

# SOPHIE'S BISTRO

LUNCH 12 PM UNTIL 3:30 PM WEDNESDAY, THURSDAY AND FRIDAY



## Salades

### SALADE DE FRANCE 15.95 (GF)

BLUE CHEESE, FIELD GREENS, APPLES AND WALNUTS  
DRESSED IN SOPHIE'S VINAIGRETTE

### SALADE VERTE À LA SOPHIE 8.95 (GFO)

MESCLUN GREENS DRESSED IN HOUSE VINAIGRETTE

### SALADE DE CHÈVRE CHAUD 16.95 (GFO)

ENDIVE, BEETS, MIXED GREENS, WARM GOAT CHEESE  
ON TOAST POINT'S DRESSED IN HOUSE VINAIGRETTE

ABOVE SALADS WITH ROASTED CHICKEN BREAST ADD 8.95  
WITH GRILLED SHRIMP 12.95 WITH GRILLED SALMON 14.95

### SALADE AU SAUMON 16.95 (GF)

OUR IN HOUSE CURED SALMON WITH MIXED GREENS,  
CAPERS AND CHOPPED ONIONS  
DRESSED IN MUSTARD VINAIGRETTE

### SALADE DE CONFIT DE CANARD 18.95 (GF)

DUCK CONFIT OVER FRISEE WITH WALNUTS, HARICOTS VERTS  
AND POTATO CUBES DRESSED IN OUR HOUSE VINAIGRETTE

## Sandwiches

### HAMBURGER MONSIEUR JEAN\* 19.95

BLACK ANGUS BURGER WITH BLUE, GOAT OR GRUYÈRE  
CHEESE ON FRENCH BREAD SERVED WITH LETTUCE, TOMATO,  
RAW ONION AND FRENCH FRIES

### SOPHIE'S VEGGIE BURGER 18.95

VEGGIE BURGER WITH BLUE, GOAT OR GRUYÈRE CHEESE ON  
WHOLE GRAIN TOASTED BREAD SERVED WITH LETTUCE,  
TOMATO, RAW ONION, A CILANTRO-CUMIN SPICY MAYO  
AND SWEET POTATO FRIES  
OR VEGAN MAYO & VEGAN CHEESE (\$2 EXTRA)

### SLICED STEAK SANDWICH\* 21.95

SLICED FLAT IRON STEAK SANDWICH (PREPARED MEDIUM  
TEMP) TOPPED WITH BLUE CHEESE ROASTED RED PEPPERS  
AND ONIONS ON NAN ONION OR FRENCH BREAD  
SERVED WITH FRENCH FRIES

### GRILLED VEGETABLE SANDWICH 17.95

MIXED GRILLED VEGETABLES ON FRENCH BREAD WITH  
GRUYÈRE OR GOAT CHEESE SERVED WITH FRENCH FRIES

### GRILLED CHICKEN SANDWICH 17.95

GRILLED CHICKEN BREAST, BRIE AND ROASTED RED PEPPERS  
ON FRENCH BREAD WITH A PESTO MAYO  
SERVED WITH FRENCH FRIES

### CURED SALMON SANDWICH 17.95

OUR IN HOUSE CURED SALMON ON COUNTRY BREAD WITH  
GOAT CHEESE, GREENS AND FRENCH FRIES

### CROQUE-MONSIEUR/MADAME\* 18.95/19.95

GRILLED MELTED GRUYÈRE CHEESE AND HAM  
ON GRAIN BREAD SERVED WITH FRENCH FRIES  
MADAME SERVED WITH A SUNNY SIDE UP EGG ON TOP

## Appetizers

### PIZZA DE PROVENCE 8.95

BAKED NAN BREAD WITH TOASTED SUNFLOWER SEEDS,  
BLUE CHEESE AND BAKED PEARS

### MOULES MARINIÈRE 21.95 (GF)

CLASSIC MUSSELS IN WHITE WINE, BUTTER ,  
SHALLOT AND GARLIC SAUCE

### PETITE FONDUE DE FROMAGE 16.95

THREE MELTED CHEESES WITH POTATO SLICES

### SOUPE À L'OIGNON GRATINÉ 13.95 (GFO)

TRADITIONAL ONION SOUP

### ESCARGOTS 15.95 (1/2 DOZEN), 26.95 (ONE DOZEN)

SNAILS IN A GARLIC AND SHALLOT BUTTER SAUCE (GF)

### PÂTÉ DE CAMPAGNE 16.95

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

## Entrées

### CREVETTES À L'AIL 24.95 (GF)

SAUTÉED SHRIMP IN A BRANDY GARLIC SHALLOT BUTTER SAUCE  
SERVED WITH MASHED POTATOES AND VEGETABLE

### 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

### VOL-AU-VENT DE FRUIT DE MER 32.95

MIXED SEAFOOD OF SCALLOPS, SHRIMP AND SALMON  
SERVED IN A PUFFED PASTRY

### QUICHE DU JOUR 18.95

ASK ABOUT OUR QUICHE OF THE DAY  
SERVED WITH A CUP OF SOUP AND MIXED GREENS  
WITH FRENCH ONION SOUP ADD 3.00

### LE COQ AU VIN DE SOPHIE 27.95

HEARTY CHICKEN AND VEGETABLE STEW  
IN A WHITE WINE AND LEMON REDUCTION (FINISHED WITH CREAM)

### 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

### BŒUF BOURGUIGNON POT PIE 20.95

BEEF BOURGUIGNON POT PIE

### STEAK FRITES\* 30.95 (GFO)

8 OZ CERTIFIED BLACK ANGUS BISTRO FILET STEAK  
"AU JUS" (IN ITS OWN JUICE) SERVED WITH FRIES

### 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

## Sides

### FRENCH BREAD (REFILL BASKET) 4

### SAUTÉED GREEN BEANS 7 (GF)

### POMMES FRITES (HAND CUT FRENCH FRIES) 8

### SAUTÉED BABY 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

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

Menu prices listed are for cash sales only. For Non-Cash Transactions please add 3.5%

A \$5 split charge for entrees, salads & sandwiches. Any substitutions may incur an additional fee. Parties of five or more 20% gratuity will be included.

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