

Welcome to



Le Saffron

R E S T A U R A N T



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The Saffron has been produced mostly in Europe for a long time. The Saffron is the most expensive Spice in the World, (twice the price of gold), it is produced in France (Languedoc, Provence, Quercy, Galiniais [10 - 15kg]), in Spain (30 - 40 tonnes) & in India (15 - 20 tonnes). Around 15 countries have started to produce Saffron since 2003.

You will need 150,000 flowers (300kg) to obtain 5kg of fresh stigmata, which will give you 1kg of dry Saffron after been in a light oven at low temperature. The price of Saffron is between €3 - €20per gramme, subject to quality.

In Grasse (Southern France) an experience as been To extract oil to do a rose & honey perfume.

Euro-Toques is a pan-European organisation representing over 3,500 cooks. Its objects are: to protect quality and flavour; to support producers of the finest foods; to maintain traditional dishes and techniques and to oppose anything likely to detract from the health, quality an flavour to food.

Euro-Toques Ireland was founded in 1986 by Myrtle Allen. Its membership now comprises of over 200 leading cooks all of whom are pledged to support the philosophy of buying natural, fresh, local and seasonal produce. Euro-Toques vigorously opposes non-food additives and Genetic Modification.

This menu has been prepared by our Head Chef "Dominique Dayot" who was an Award Winning Chef, Dominique also got a Write-up in the Sunday Irish Independent by Lucinda O'Sullivan and features in the 100 Best Restaurants in Ireland in 2005 with his previous restaurant (Bridgetown Guide), Georgina Campbell's guide 2005 and is also a member of Euro-Toques.



STARTERS

CHICKEN LIVER "PARFAIT"..... €7.50

home-made fresh chicken liver parfait served with cumberland sauce & toast

GOAT CHEESE (V) €9.25

oven baked st. tola goat cheese on brown soda bread, beetroot salad, honey & balsamic vinaigrette, pecan nut crumb

VINE TOMATO & MOZZARELLA SALAD (V) €

Buffalo mozzarella salad, with vine tomatoes (no skin) served with roasted vegetables & an extra virgin olive oil dressing

MUSSELS "MOUCLADE STYLE" €

Freshly cooked Mussels with curcuma spices, shallots, cream & parsley

SMOKED CHICKEN SALAD €

Julienne of smoked chicken with sun-dried tomato tapenade, parmesan shavings & garlic croutons

TIGER PRAWNS TEMPURA €10.25

Tempura of tiger prawns in a light batter, served with a light chilli jam & Honey vinaigrette

SMOKED SALMON & CRAB MEAT..... €10.25

Tian of smoked salmon & crab meat salad served with an oriental cucumber salad

FOREST MUSHROOMS (V)..... €9.25

Vol au vent of fresh wexford grown forest mushrooms with creamy herbal sauce

SEAFOOD CHOWDER..... €7.00

Freshly cooked chunky seafood chowder with fresh fish stock & cream.....

SOUP OF THE NIGHT (V)..... €6.95

With cream.....

STARTER OF THE NIGHT

Please see our blackboard

"V" suitable for vegetarians

Crab meat is subject to availability

MEAT DISHES

FILLET STEAK (Slaney Valley) (10oz)	€27.95
FILLET STEAK (Slaney Valley) (8oz)	€24.95
Grilled prime Irish beef (Slaney Valley) with cognac pepper sauce, garlic butter	
SIRLOIN STEAK (Slaney Valley) (10oz)	€23.95
SIRLOIN STEAK (Slaney Valley) (8oz)	€21.95
Grilled prime sirloin steak served with a choice of brandy pepper sauce or garlic butter or bluecheese	
“BEEF FILLET, FOIE GRAS”	€
Fillet of beef topped with pan-seared foie gras, onion, marmalade & balsamic glazed with aubergine caviar & cotes du rhone sauce	
ROAST HALF DUCKLING	€
Roast half honey duck served on a bed of vegetable stir-fry & pak choy & orange sauce with a confit of kumquat	
VEAL FILLET (France or Holland)	€27.95
Medallions of veal fillets served with a light forest mushrooms & port wine sauce	
GUINEA-FOWL (France)	€21.95
Supreme of guinea-fowl stuffed with a butter nut squash risotto & thyme sauce	
FILLET OF LAMB (Slaney Valley)	€27.95
Noisettes of lamb fillet served on a bed of white beans ragout & rosemary sauce	
SURF & TURF	€
6oz char grilled fillet steak with fish of your choice As lemon sole or salmon or cod Supplement of €3 for scallops or monk fish or prawns	

*All the above are accompanied with Vegetables & Potatoes of the Day
“Side orders will be charged extra”.*

*Lamb & Beef is sourced from Irish Country Meat.
Veal is sourced from France or Holland. Subject to freshness*

If you require a Chicken dish, let us know

FISH DISHES

SALMON €

Fillet of salmon served on a bed of sautéed forest mushroom, asparagus & red peppers

COD €

Fillet of cod, pan seared with olive oil, served on a bed of tomato carcasse, saffron oil, with roasted lemons

LEMON SOLE €22.95

Fillet of lemon sole topped with a tomato crumb, crevettes & a creamy white sauce

RENDEZ-VOUS DE POISSONS €24.95

A fish rendez-vous as salmon, cod, lemon sole garnished with sauteed crab claws, prawns & basil sauce

DOVER SOLE PODB

Pan-fried whole dover sole served meuniere or au naturel

MONK FISH €23.95

Medallions of monk fish served with prawns & a lobster bisque sauce (home-made)

LOBSTER PODB

Lobster is subject to request or to availability

FISH OF THE NIGHT PODB

Ask a member of staff

All fish is sourced locally as possible & is subject to availability due to weather conditions we cannot guarantee to have fish all the time over winter and for quality control. Thank you for your understanding.

All the above are accompanied with

VEGETARIAN OPTIONS

DUO OF PANZEROTTI PASTA €16.95

Filled with asparagus & mushroom coated with fresh mushrooms, light pesto cream sauce

RISOTTO €17.95

With semi sun-dried tomatoes, artichoke heart & vegetables,
white wine & parmesan shavings (Parmigiano)

TAGLIATELLE PASTA €17.95

Fresh tagliatelle pasta tossed with fresh forest mushrooms, asparagus, basil sauce

SIDE ORDERS

Portion of Fresh Chips €2.50

Portion of Sautéed Mushrooms €2.50

Portion of Sautéed Onions €2.50

Portions of Green Beans €2.95

Portion of Baby Spinach €2.95

Seasonal Side Salad €2.95

TEA & COFFEE

Tea €2.20

Coffee €2.20

Espresso €2.50

Cappuccino €2.50

Irish Coffee €5.95

French Coffee (Brandy) €5.95

Calypso Coffee (Tia Maria) €5.95