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## Le Déjeuner à Bleu

*Lunch at Bleu*

After renovating the Crayton Room in order to accommodate an open-air dining experience, Bleu Provence opened their doors during the daytime to offer lunch to the residents and visitors in Naples, Florida from November 2013 through May 2014.

A warm reception quickly followed as guests began to experience the exceptional food, wine, and service offered at Bleu Provence daily from 11:30am – 2:30pm. The casual and breathtaking atmosphere overlooking Crayton Cove quickly became a favorite luncheon destination for meeting with friends and business associates.

Last season, Bleu Provence offered traditional lunch favorites such as a Quiche and a Croque Monsieur of the day, to lighter fares such as a Warm

Lobster Salad and Tuna Niçoise, to heartier dishes such as Pan-Grilled Chicken and Steak Frites. This upcoming season, guests can expect even more from their lunch experience at Bleu Provence!

## Interview avec Chef Lysielle

*Interview with Chef Lysielle*

### What is new at Bleu Provence?

Bleu is going back to rediscover the art and pleasure of simple, delicious cooking using healthy, locally sourced ingredients that are in-season. We are introducing a new lunch menu with fresh, all organic and natural ingredients.

### What flavors and ingredients did you use to create the new lunch menu?

The majority of the dishes contain cereals that are very important for a healthy, well-balanced diet, including plenty of fresh vegetables and fruits.

Chicken, shrimp and fish are animal proteins that are lower in fat. In addition, we will be using buckwheat and chickpea flour for our quiches and crepès so the dough will be gluten-free and lower in calories.

### What is your inspiration?

Bleu's new dishes are Mediterranean inspired. Guests will experience heart-healthy dishes made with olive oil, garlic, fresh garden vegetables and herbs, along with homemade condiments and sauces.

A Mediterranean-based eating style promotes balanced health and is proven to prevent many diseases. It is one your whole family can follow and enjoy for good health. Bleu's new lunch menu will be healthy for you and taste delicious! C'est très bon! ♥

Bleu Provence is a Zagat-rated and Wine Spectator awarded French restaurant located in Naples, Florida.

## Lunch Menu at Bleu Provence

Starting Saturday, October 4, 2014 ~ Offered Daily 11:30am – 2:30pm



### RAW BLEND COCKTAILS

*Our 8-oz juices are filled with vitamins and made from fresh fruits and garden vegetables*

#### **Vibrant Ginger Tonic**

Carrot, Cucumber and Ginger

#### **Garden Revitalization**

Carrot, Apple, Celery and Ginger

#### **A.M. Sunrise**

Apple, Orange, Kale and Ginger

#### **Endless Summer**

Orange, Watermelon and Ginger

### SOUPS

*All of our soups are gluten-free and organic*

#### **Asparagus Soup**

#### **Butternut Squash & Millet Soup**

#### **Soup du Jour**

### QUICHES

*All of our quiches are gluten-free and made with buckwheat flour*

#### **Green Vegetable Quiche**

English Peas, Broccoli, Snow Peas, Ham and Gruyere Cheese

#### **Quiche Provencal**

Goat Cheese, Tomato and Basil

#### **Italian Quiche**

Sausage, Tomato and Mustard

### SANDWICHES

#### **Vegetarian Organic Multi-Grain**

#### **Tartine (Open Bread)**

Housemade Hummus, Asparagus, English Peas, Fennel, Cherry Tomato, Radish, Aged Cabichou Goat Cheese, Parmesan Cheese and Baby Arugula

#### **Home-Baked Traditional Baguette**

#### **'Gratinee'**

Cream Cheese, Tomato Confit, Herbes de Provence, aged Cabichou Goat Cheese and Arugula Salad

#### **Organic Multit-Grain Tartine**

Organic Poached Egg, Parmesan Cheese and Spinach

#### **High-Protein Bread**

Linseeds, Sunflower Seeds, Tzatziki Sauce (Cucumber and Greek Yogurt), Avocado, Homemade Smoked Salmon and Arugula Salad

#### **Pan-Bagnat (Organic, Protein-Rich Whole Grain Wheat Roll)**

Stuffed with Salad Niçoise (Organic Cherry Tomatoes, Radish, Zucchini, Green Onion, Celery, Red and Yellow Peppers, Fennel and Olives) with Sesame and Soy Sauce Marinated Tuna Carpaccio

### SALADS

*All of our salads are gluten-free and made from the finest organic ingredients around*

#### **Red Quinoa and Fresh Buratta Cheese**

Red and Yellow Peppers, Cucumber and Tomato with a Mint Cilantro Dressing

#### **Multi-Color Organic Cherry Tomato**

Red and Yellow Peppers, Cucumber, Watermelon, Black Olives, Capers, Feta Cheese, Poached Egg and Baby Arugula

#### **Super Food: Quinoa & Green Vegetable**

Green Beans, Snow Peas, Mango, Green Onion, Aged Cabichou Goat Cheese and Mint

#### **Grilled Marinated Lamb**

Chickpeas, Grapes, Cherry Tomato, Cucumber and Baby Spinach

#### **Grilled Eggplant**

Aged Cabichou Goat Cheese, Cherry Tomato and Arugula

#### **Corn-Fed Nebraska Angus Grilled Flat**

**Steak** Green Beans, Sweet Peas, Red Endives, Tomato, Walnuts and Fourme d'Ambert Bleu Cheese

### ENTRÉES

#### **Bleu Provence Bouillabaisse**

Mussels, Clams, Scallops, Fish of the Day, Vegetables and Saffron Potatoes

#### **Loup de Mer Croustillant**

Fresh Vegetables and House-made Pistou

#### **Beef & Shrimp Skewer (Marinated and**

Grilled) Served with a Red Pepper Stuffed with Ratatouille and Goat Cheese

#### **Chicken Blanquette**

Velouté Sauce with Baby Vegetables

### ADDITIONS

*Add to any Salad or Entrée*

Grilled Free-Range Chicken Breast

Grilled Organic Salmon

Grilled Hanger Steak

Fish of the Day