

# Travel Trade Rates and Menus 2008-2009

## CHEZ GÉRARD RESTAURANT • CAFÉ • BAR

### Index

Page 2	Non Premium Time menu 1 at £16.00 / £20.00
Page 3	Non Premium Time menu 2 at £19.50 / £23.50
Page 4	Non Premium Time menu 3 at £23.00 / £27.00
Page 5	Premium Time Menu 4 at £32.00 / £37.00
Page 6	Premium Time Menu 5 at £37.00 / £42.00
Page 7	Premium Time Menu 6 at £42.00 / £47.00
Page 8	Vegetarian Options

#### What's Included:-

Menus are all inclusive – the price you see is the price you pay

These menus are for a minimum of 10 pax and require a pre-order to be provided in advance of the event

Vegetarian options can be substituted into a menu of any rate

Rates are updated 30/08/2008, valid to 30/09/09

We reserve the right to amend menu content whenever necessary

For all enquiries please contact:-

Theatre Workout                      020 8144 2290

Theatre Workout Ltd, 13a Stratheden Road, Blackheath, London, SE3 7 TH  
Tel: 020 8144 2290, email: [enquiries@theatreworkout.co.uk](mailto:enquiries@theatreworkout.co.uk)

## Non - Premium Time Menu 1 2008-2009

# CHEZ GÉRARD

RESTAURANT • CAFÉ • BAR

**2 courses £16.00 / 3 courses £20.00**

**Salade de volaille paysanne**

*Roasted chicken salad with sautéed mushrooms, bacon lardons and green beans*

**Salade de chèvre aux noisettes**

*Grilled goat's cheese topped with crushed hazelnuts served on mixed leaves salad*

**Soupe a l'oignon**

*Traditional French onion soup gratinated with gruyère cheese and croûtons*

\*\*\*

**Paillard de poulet de grain au citron**

*Lemon and herb marinated corn fed chicken supreme grilled and served with pommes frites and salad*

**Croquette d'aiglefin, pommes frites et sauce tartare**

*Smoked haddock and Gruyère fishcakes with a mixed salad, pommes frites and tartare sauce*

**Couscous de légumes**

*An authentic Moroccan recipe with young vegetables and chick peas served with buttered couscous*

\*\*\*

**Crème brûlée**

*A creamy egg custard with caramelised sugar crust*

**Salade de fruit frais**

*A fresh fruit salad with mint*

**Tarte au citron**

*French lemon tart with crème fraîche*

\*\*\*

**Café filtre**

*Filter coffee*

\*\*\*

**Assiette de fromages (supplement £5.95)**

*An extra course of cheese is available on request*

**Non - Premium time menu 2 2008-2009**

**CHEZ GÉRARD**  
RESTAURANT • CAFÉ • BAR

**2 courses £19.50 / 3 courses £23.50**

**Salade de roquefort**

*Baby gem with crumbled Roquefort cheese, raisins, walnut dressing and toasted walnuts*

**Gravadlax**

*Dill, cracked pepper and sea salt cured salmon with mustard and cucumber mayonnaise*

**Salade Lyonnaise**

*Sautéed smoked bacon lardons dressed with mixed leaves, croutons and vinaigrette, topped with a poached egg*

\*\*\*

**Côte de porc sauce charcutière**

*Grilled free range pork chop with a Dijon mustard, chopped gherkins, white wine and cream sauce- served with green beans and pommes frites*

**Pavé de cabillaud, ratatouille**

*Roasted filet of cod served with mash potatoes, sautéed vegetables with tomato and thyme*

**Tarte feuilleté, tomate et fromage de chèvre**

*Goat's cheese, glazed red onions, spinach and tomatoes baked in a puff pastry case, green salad*

\*\*\*

**Crème brûlée**

*A creamy egg custard with a caramelised sugar crust*

**Petit pot au chocolat**

*A rich chocolate mousse*

**Tarte au citron**

*A sharp lemon tart served with crème fraîche*

\*\*\*

**Café filtre**

*Filter coffee*

\*\*\*

**Assiette de fromages (supplement £5.95)**

*An extra course of cheese is available on request*

**Non Premium time menu 3 2008-2009**

**CHEZ GÉRARD**  
RESTAURANT • CAFÉ • BAR

**2 courses £23.00 / 3 courses £27.00**

**Salade de crottin de chevre chaud**

*Toasted goats cheese crottin on baby gem hearts with sun blushed tomatoes, black olives and French dressing*

**Terrine de porc fermier du Pays basque**

*Coarse free range pork pâté served with toasted Pavé Père bread and gherkins*

**Petite friture**

*Deep fried whitebait with lemon and mustard mayonnaise*

\*\*\*

**Suprême de saumon grillé, vinaigrette de tomate**

*Grilled Scottish salmon supreme, tomato and shallot vinaigrette served with pommes frites and baby spinach salad*

**Poulet des Landes, sauce poivre vert**

*Grilled Périgord chicken with green peppercorn sauce, served with pommes frites and sautéed mushrooms*

**Gratin d'aubergine a la Monegasque**

*Sautéed aubergines in a rich tomato sauce and gratinated with parmesan and feta cheese*

\*\*\*

**Tarte au citron, purée de cassis, crème fraîche**

*A sharp lemon tart with blackcurrant coulis and crème fraîche*

**Bombe glacée au chocolat**

*Chocolate and nut ice cream bomb served with raspberry coulis*

**Crème brûlée**

*A creamy egg custard with a caramelised sugar crust*

\*\*\*

**Café filtre**

*Filter coffee*

\*\*\*

**Assiette de fromages (supplement £5.95)**

*An extra course of cheese is available on request*

## Premium time menu 4 2008-2009

# CHEZ GÉRARD

RESTAURANT • CAFÉ • BAR

**2 courses £32.00 / 3 courses £37.00**

**Price includes ½ bottle house wine per person**

**Tarte de tomate et moutarde**

*Puff pastry tart with grain mustard and tomato served with mixed leaves*

**Paupiette de saumon au crabe et avocat, salade de concombre**

*Smoked salmon parcels filled with crab meat and avocado, pickled cucumber and dill salad*

**Salade d'endives, Roquefort et jambon de Bayonne**

*Salad of chicory, Roquefort cheese and Bayonne ham*

\*\*\*

**Suprême de volaille de grain, gratin dauphinois et haricot verts, sauce moutarde**

*Corn fed chicken suprême with Dauphinois potatoes, green beans and Dijon mustard sauce*

**Filet de porc rôti aux pruneaux a l'Armagnac**

*Roasted tenderloin of pork with a prunes and Armagnac sauce served with mash potato and sautéed green beans*

**Crêpe de homard aux épinards, sauce Nantua**

*Light pancake filled with lobster, prawns and crab in a lobster and brandy cream sauce served with wilted spinach and new potatoes*

\*\*\*

**Petit pot Valrhona**

*A rich dark chocolate mousse made with Valrhona chocolate*

**Tarte Tatin**

*Caramelised upside down apple tart with vanilla ice cream*

**Tarte au citron, purée de cassis, crème fraîche**

*A sharp lemon tart with blackcurrant coulis and crème fraîche*

\*\*\*

**Café filtre**

*Filter coffee*

\*\*\*

**Assiette de fromages (supplement £5.95)**

*An extra course of cheese is available on request*

Premium time menu 5 2008-2009

**CHEZ GÉRARD**  
RESTAURANT • CAFÉ • BAR

**2 courses £37.00 / 3 courses £42.00**

**Price includes ½ bottle house wine per person**

**Camembert de Normandie au four**

*Mature camembert baked in its box served with crudités and baguette*

**Paupiette de volaille au jambon de Bayonne et crème de champignons des bois**

*Corn fed chicken ballotine wrapped in Bayonne ham, served with braised leeks and a cream wild mushroom sauce*

**La salade Nicoise**

*A classic salad of grilled tuna, hard boiled egg, French beans, tomato, new potatoes and Provence olives dressed with vinaigrette*

\*\*\*

**Panaché de poisson et crustacé au saffron**

*Panaché of monkfish, salmon, prawns, queen scallops and mussels cooked in a cream white wine sauce with a hint of saffron- served with new potatoes*

**Confit de canard aux pommes Sarladaise**

*Duck confit with sautéed new potatoes, braised onions and thyme*

**Boeuf Bourguignon**

*Scottish beef cooked in red wine and herbs with button onions, bacon lardons and mushrooms served with mashed potato*

\*\*\*

**Tarte Tatin**

*Caramelised upside down apple tart with vanilla ice cream*

**Mi cuit au chocolat**

*Extra bitter chocolate fondant served hot with cherry compote and praline ice cream*

**Tarte au citron, purée de cassis, crème fraîche**

*A sharp lemon tart with blackcurrant coulis and crème fraîche*

\*\*\*

**Café filter**

*Filter coffee*

\*\*\*

**Assiette de fromages (supplement £5.95)**

*An extra course of cheese is available on request*

## Premium time menu 6 2008-2009

# CHEZ GÉRARD

RESTAURANT • CAFÉ • BAR

**2 courses £42.00 / 3 courses £47.00**

**Price includes ½ bottle house wine per person**

**Millefeuille de champignons des bois, œuf poché**

*Butter puff pastry layered with sautéed wild mushroom and poached egg*

**Gratin de crabe Thermidore**

*A rich crab meat gratin in a cheddar cheese and brandy sauce*

**Mousse de canard au foie gras**

*A rich and smooth duck liver pâté served with toasted brioche*

\*\*\*

**Entrecôte grillée**

*9oz prime pasture reared sirloin of beef with béarnaise sauce and pommes frites*

**Filets de loup rôtis, bouquetière de légumes, sauce vert**

*Grilled fillets of sea bass served with a spring vegetable garnish and basil mayonnaise with new potatoes*

**Carre d'agneau 'vert prés'**

*Roasted rack of lamb with a mustard and herb crust, served with potato dauphinois*

\*\*\*

**Mi cuit au chocolat**

*Extra bitter chocolate fondant served hot with cherry compote and praline ice cream*

**Tarte au citron, purée de cassis, crème fraîche**

*A sharp lemon tart with blackcurrant coulis and crème fraîche*

**Savarin Chantilly, framboises**

*Rum soaked brioche filled with Chantilly cream and topped with raspberries and crushed pistachios*

\*\*\*

**Café filtre**

*Filter coffee*

\*\*\*

**Assiette de fromages (supplement £5.95)**

*An extra course of cheese is available on request*

## Vegetarian options menu 2008-2009

# CHEZ GÉRARD

RESTAURANT • CAFÉ • BAR

### VEGETARIAN OPTIONS

#### **Soupe a l'oignon**

*Traditional French onion soup gratinated with gruyère cheese and croutons*

#### **Salade de crottin de chevre chaud**

*Toasted goats cheese crottin on baby gem hearts with sun blushed tomatoes, black olives and French dressing*

#### **Millefeuille de champignons des bois, oeuf poché**

*Butter puff pastry layered with sautéed wild mushroom and poach egg*

\*\*\*

#### **Tarte feuilletée a la tomate, fromage de chèvre et pistou**

*A thin mustard and tomato puff pastry tart, topped with melted goats cheese and served with basil dressing*

#### **Couscous de legumes**

*An authentic Moroccan recipe with young vegetables and chick peas served with buttered couscous*

#### **Gratin d'aubergine a la Monegasque**

*Sautéed aubergines in a rich tomato sauce and gratinated with parmesan and feta*