

SOPHIE'S BISTRO

Specials of the house

PIZZA DE PROVENCE 8.95
WITH TOASTED SUNFLOWER SEEDS,
BLUE CHEESE AND BAKED PEAR SLICES

SOUPE À L'OIGNON GRATINÉE 13.95
TRADITIONAL ONION SOUP (GFO)

PISSALADIÈRE TARTE A L'OIGNON 9.95
CLASSIC ONION TART WITH ANCHOVIES,
BLACK OLIVES AND GOAT CHEESE

DEEP FRIED BRIE 14.95
SERVED WITH CARAMELIZED ONIONS

PETITE FONDUE AUX 3 FROMAGES 16.95
THREE MELTED CHEESES:
BLUE CHEESE, GRUYÈRE AND MUENSTER MIXED WITH
BAKED POTATO SLICES SERVED WITH TOAST ROUNDS

VOL-AU-VENT CHAMPIGNONS 16.95
MIXED SEASONAL MUSHROOMS BAKED IN A PUFFED PASTRY

SOPHIE'S CHEESE PLATTER 21.95
THREE CHEESES, WALNUTS, GRAPES, APPLES, DRIED FRUIT
AND FRESH BAKED FRENCH BREAD

Appetizers

PÂTÉ DE CAMPAGNE 16.95
A RUSTIC COUNTRY PÂTÉ MADE FROM
HERITAGE-BREED PORK SERVED WITH TOAST POINTS,
CORNICIONS, CHOPPED RED ONIONS AND GREENS

ESCARGOTS 15.95 (1/2 DOZEN) 26.95 (ONE DOZEN)
SNAILS IN A GARLIC AND SHALLOT BUTTER SAUCE (GF)

MOULES MARINIÈRES 21.95 (GF)
MUSSELS IN WHITE WINE, BUTTER AND GARLIC SAUCE

Salades

SALADE VERTE À LA SOPHIE 8.95 (GFO)
MESCLUN GREENS DRESSED IN HOUSE VINAIGRETTE

SALADE DE SAUMON 16.95 (GF)
OUR IN-HOUSE CURED SALMON (GRAVLOX)
WITH MIXED GREENS, CAPERS AND CHOPPED ONIONS
DRESSED IN HOUSE VINAIGRETTE

SALADE DE FRANCE 15.95
BLUE CHEESE, FIELD GREENS, APPLES (GF)
AND WALNUTS DRESSED IN HOUSE VINAIGRETTE

SALADE DE CONFIT DE CANARD 18.95 (GF)
DUCK CONFIT OVER FRISEE WITH WALNUTS, GREEN BEANS
AND POTATO CUBES DRESSED IN A HOUSE VINAIGRETTE

SALADE FRISÉE AUX LARDONS 17.95 (GF)
FRISEE WITH LARDONS (THICK CUT BACON)
DRESSED IN HOUSE VINAIGRETTE TOPPED WITH POACHED EGG

SALADE DE CHÈVRE CHAUD 16.95
ENDIVE, ROASTED BEETS, MIXED GREENS AND
WARM GOAT CHEESE ON TOAST POINTS
DRESSED IN HOUSE VINAIGRETTE (GFO)

2.00 CHARGE FOR ALL SALADS SPLIT IN THE KITCHEN

Entrées

MAGRET DE CANARD* (GF)
AUX MIEL RAISINS SECS 31.95
SLICED DUCK BREAST TOPPED WITH A DEMI-GLACE, HONEY
RAISIN, COGNAC SAUCE SERVED WITH GRATIN AND VEGETABLE
(WE RECOMMEND THIS RARE TO MEDIUM)

LE COQ AU VIN DE SOPHIE 27.95
HEARTY CHICKEN AND VEGETABLE STEW
IN A WHITE WINE AND LEMON REDUCTION (FINISHED WITH CREAM)

BŒUF BOURGUIGNON 29.95
BEEF AND VEGETABLE STEW IN BURGUNDY WINE SAUCE

(GF) GLUTEN FREE OR (GFO) CAN BE MADE GLUTEN FREE

POULET RÔTI 29.95 (GFO)
½ ORGANIC FREE RANGE BRINED & ROASTED CHICKEN "AU JUS"
(IN ITS OWN JUICE) SERVED WITH FRENCH FRIES

JAMBE D'AGNEAU BRAISÉE 35.95
NEW ZEALAND LAMB SHANK BRAISED IN A PORT WINE
REDUCTION SERVED OVER ISRAELI COUSCOUS WITH CARROTS,
MUSHROOMS AND ONIONS

PANEED PORK LOIN 29.95
PORK LOIN POUNDED THIN, BREADED THEN SAUTÉED AND
TOPPED WITH A CORNICHON CREAM SAUCE SERVED WITH YUKON
GOLD MASHED POTATOES AND GREEN BEANS

CASSOULET DE TOULOUSE 34.95
A TRADITIONAL BAKED, THICK, HEARTY MIX OF CONFIT OF DUCK,
ANDOUILLE & GARLIC SAUSAGE, WHITE BEANS AND TOMATOES

STEAK FRITES* 30.95 (GFO)

8 OZ. CERTIFIED BLACK ANGUS BISTRO FILET STEAK
"AU JUS" (IN ITS OWN JUICE) WITH HAND CUT FRENCH FRIES
REQUEST VERT OR AU POIVRE (\$5 SUPPLIMENT)

STEAK AU POIVRE/AU POIVRE VERT* 38.95
TWO 4 OUNCE MEDALLIONS OF FILET MIGNON WITH BLACK
PEPPERCORN RUB
(WE DO NOT RECOMMEND THIS COOKED WELL DONE) (GF)

OR
VERT WITH A GREEN PEPPERCORN COGNAC CREAM SAUCE
BOTH SERVED WITH A POTATO-CHEESE GRATIN

TROUT ALMANDINE 33.95 (GFO)
SAUTÉED WHOLE FILLETED FRESH RAINBOW TROUT TOPPED
WITH ROASTED ALMOND SLICES SERVED WITH
GREEN BEANS AND POTATO GRATIN

VOL-AU-VENT DE FRUIT DE MER 32.95
MIXED SEAFOOD SERVED IN A PUFFED PASTRY

FILLETS DE TILAPIA 28.95 (GFO)
FILLET OF TILAPIA SAUTÉED IN A LEMON BUTTER SAUCE SERVED
WITH VEGETABLES AND MASHED YUKON GOLD POTATOES

SAUMON EZE* 33.95 (GFO)
MUSTARD ENCRUSTED PAN SEARED ATLANTIC SALMON FILLET
IN A MUSTARD HERB SAUCE (HONEY, TARRAGON, CILANTRO &
THYME) SERVED OVER GARLIC SAUTÉED BABY SPINACH

PÂTES AUX FRUITS DE MER 32.95
MUSSELS, SCALLOPS, SHRIMP AND SALMON
OVER A BED OF PASTA IN RED SAUCE

COQUILLES SAINT-JACQUES (GF)
À LA PARISIENNE 39.95

SAUTÉED DAY BOAT SEA SCALLOPS IN A WHITE WINE,
SHALLOT-CREAM SAUCE SERVED WITH STRAW VEGETABLES
AND MASHED YUKON GOLD POTATOES

Sandwiches

HAMBURGER MONSIEUR JEAN* 19.95
CERTIFIED BLACK ANGUS BURGER WITH BLUE, GOAT OR
GRUYÈRE CHEESE ON FRENCH BREAD SERVED
WITH TOMATO, ONION, LETTUCE AND HAND CUT FRENCH FRIES
WE HAVE A VEGGIE BURGER
WHICH COMES WITH SWEET POTATO FRIES

CROQUE-MONSIEUR/MADAME* 17.95/18.95
GRILLED MELTED GRUYÈRE CHEESE, HAM & BÉCHAMEL SAUCE
ON COUNTRY BREAD WITH HAND CUT FRENCH FRIES.
MADAME SERVED WITH A SUNNY SIDE UP EGG ON TOP

Sides

POMMES FRITES (HAND CUT FRENCH FRIES) 8
FRENCH BREAD (BASKET REFILL) 4
SAUTÉED SPINACH 9 (GF)

*THIS ITEM IS SERVED RAW OR UNDERCOOKED, OR CONTAINS
(OR MAY CONTAIN) RAW OR UNDERCOOKED INGREDIENTS
CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD,
SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

Menu prices listed are for cash sales only. For Non-Cash Transactions please add 3.5%
\$5 split charge for entrees & sandwiches. Any substitutions may incur an additional fee. Parties of five or more 20% gratuity will be included.
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