



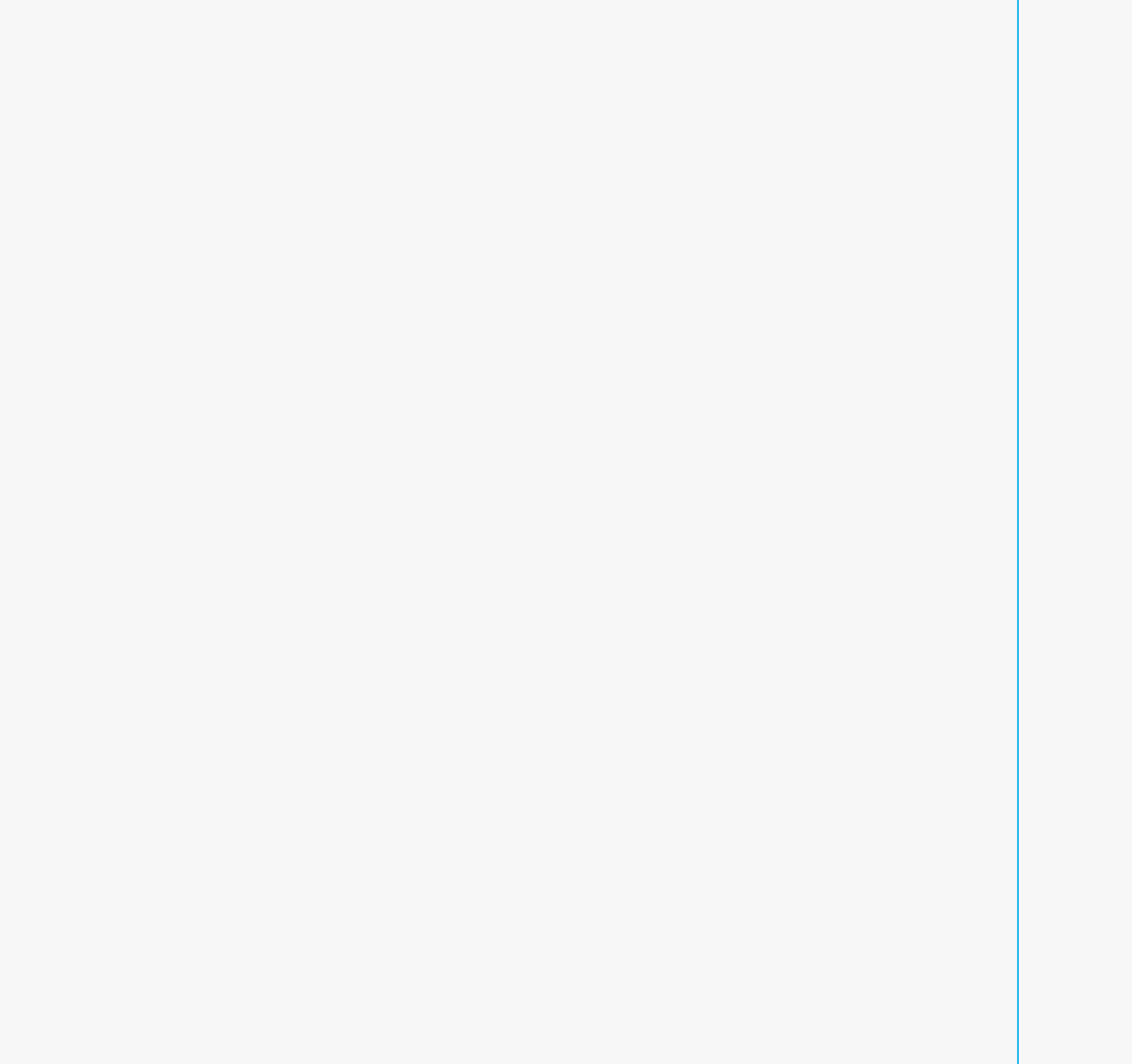
MENU







[www.lafontaineartcentre.net](http://www.lafontaineartcentre.net)



# Antipasti

## **Oven Dry Sweet Potato Chips**

1.500 BD

## **Assorted Bruschetta**

Selection of three: garlic mushroom, Mediterranean tomatoes  
or lima beans & peas

3.500 BD

## **Sun-Dried Tomato Tart**

Sun-dried tomato, zucchini & basil with Parmigianino

4.500 BD

## **Sweet Potato Fritters with Avocado Puree**

Sweet potato, onion, various herbs & sesame seeds  
served with avocado puree & rocket salad

4.500 BD

## **Assorted Cheese Plate**

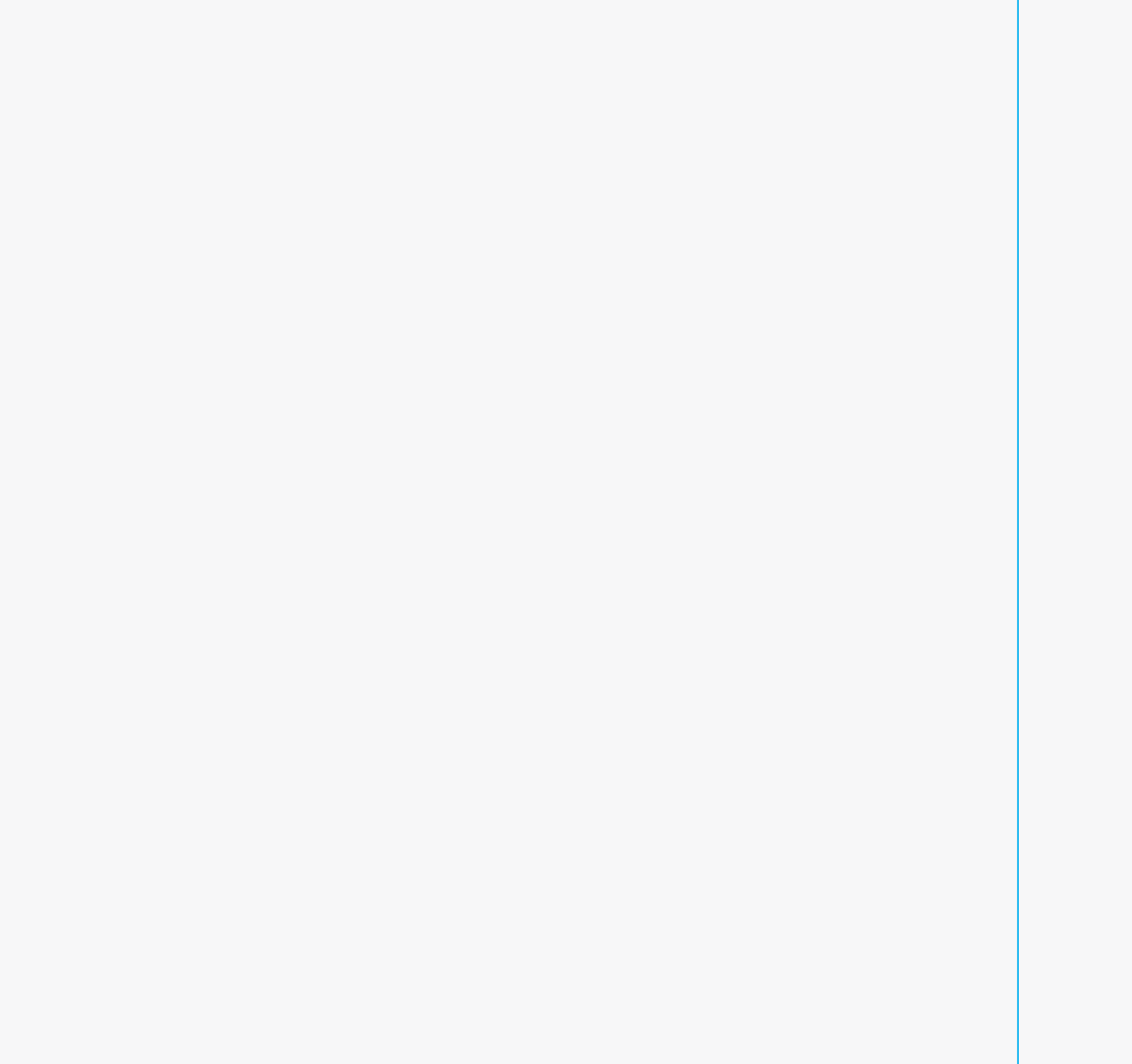
Selection of three: Asiago, Pecorino, Parmigianino & Roquefort  
served with seasonal fruit & walnuts

6.900 BD

## **Mixed Grilled Vegetables**

Assortment of grilled seasonal vegetables

5.500 BD



# Starter

## **Grilled Calamari**

Grilled calamari & mixed green salad  
served with extra virgin olive oil dill dressing  
6.300 BD

## **Seychelles Prawn**

Deep fried prawns wrapped in kunafa dough  
served with green mango chili salsa  
5.900 BD

## **Buffalo Mozzarella**

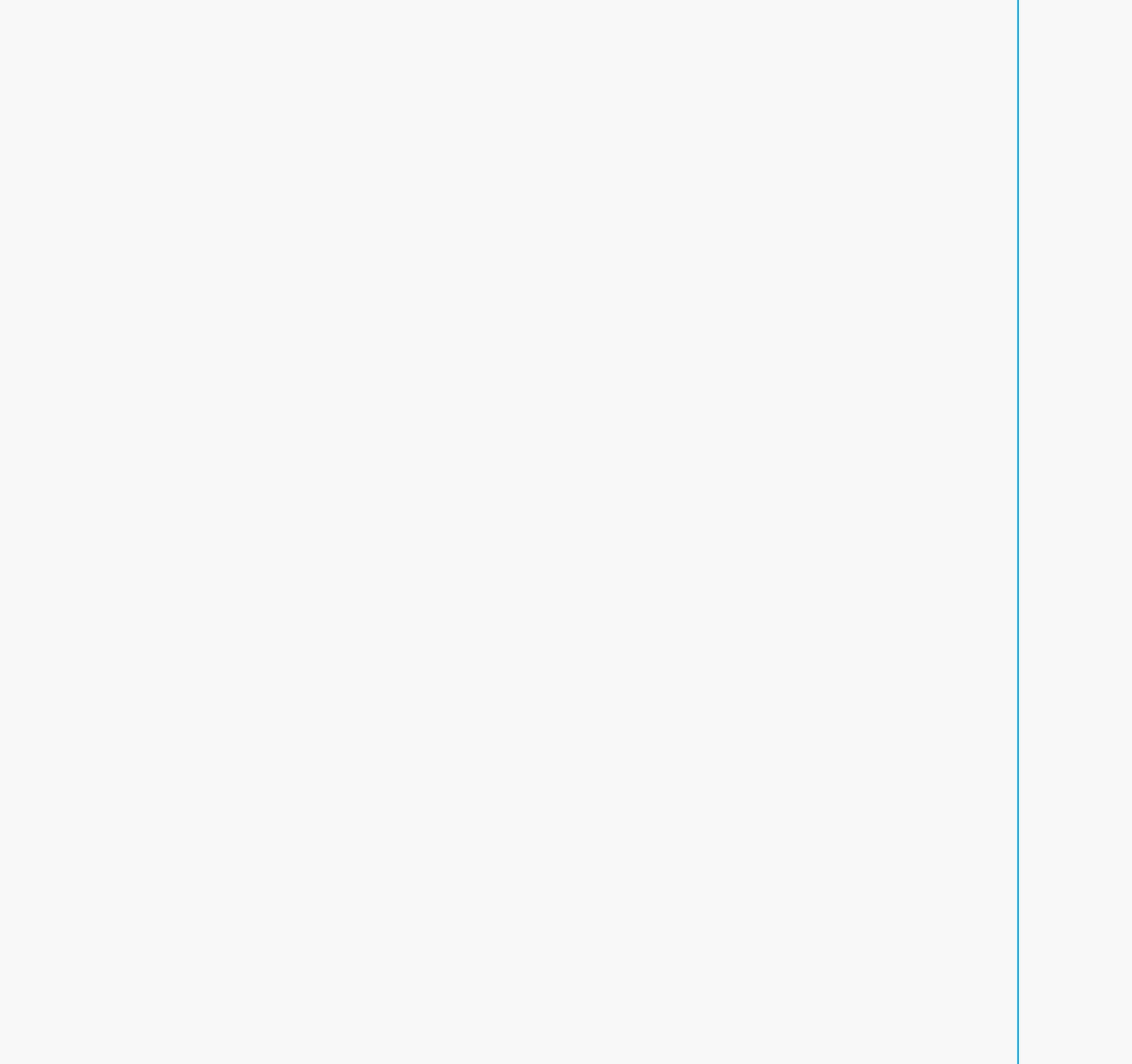
Buffalo mozzarella cheese, tomato & fresh basil  
4.500 BD

## **Sea Scallop**

Sea scallop, steamed beetroot & orange truffle sauce  
9.900 BD

## **Shelled Shrimp**

Pan seared shrimp with rocket & Parmigianino  
6.500 BD





# Soup

## **Vegetable Soup**

Sweet potato, carrot, tomato  
4.200 BD

## **Tomato Soup**

Tomato, red onion, garlic & potato  
served with freshly made crostini  
4.200 BD

## **Asparagus Soup**

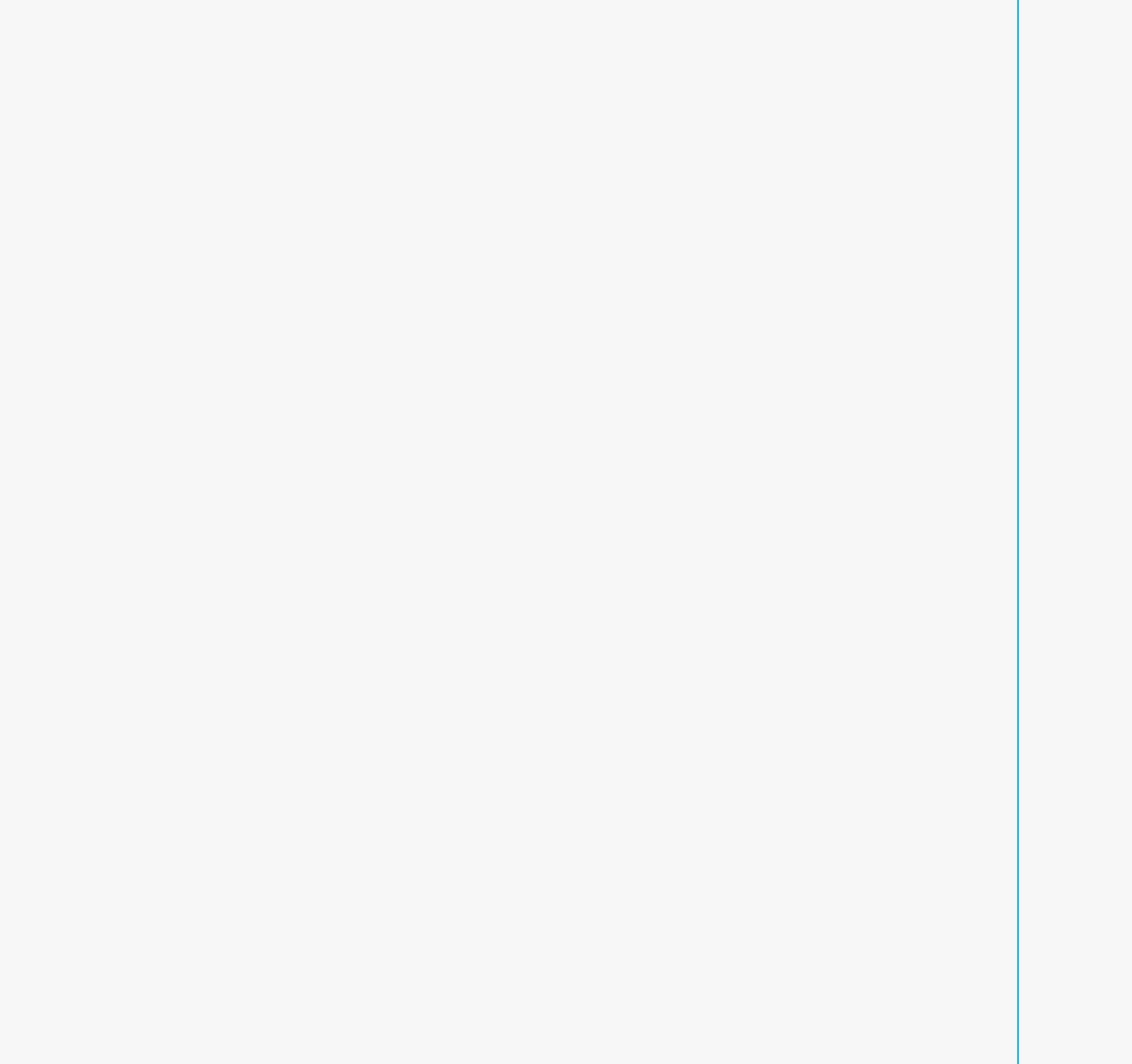
Asparagus, garlic & white onion, topped with diced asparagus &  
drizzled with extra virgin olive oil (cream optional)  
5.700 BD

## **Seafood Chowder**

Seafood soup prepared with a white cream sauce  
served in a bread bowl  
6.800 BD

## **Gazpacho**

Chilled soup of tomato, cucumber, red onion & garlic  
topped with capsicum & mint  
4.700 BD



# Salad

## **Quinoa Salad**

Quinoa, cucumber, mint, parsley, celery and tomato  
served with lemon olive oil dressing

4.800 BD

## **Chicory, Roquefort & Walnut Salad**

served with Dijon mustard seed dressing

5.900 BD

## **Grilled Halloumi Salad**

Grilled halloumi cheese, green salad & green grapes  
served with sweet dill extra virgin olive oil dressing

5.700 BD

## **Goat Cheese Salad**

Goat cheese, mixed salad, grated apple, walnuts & thyme  
served with lemon, walnut & extra virgin olive oil dressing

5.900 BD

## **Avocado Salad**

Avocado, green salad, tomato & cucumber, topped with flaked almonds  
served with extra virgin olive oil dressing

5.700 BD

## **Caesar Salad**

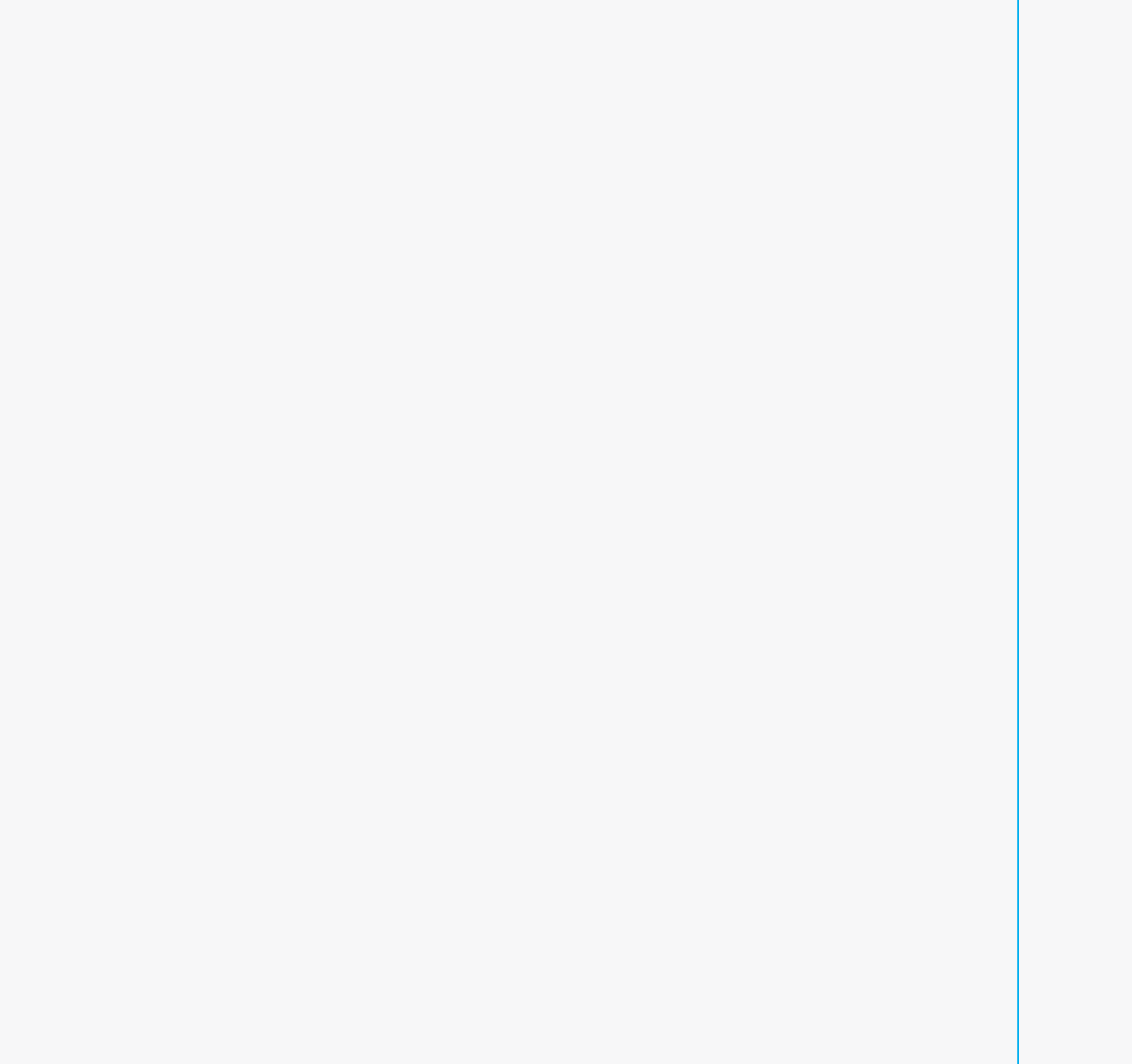
Grilled chicken breast, romaine lettuce, Parmigianino & croutons  
served with a Caesar dressing

4.800 BD

## **Smoked Salmon**

Smoked Scottish salmon, rocket, avocado, hazelnut & goat cheese  
served with balsamic dressing

7.200 BD



# Pasta & Risotto

## **Penne Arrabiata**

Penne with tomato, garlic, chili & parsley sauce  
served with Parmigianino cheese  
6.600 BD

## **Tortellini**

Tortellini stuffed with spinach, ricotta & nutmeg  
served with a white cream garlic sauce  
6.900 BD

## **Risotto alla Zucca**

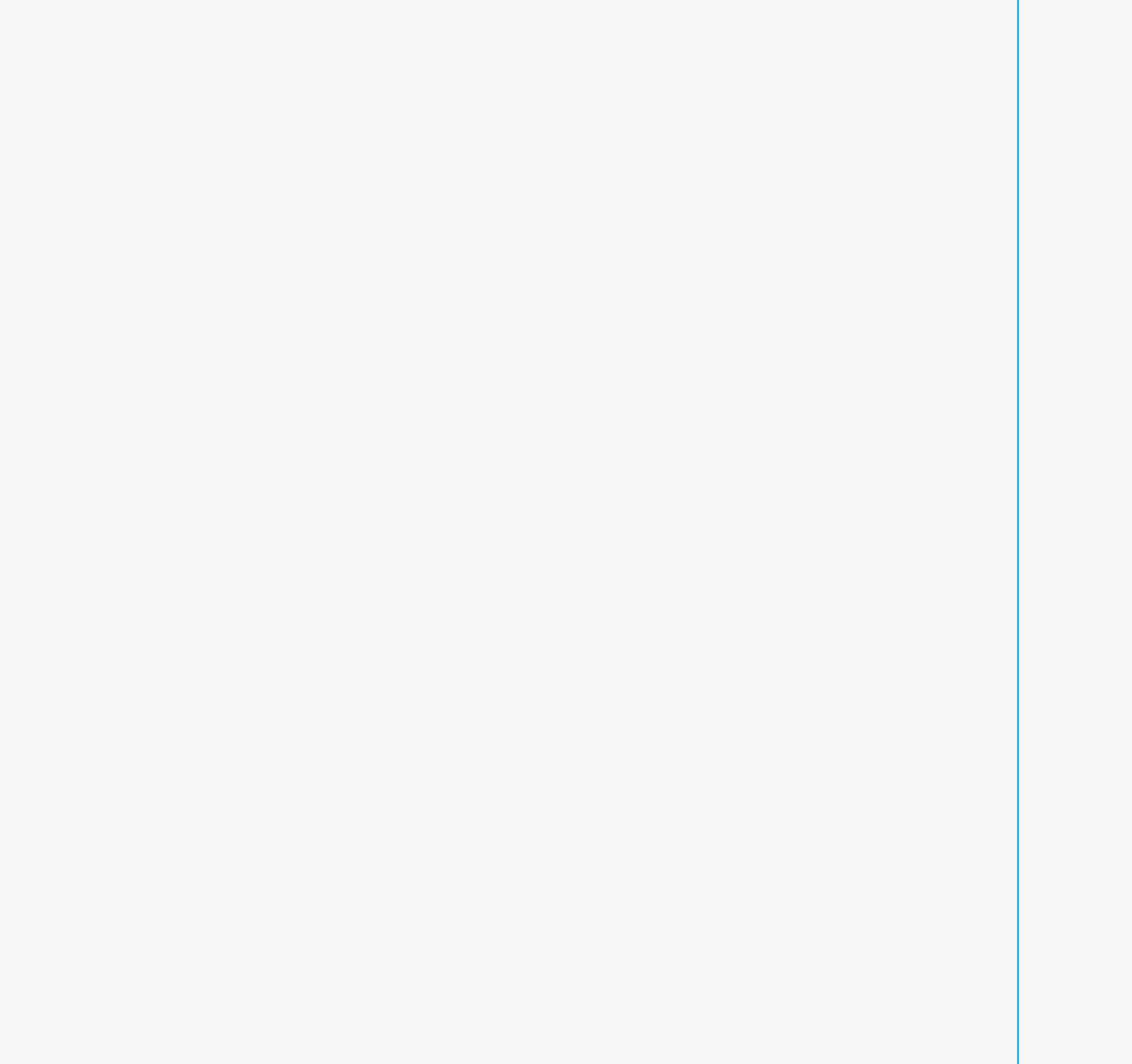
Italian risotto rice, butternut squash, onion, parsley  
served with Parmigianino cheese  
6.600 BD

## **Risotto ai Funghi**

Italian risotto rice, wild mushroom, garlic & parsley  
served with Parmigianino cheese  
7.100 BD

## **Linguini alle Vongole**

Linguini pasta with clams in a cherry tomato, white wine,  
garlic, parsley & extra virgin olive oil sauce  
6.900 BD





# Fish

## **Grilled Crayfish**

Grilled crayfish with saffron rice  
served with ginger garlic sauce  
10.500 BD

## **Catch of the Day**

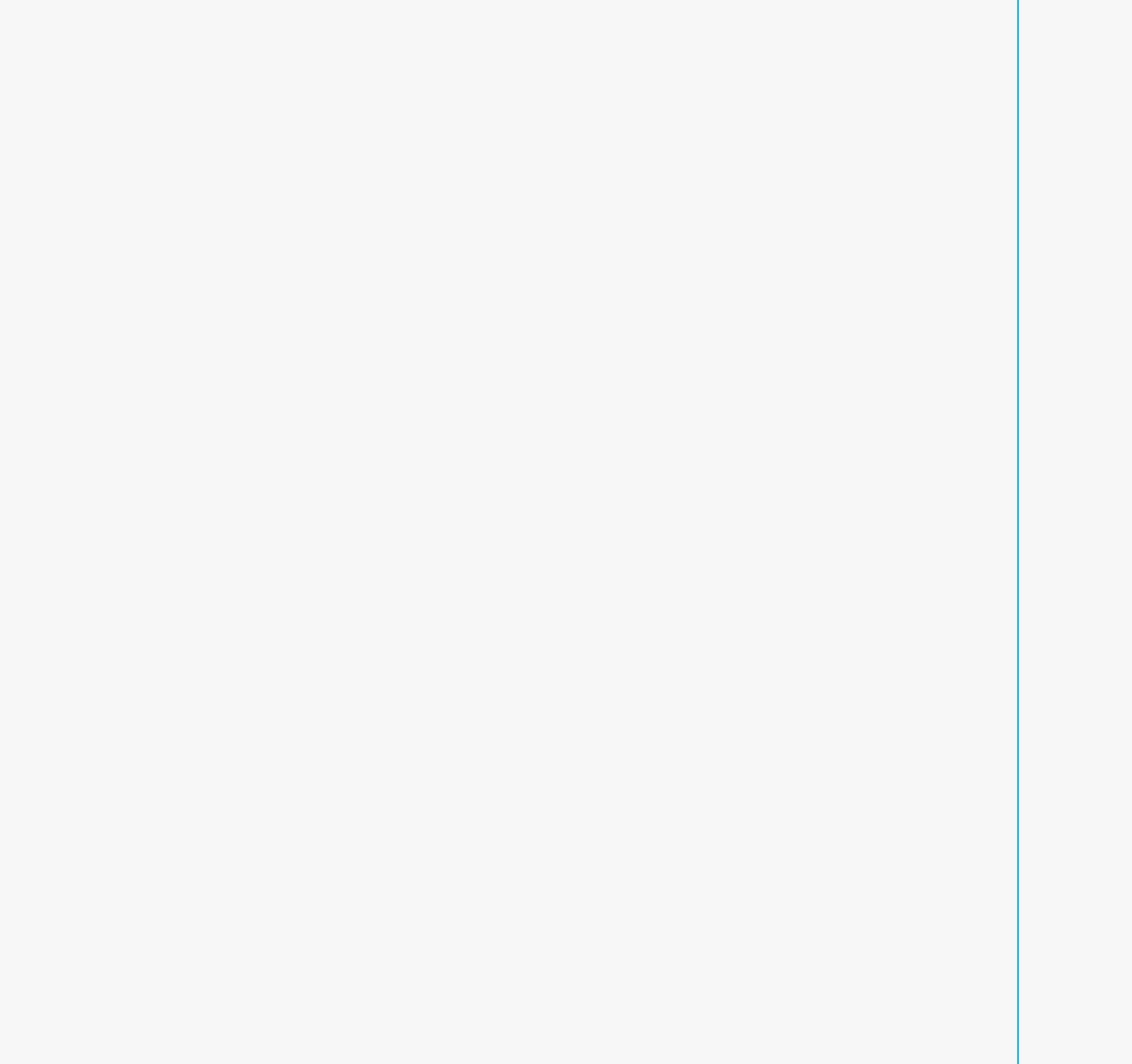
Pan seared fillet  
served with sautéed vegetable & mashed potato  
8.200 BD

## **Red Snapper**

Pan seared red snapper fillet, rosemary potato &  
sautéed vegetables, served with extra virgin olive oil lemon sauce  
8.200 BD

## **Grilled Salmon**

Pan seared Norwegian salmon fillet served with mashed potato &  
cherry tomatoes, served with caper dill extra virgin olive oil dressing  
11.800 BD



# Poultry & Meat

## **Thai Sizzling Beef**

Stir-fried angus beef in oyster sauce & vegetables  
served on a sizzling plate with wild rice

9.500 BD

## **Grilled Duck Breast**

Pan seared duck breast served with thin-cut vegetables, basil  
& mashed potatoes, served with a red wine sauce

8.300 BD

## **Grilled Chicken Breast**

Grilled chicken breast & mashed potato & sautéed vegetables  
served with a mushroom cream sauce

6.800 BD

## **Rosemary Lamb**

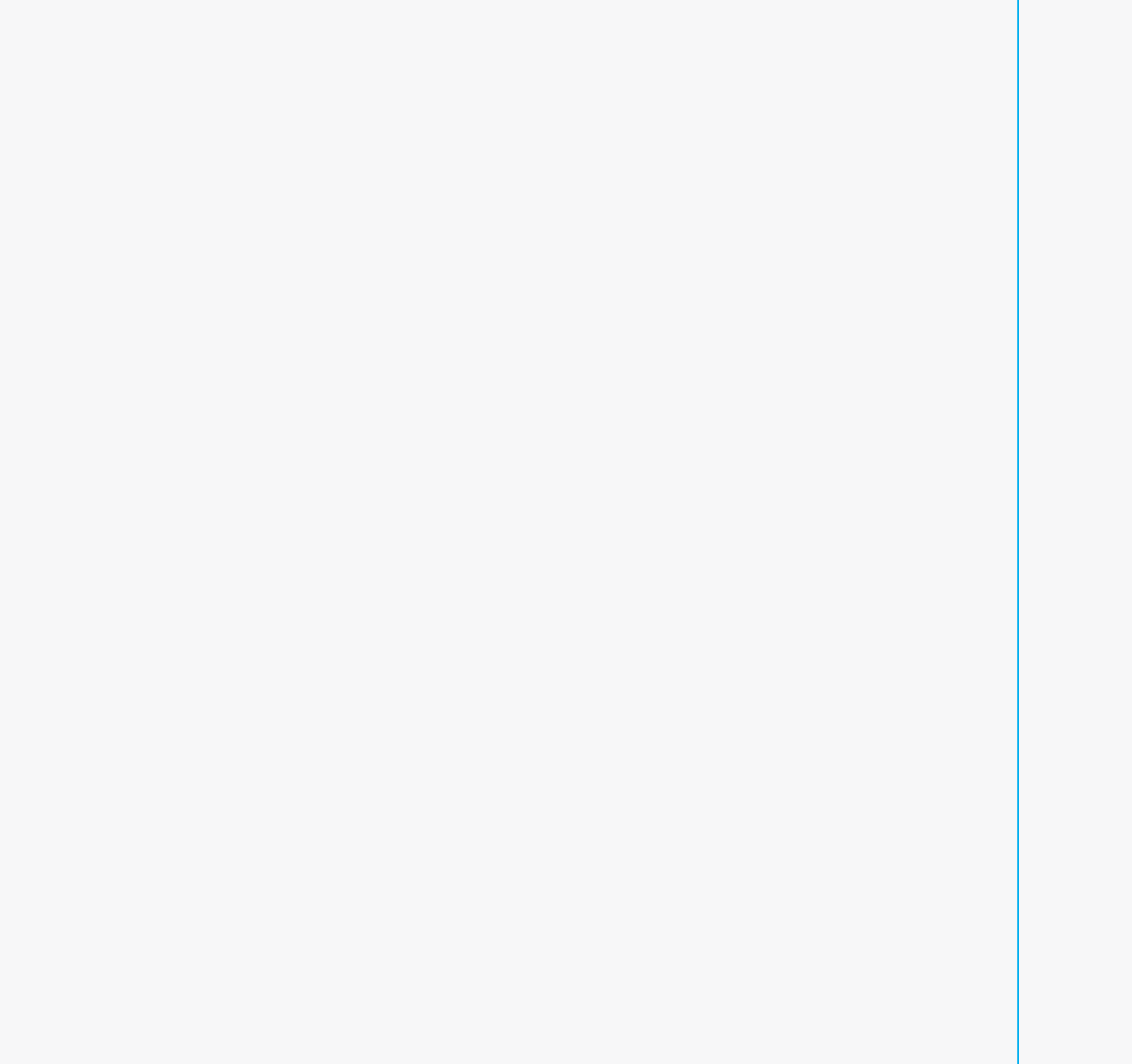
Grilled lamb loin with baby potato, anchovy tapenade &  
sautéed vegetables served with rosemary dressing

10.700 BD

## **Grilled Sirloin Steak**

Pan seared sirloin served with sautéed vegetables &  
mashed potato, served with a red wine sauce (optional)

11.800 BD



# Dessert

## **Pineapple Flambé**

Pineapple rings flambéed in dark rum  
5.900 BD

## **Almond Tart with Vanilla Ice Cream**

Pastry topped with caramelized almonds  
served with freshly made vanilla ice cream  
4.500 BD

## **French Apple Tart**

Pastry topped with apples & cinnamon  
served with freshly made vanilla ice cream  
5.900 BD

## **La Fontaine Chocolate Fondant**

Baked chocolate fondant served with freshly made  
vanilla ice cream & chocolate sauce  
5.900 BD

## **Crème Caramel**

Custard dessert topped with a layer of soft caramel  
3.500 BD

## **La Fontaine Sorbets (select three scoops)**

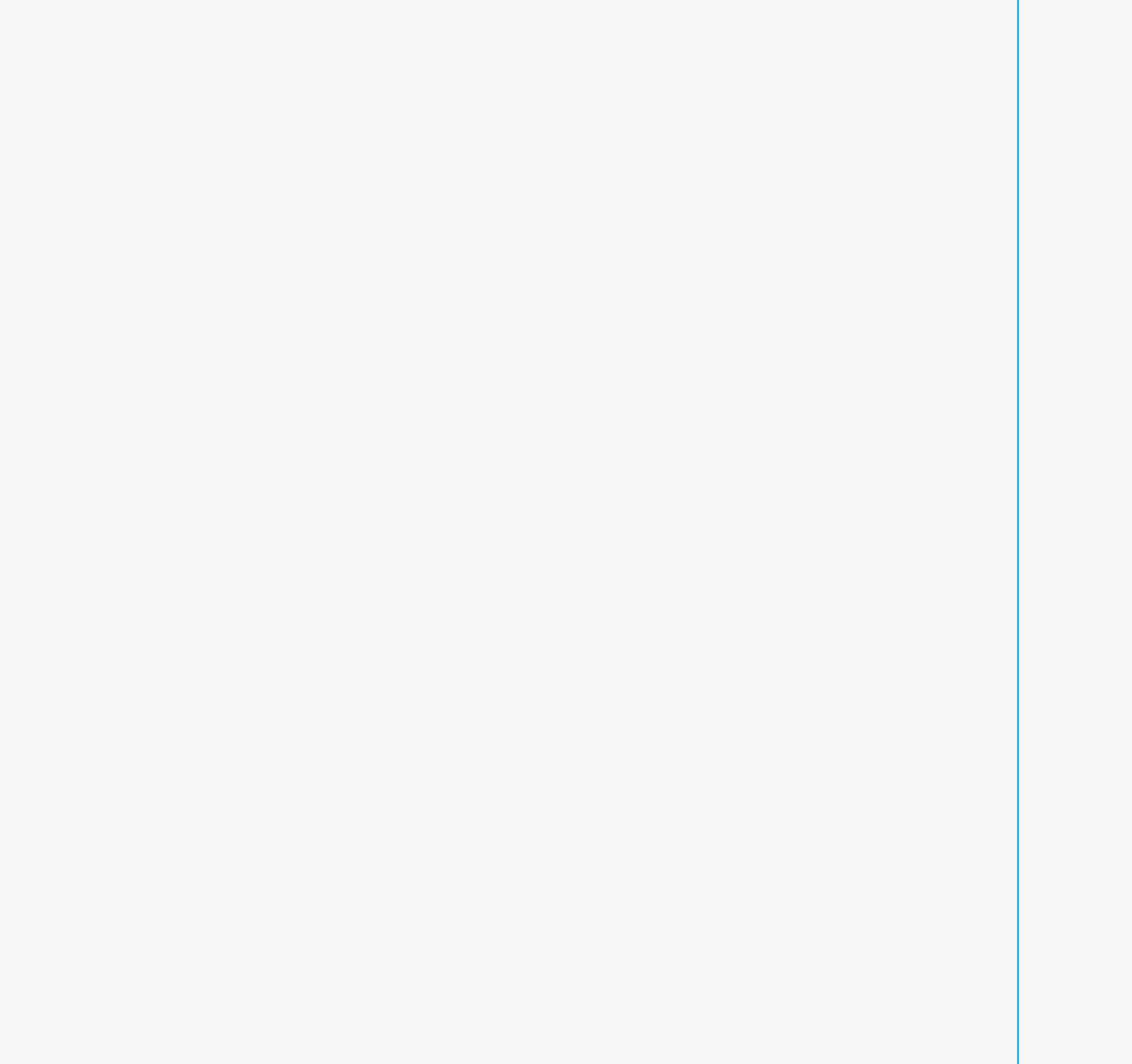
Freshly made mango, mint, lemon & kiwi sorbet  
3.900 BD

## **La Fontaine Ice Cream (select three scoops)**

Freshly made vanilla, chocolate, coconut, green tea,  
pistachio & strawberry ice cream  
3.900 BD

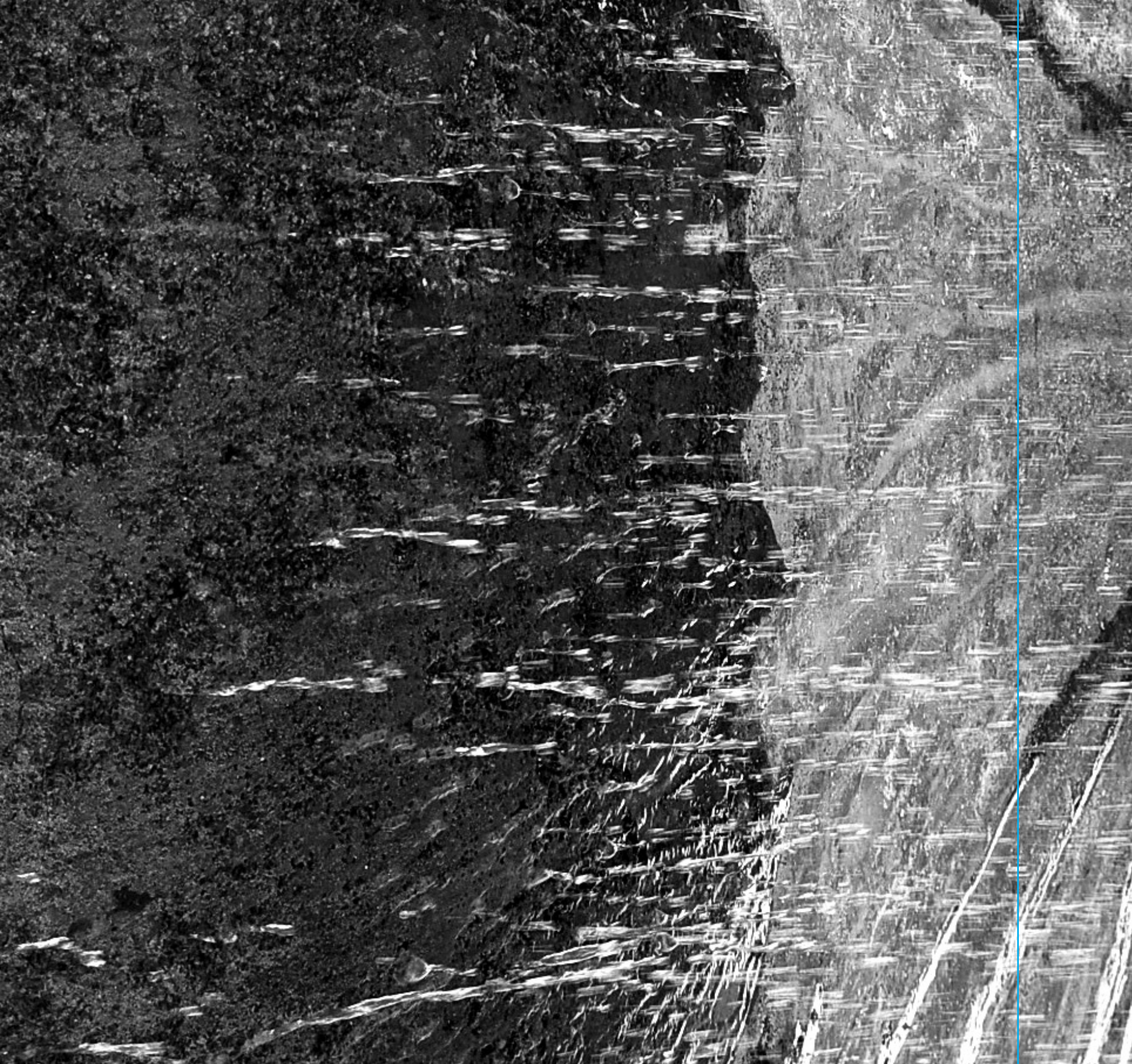
## **Crème Brûlée**

Earl grey tamarind infused custard topped with seared caramel  
4.600 BD











## Autumn Specials

### Starter

#### **Chilled Avocado Soup**

Avocado, rocket, lemon & mint, served with coconut cream

5.7 BD

#### **Pumpkin Salad**

Oven baked pumpkin, spinach, rocket & pine nuts, served with honey mustard olive oil dressing

4.5 BD

#### **Dates Salad**

Dates, baby spinach, rocket & almonds, served with rice vinegar, lemon juice chili flakes & red onion

4.8 BD

#### **Fig Salad**

Roasted fig & goat cheese, served with rocket, hazelnuts & balsamic dressing

5.7 BD

### Main Course

#### **Grilled Sirloin**

Grilled sirloin slices, green papaya & mango, served with roasted peanuts & red chili garlic sauce

10.8 BD

#### **Grilled Salmon**

Pan seared Norwegian salmon fillet, served with green lentil mixed with herbs

11.8 BD

#### **Sea Scallop**

Pan seared sea scallops, penne pasta & asparagus, served with lemon juice & garlic wine sauce

10.8 BD

#### **Organic Vegetarian Pasta**

Baked yellow bell pepper, eggplant, yellow squash, sun dried tomato, rocket, farfel & feta cheese, served with balsamic vinegar

6.6 BD

### Dessert

#### **Baked Fruit**

Plums, peaches & oranges roasted with balsamic vinegar, and topped with vanilla ice-cream or coconut sorbet

4.9 BD

#### **Black Chocolate**

Tray of eight assorted black chocolates with pistachio, almond, dates & caramel

2.9 BD

(10% Government Levy)





*Simeen Farhat @ La Fontaine, October 19<sup>th</sup> 2017*