



BREAKFAST MENU

BREAKFAST SET

Available from 6.00 am to 10.30 am

Continental

RM65

Choice of Freshly Squeezed Juices Orange, Apple, Watermelon, Carrot

Assorted Fresh Fruits with Fresh Berries

Choice of Cereals

All Bran, Muesli with Dried Fruits and Nuts Corn Flakes, Organic Granola served with Fresh, Low Fat or Unsweetened Soy Milk

From our Bakery

Jam Butter Croissant, Chocolate Danish, Muffin and Wholemeal Toast served with Butter and Honey Preserves

Coffee or Tea

The Asian Breakfast

RM65

Choice of Freshly Squeezed Juices

Orange, Apple, Watermelon, Carrot
Toast with Butter and Kaya
Nasi Lemak with Chicken Rendang

Or

Plain, Chicken or Red Snapper Congee with Condiments

Coffee, Nescafe Tarik, Tea, Teh Tarik or Milo

American Breakfast

RM78

Choice of Freshly Squeezed Juices Orange, Apple, Watermelon, Carrot






Assorted Fresh Fruits with Fresh Berries

Two Eggs Cooked any Style with Chicken Sausages served with Sautéed Cherry Tomatoes, Smoked Turkey and Hash Brown

From our Bakery

Croissant, Pan au Chocolat, Muffin and Wholemeal Toast

Coffee or Tea





Signature dish  Vegetarian selection  Gluten free option  Spicy dish  Carb free option 

If you are allergic to certain food ingredients, please advise our staff.

Prices are inclusive of prevailing Government



BREAKFAST A LA CARTE






 Cereals	RM28
All Bran, Muesli with Dried Fruits and Nuts, Corn Flakes or Organic Granola served with Fresh, Low Fat, or Unsweetened Soy Milk	
Pancake Stack	RM34
Pancake Syrup, Mixed Berries and Icing Sugar	
Homemade Bircher Muesli	RM34
Mixed Berries	
Smoked Salmon Eggs Benedict	RM42
English Muffin, Smoked Salmon, Poached Eggs, Sautéed Spinach, Hollandaise Sauce and Hash Brown	
Cold Cut Platter - Smoked Duck, Beef Salami and Smoked Chicken	RM45
served with Sliced Baguette, Olives, Pickled Onions, Gherkins and Capers	
Three-Egg Omelette or Egg White Omelette	RM58
served on Toast with Chicken Sausages, Sautéed Cherry Tomatoes, Smoked Turkey Toast and Hash Brown Your Choice of Filling: Bell Pepper, Cheese, Onion, Tomato, Mushrooms	
Asian Specialty	
Plain, Red Snapper or Chicken Congee	RM27
served with Spring Onions, Salted Egg, Sliced Ginger and Soy Sauce	
 Mee Goreng Mamak	RM34
served with Chicken, Seafood, Egg, Tomato, Cooked in Spicy Paste and Mustard Leaves	
Nasi Lemak	RM40
Boiled Egg, Fried Anchovies, Cucumber, Chili Paste and Chicken Rendang	
  Nasi Goreng Indonesia	RM40
served with Shrimp, Sambal Paste, Chicken Satay, Keropok Belinjau and Ayam Bakar	

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 From the Bakery	RM38
Choose any 3 of the following:	
Croissant	
Pain Au Chocolate	
Freshly Baked Muffins	
Fruit and Custard Danish	
Seven-grain Toast Bread	
White bread	
* served with Butter and Preserves	
Blended Yogurt	
Blueberry Yogurt with Biscotti	RM27
Mango Yogurt with Fresh Lime	RM27
Strawberry Yogurt with Hazelnut	RM27
Mix Berries Yogurt with Almond and Mint	RM27
Power Juices (Well Being)	
Fresh Juices	RM22
Apple, Orange, Pineapple, Honey Dew, Watermelon, Carrot or Combination of Any Two	
Energy Booster	RM25
Carrot, Lime, Bell Pepper and Yam	
Anti-aging (Vitamin C Rich Juice)	RM25
Celery, Cucumber, Parsley	
Brain Power Juice	RM25
Celery, Beetroot and Lime	
Antioxidant Rich Juice	RM25
Beetroot, Carrot, Cilantro and Lemon	

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**INVENTIVE, FLAVORFUL, EXCITING: DE-LIGHT BY SOFITEL QUIBERON
THALASSA SEA & SPA MEANS MAXIMUM PLEASURE AND MINIMUM CALORIES**

Give in to the temptation of gourmet cuisine without compromising your healthy lifestyle goals. De-Light was developed by Sofitel Quiberon Thalassa Sea & Spa, an expert in nutrition and wellness located on France's invigorating Atlantic coast. Inspired low-calorie dishes have been created through innovative culinary techniques and an unwavering commitment to refine tastes and textures. Sofitel chefs worldwide are applying these principles and spreading De-Light, allowing you to dine healthily while enjoying Magnifique blends of fine French and local culinary traditions.

Available from 11:00am to 11:00pm

STARTERS





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| Spinach (191 calories)
Baby Spinach, Quinoa, Pomegranate, Chickpeas and Age Honey Balsamic Vinaigrette | RM25 |
| Chilled Cucumber Yogurt Soup (70 calories)
Smoked Salmon and Salmon Roe | RM25 |
| Seared Sesame Crusted Tuna with Orange and Rocket (210 calories)
Pan Seared Tuna Fillet, Orange Segments, Rocket Leaves, Soy Orange Dressing | RM38 |

MAINS

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| Baked Portobello and Vegetables (180 calories)
Crushed Peta Cheese and Age Honey Balsamic Dressing with Micro Greens | RM42 |
| Grilled Chicken Breast (250 calories)
Herb Couscous with Tomato and Olive Salsa | RM47 |
| Steamed Snapper Fillet, Lemongrass, Chilli, Ginger & Lime (256 calories)
Sautéed Baby Bok Choy | RM56 |

DESSERTS

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| Chilled Almond Pudding (127 calories)
Almond Milk Pudding Sugar cane Jelly, Aloe Vera | RM24 |
| Mascarpone Raspberry Trifle (197 calories)
Vanilla Mascarpone Cream, Raspberry Compote, Almond Honey Granola | RM25 |
| Lemon Pavlova (215 calories)
Meringue Pavlova, Cream Chartilly, Citrus Curd, Fresh Fruit Topping | RM27 |

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ALL DAY DINING

SOUPS AND STARTERS

The Classic French Onion with Gruyère Croutons RM24

Cream of Wild Mushroom with Truffle Oil RM29

 **Indonesian Spicy Oxtail** RM29
Oxtail Simmered for 6 Hours in Indonesian Spices and Root Vegetables

Build Your Own Salad RM36

Choose your Greens: Romaine, Lollo Rossa or Mixed Greens

Choose Any 5 Vegetarian Toppings from Below

Cherry Tomatoes, Cucumber, Sliced Peppers, Onion Rings, Carrots, Mushrooms, Sliced Avocados, Strawberries, Black Olives, Green Olives, Sliced Button Mushroom, Grated Parmesan Mozzarella Cheese, Roasted Cashews, Sliced Jalapenos, Croutons, Walnuts, Sun Dried Tomatoes

Choose any 2 Non Vegetarian Toppings

Cooked Turkey Roll, Sliced Cajun Chicken Breast, Boiled Shrimp
Smoked Salmon, Smoked Duck Breast

And Finally Choose your Dressing






Roasted Sesame, Honey Mustard, Thousand Island, Balsamic Vinegar, French Vinaigrette and Italian

Classic Caesar Salad with Soft Boiled Egg RM32
Romaine Lettuce, Shaved Parmesan, Anchovies, Croutons with a Boiled Egg

Add Grilled Chicken RM7

Add Smoked Salmon RM9

Add Tiger Prawns RM12

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	Rojak Buah (Asian Fruit Salad) Pineapple, Young Papaya, Starfruit, and Sweet Turnip served with Shrimp Paste Dressing and Crushed Peanut	RM24
	Thai Beef Salad with Young Mango Lightly Pan Seared Beef, Roasted Peanuts, Onion served with Asian Dressing	RM38
	Oysters and Pearls (3 Pieces) Fine Declaire No3, Salmon Roe, Lemon Wedge, Hot Sauce	RM55
	Duck Liver Parfait Sage, Toasted Baguette	RM87
	THE BURGER	
	All Burgers are served with Thick Cut Chips and choice of Sesame, Brioche or Charcoal	
	Japanese Teriyaki Grilled Chicken and Sesame Dressing - Pickled Cucumber Ribbons, Caramelized Onions	RM43
	Classic Ground Angus Beef and Cheddar - Ground Angus Beef, Melted Cheddar, Beef Bacon And Egg	RM48
	Seafood Crispy Soft Shell Crab and Wasabi Mayo - Tempura Soft Shell Crab, Wasabi Mayo and Tonkatsu	RM57
	SANDWICHES All Sandwiches are served with Thick Cut Chips	
	Croque Monsieur White Bread, Sliced Turkey Roll, Gruyère Cheese	RM32
	Finger Sandwiches Choice of Tuna, Egg, Cheddar Cheese or Smoked Chicken Served in White or Brown Bread	RM34
	French Dip Grilled Beef Cooked with Onions and Peppers, Mozzarella Cheese served in a Toasted Panini Loaf	RM42

Signature dish Vegetarian selection Gluten free option Spicy dish Carb free option

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MAINS

Pan Seared Snapper

served with Vegetable, French Fries or Mashed Potatoes
Choice of Tomato Jalapeno Salsa or Tomato Ginger Sauce

RM65

Prime Angus Beef Aged Ribeye - 230g

served with Vegetable, French Fries or Mashed Potatoes
Choice of Black Pepper Sauce, Classic Veal Jus or Mushroom Sauce

RM90

Australian Lamb Rack

served with Vegetable, French Fries or Mashed Potatoes
Choice of Black Pepper Sauce, Rosemary Mint Jus or Mushroom Sauce

RM95

ASIAN FAVOURITES

Plain, Red Snapper or Chicken Congee

With Spring Onions, Salted Egg, Sliced Ginger and Soya Sauce
served with Vegetarian option available

RM27

Vegetable Dhal Curry

Carrot, Cauliflower, Potatoes and Eggplant Cooked in Lentil Curry

RM29

Aloo Matar

Stewed Potatoes, Mushrooms and Green Peas in Mild Curry Sauce

RM29

Mee Goreng Mamak

Spicy Wok Fried Yellow Noodles served with Chicken, Seafood, Egg, Tomato and Beancurd

RM34

Curry Noodles

Choice of Yellow Noodles, Koay Teow (flat rice noodles) or Rice Vermicelli served in
Coconut Curry Broth with Seafood, Chicken, Bean Sprouts and Beancurd

RM34

Butter Chicken Makhani

Boneless Chicken Simmered in Creamy Tomato and Butter Gravy, served
with Jeera Rice, Pickled Vegetables, and Poppadums and Pickled Mango

RM34

Hainanese Chicken Chop

Deep Fried Boneless Chicken, Roasted Potatoes, Onions and Salad

RM34

Nasi Goreng Indonesia

served with Shrimp, Sambal Paste, Chicken Sate, Keropok Belinjau and Ayam Bakar

RM39

Soba Noodles with Grilled Salmon

Green Tea Noodles served in Hot Miso Broth with Wakame, Soft Tofu, and Soft Cooked Egg

RM42

Satay



A Dozen Chicken or Beef Skewers served with Rice Cakes, Onions, Cucumber and Peanut Sauce

RM42

Lamb Kashmiri

Lamb Cooked in Indian Herb and Spices, served with Jeera Rice,
Poppadums, Vegetable Raita and Pickled Mango

RM48

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DESSERTS

Sago Gula Melaka

Pearl Sago served with Palm Sugar, Coconut Milk and Seasonal Cut Fruits

RM24

Selection of Seasonal Fruits

Sliced Tropical Fruits

RM25



Jackfruit Panna Cotta

Palm Sago Pearls Jackfruit Salsa Salted Lime Coconut Crumble

RM25

Macadamia Nut Cheese Brownies

Marble Cheese Brownies Caramelize Macadamia Nut Espresso Ice Cream

RM27

Crème Glacée Choux Craquelin




3 Flavours Choux Craqueline Sandwich Served with Asian-Flavour Ice Cream
- Black Sesame Ginger Orange and Green Tea Yuzu

RM30

Artisanal Cheese Board

Four types of Cheese served with Fruit Compote, Mixed Nuts, Fresh Grapes, Crackers and Bread

RM48

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