

# Chef Pascal Sagot

The French Touch

## MENU SAMPLES

ORGANIC SEASONAL FRESH FOOD...ALWAYS!



## FRENCH

Semi-cooked duck foie gras  
fig jam and warm brioche

Melted goat cheese salad,  
toasted pine nuts & nut oil

Chicken breast and mushrooms  
famous Vol au Vent

Crispy duck leg confit  
sarladaise potatoes

Maple Dijon glazed filet mignon  
provencal tomato

Crepes Suzette

Flambé omelette norvégienne

Tarte tatin, Normandy cream  
and scoop of vanilla ice cream

## HEALTHY

Salad of avocado and wild  
salmon, orange emulsion

Bulgour & quinoa bowl with  
grilled seasonal veggies

Prawns "a la plancha"  
Thai spices & piperade

Cod ceviche, mango, coconut  
milk, lime & red chili

Lime cream with  
raspberry and almond crumble

Orange and grapefruit salad  
maple syrup

Cake with chestnut flour,  
oatmeal and raisins

## ITALIAN

Caprese salad : mozza di buffala  
cherry tomatoes,  
extra virgin olive oil & basil

Roasted vegetables AntiPasti

Fresh pasta Fettuccine Alfredo  
with clams and hot Italian  
sausage

Beef and mortadella meatballs  
in tomato sauce & gnocchi

Risotto arborio al parmigiano  
and its variations

Creamy polenta peppered  
parmesan crisps

Ricotta pie Amarena cherries

Mascarpone & coffee tiramisu

## MEDITERRANEAN

The famous Aioli  
vegetables from the market &  
poached fish of the day

Fish cook "en papillote" with  
fresh herbs, lemon juice and  
sunny vegetables

Grilled tuna steak and asparagus  
sauce vierge

Spanish paella

Steamed mussels  
celery, carrots and cive

Greek chicken gyro salad

Spiced baked figs  
with ginger & mascarpone

Grilled melon

## GRILLS & STEWED

Blue cheese burger  
sautéed mushrooms  
sweet potato fries

Herbed prime rib or lamb chops  
Artichoke & fennel

Salmon with toasted pecans,  
romaine leaves & salsa

Blanquette de Veau  
(veal ragout in Cream Sauce)

Boeuf Bourguignon  
(red wine beef stew)

Cassoulet  
(duck and beans stew)

7 hours slow cooked  
leg of lamb

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## VEGETARIAN

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Watermelon & feta salad with  
crispbread

Leeks in Vinaigrette

Burgundy Oeufs en meurette

Vegetable Lasagna Florentine

Red lentil dhal with tomatoes,  
cardamom, curry, cumin & chili

Rosemary roasted pear

Avocado brownie

Strawberry, mint & coco soup

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## VEGAN

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Cold soup mint & cucumber

Gazpacho & tomato basil sherbet

Barigoule of spring vegetables

Ratatouille

Falafels and mint yogurt sauce

Grilled Tofu and guacamole

Couscous with 7 veggies

Pannacotta praline

Fruit pudding & chia seeds

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## BOOST

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Matcha latte

Salted Muffin with chickpeas,  
chia and sunflower seeds

Semolina with cranberries,  
asparagus and sweet potatoes

Chicken spinach curcuma stew

Wok gambas with ginger

Blueberry muffins

Porridge banana & honey

Baked apple with honey  
stuffed dried fruit & gingerbread

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## DETOX

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Lemonade, mint, agave &  
cinammon

Onion soup

Endive velouté with garlic

Pink radish, black radish &  
aragula salad  
ginger & lemon vinaigrette

Veal skewer with honey, peach  
and zucchini tartare

Beetroot terrine with cumin  
fresh goat cheese & coriander

Grilled pineapple & mint

Watermelon & melon granita

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## OTHER

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Take away  
Pic-nic, sandwiches, meal-tray,...

Street food  
Hot-dog, tacos, bagel, fish & chips,...

Cold & Hot Buffet

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### User eXperience method

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A balance between your  
**EXPECTATIONS**

(flexitarian, meatlover, vegetarian, steam  
or grilled food,...)

with your **NEEDS**

slow sugars before sport activity, detox  
after too many food feasts, anti-stress  
products before exam or important  
meeting :  
healthy food & specifics products help for  
the prevention of cholesterol, diabetes,  
premature aging, hypertension,  
constipation, stress & more ailments.

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