thai rice 28 €

Steamed fare **COD** with yogurt, baby spinach salad 33 €

Snacked/glazed Wagyu **BEEF,** Maxim's potatoes 43 €

Peking glazed **SPARE RIBS,** "Devil" marmalade, heart of lettuce 30 €

On the spit **CHICKEN WINGS,** Tandoori sauce, Chow-mein 29 €

**- GARNISH OF YOUR DISHES -**

\* YOU CAN ALSO HAVE THOSE GARNISH AS A MAIN COURSE AT 19 €

Green asparagus \*

Natural prime vegetables \*

Cereals :  
spelt, quinoa, green & pink lentils \*

Crispy Duchess potatoes

Mashed green peas

Bio rice from Camargue

**- PASTA POT -**

WITH PARMESAN CHEESE

**Red** 20 €

Cooked/raw/dried tomatoes

**Green** 20 €

Crushed tender herbs & salads

**White** 20 €

Yogurt/salted butter

**M'SPOON**

MENU SERVED FOR THE ENTIRE TABLE

89 €

Menu realised with SPOONORIGINS & SPOONNOW dishes, according to the chef selection

## SPOONSUM LUNCH

47 €

Menu realised by the chef

- 2 starters
- + 1 fish
- + 1 meats
- + 1 garnish
- + 3 desserts

SPOONSUM are prepared "à la minute"

### - SOUPS

- Fine white velvety, raw & cooked artichokes 6 €
- Green broth Argenteuil, fresh cheese, salt & pepper 6 €

### - STEAM - FARE

- "Spoon Style" ravioli 8 €
- Cod with yogurt 7 €

### - DELUXE

- Steamed fare asparagus, smoked black cod 14 €
- Pan-seared asparagus, poultry juice 14 €

### - FISHES

- Sea bream, mushrooms/herbs spreaded 9 €
- Pan-seared tuna 8 €
- Raw/cooked grilled squid 7 €

### - MEATS

- Roasted veal glazed in its juice 9,5 €
- On the spit chicken wings, tandoori sauce 8 €
- Peking glazed spare ribs 8,5 €

### - GARNISHES

- Natural prime vegetables 6 €
- Crispy duchess potatoes 6 €
- Cereals: spelt, quinoa, lentils 6 €

### - DESSERTS

- Cheesecake 6,5 €
- Banana speed 6 €
- Uncommon ice creams 4,5 €
- Strat'citrus 7 €

## M'SPOON

MENU SERVED FOR THE ENTIRE TABLE

89 €

Menu realised with SPOONORIGINS & SPOONNOW dishes, according to the chef selection

### - STARTERS -

**ROMAINE LETTUCE** Caesar dressing, croutons 16 €

"Completly square" soft boiled **EGG**, chachouka with fava bean breadsticks 23 €

Spoon style **RAVIOLI** 19 €

"**CRISP'SALAD**" crisp large slices red-leaf lettuce/romaine lettuce/sucrine/red endive... 16 €

**TOPPING ACCORDING TO YOUR CHOICE**    **CONDIMENTS**

- |                          |                    |
|--------------------------|--------------------|
| • Pan-seared king prawns | • Tzatziki         |
| • Achar of vegetables    | • Tuna/capers      |
| • Sautéed beef           | • All about lemon  |
|                          | • Olive/hot pepper |

### - MAIN COURSES -

#### FISH & CRUSTACEAN

**SEA BREAM** mushrooms/herbs spreaded 30 €

CRUSHED SAUCES & CONDIMENTS SEA/IODIZED - "Matelote"/BBQ, Romanesco, Oyster/sesame-

Pan-seared **TUNA**, satay sauce, wok-sautéed vegetables 32 €

#### MEAT & POULTRY

Snacked/glazed Wagyu **BEEF** 43 €

CRUSHED SAUCES & CONDIMENTS COUNTRY/PLANT - Choron reduction, Lemon parsley butter & Primavera-

On the spit **CHICKEN WINGS**, Tandoori sauce, Chow-mein 29 €

### - GARNISH OF YOUR DISHES -

\* YOU CAN ALSO HAVE THOSE GARNISH AS A MAIN COURSE AT 19 €

Green asparagus \*

Cereals : spelt, quinoa, green & pink lentils \*

Crispy duchess potatoes

### - PASTA POT -

WITH PARMESAN CHEESE

**Red** 20 €

Cooked/raw/dried tomatoes

**Green** 20 €

Crushed tender herbs & salads

**White** 20 €

Yogurt/salted butter