

Les Appetizers

Les Hors d'Oeuvre Chaud – Hot Appetizers

Soupe à L'Oignon Gratinée \$12
French onion soup (V)

Bisque de Homard \$14
Lobster bisque

Soupe de Tomates en Surprise \$14
Fresh tomato soup topped with a puff pastry (V)

Escargots à la Bourguignonne \$16
Escargots, baked in their shell with butter, garlic & parsley

Foie Gras de Canard Poêlé \$26
Pan seared fresh duck liver, served with apricot confit

Les Hors d'Oeuvre Froid – Cold Appetizers

Le Coeur d'Artichaud, l'Avocat et le Coeur de Palmier au Coulis de Tomates \$16
Sliced artichoke heart, avocado and hearts of palm with a coulis of tomato (V)

Tartare de Boeuf \$18
Hand chopped filet, seasoned to order

♡ *Saumon Cru à la Ciboulette* \$16
Thinly sliced raw salmon with lime juice, green peppercorns and chives

♡ *Saumon Fumé* \$19
Peachwood smoked salmon served with capers, caperberries, onions & sour cream

Terrine de Foie Gras de Canard \$26
Fresh homemade duck liver pâté seasoned with sauternes

Les Salades

*All of our Entrees are served with our complimentary house salad and vinaigrette dressing.
If you would like to substitute the house salad with one below the price will be \$8*

Salade d'Epinards aux Framboises et Fromage de Chèvre \$14
*Fresh baby spinach leaves, tossed in a raspberry vinaigrette dressing, topped with marinated goat cheese,
served with bacon crumbles on the side (V)*

♡ *Salade d'Endive aux Pommes* \$14
Belgium endives, apples, spicy candied pecans tossed in Balsamic vinaigrette (V)

Special Requests

*We take pride in accommodating special requests, if possible. Please inform us if you are a Vegetarian, Vegan,
or you have any Dietary restrictions or Allergies.*

♡ *Mediterranean style, No butter, No cream - (V) Vegetarian*

Les Entrées

Les Poissons et Crustacés

- ♡ *Bouillabaisse de Crustacés au Fenouil* \$40
Fresh lobster, shrimp, scallops and mussels served in a lobster broth with fresh fennel, Garlic croutons and rouille
- Vol au Vent de Homard et Crevettes Sauce Homardine* \$39
Thin puff pastry shell, lined with spinach and filled with fresh lobster and shrimp, served with a creamy saffron sauce
- ♡ *La Truite Sautée aux Câpres, Tomates et Fines Herbes* \$29
Fresh boneless trout sautéed with olive oil, capers, caper berries, tomatoes and fine herbs
- Le Filet de Sole Meunière* \$34
Pan-seared fresh filet of sole, de-glazed with lemon juice finished with butter & parsley
- Le Saumon Frais Grillé, Sauce Bearnaise* \$32
Fresh grilled salmon, served with Bearnaise sauce on the side
- ♡ *Les Pâtes Fraîche aux Crevettes* \$32
Sautéed fresh shrimp, served on our homemade saffron pasta with garlic & fresh herbs

Les Viandes et Volaille

- ♡ *Poulet à la Diable* \$29
Grilled chicken breast brushed with Dijon mustard, rolled in bread crumbs, served with a Bordelaise sauce
- Gigollette d'Agneau* \$31
Fresh lamb shank and garlic, cooked in its own juices all day and served with vegetables
- ♡ *Cotелlette de Cerf aux Champignons* \$33
Pan-seared elk chops, served with sautéed wild mushrooms and a Madeira sauce
- Côte de Veau aux Asperges* \$49 OR *Côte de Veau Rossini* \$56
*Sautéed, milk-fed veal chop, served with a demi-glaze and asparagus.
Or Rossini, which is the same dish but topped with a slice of hot Foie Gras*
- Steak au Poivre Blanc* \$36
Beef Filet, rolled in crushed white peppercorns with a cognac cream sauce
- Carré d'Agneau Rôti à Ma Façon (for two) Market Price*
Rack of Colorado Lamb, brushed with Dijon mustard, rolled in bread crumbs Provençal

Les Delices de Maison

Les Desserts

Tarte Chaude aux Poires \$13

Fresh pear fruit tart, served warm with our homemade vanilla ice cream

Crêpes Suzette \$13

Two crêpes stuffed with orange caramel sauce and flambéed tableside

Soufflé au Chocolat, sauce Vanille (minimum 4 persons) \$14 per person

Valrhona chocolate soufflé served with a vanilla crème anglais

Îles Flotant \$11

Poached meringue served on a bed of crème anglais, topped with caramelized sugar

Crème Brulée \$11

French vanilla custard topped with torch blown caramelized sugar

Gâteau au Chocolat \$11

Chocolate brownie cake topped with our homemade vanilla ice cream

Cheesecake au Citron \$11

Lemon cheesecake served with raspberry coulis

Les Fruits Frais \$11

Seasonal fresh fruits served in a glass with either whipped cream or cream and natural sugar

Les Glaces Maison \$11

Homemade ice creams & sorbets served with your choice of raspberry coulis, Valrhona chocolate sauce, caramel sauce, baked merengues and fresh fruits. Please ask your server for our current flavors

L'Assiette de Fromages \$15 serves one \$25 serves two

Assortment of fine French cheeses served with crackers and bread.

Our Story

The Left Bank Restaurant was started in 1970 when Liz and Luc Meyer arrived in Vail. Throughout the years The Left Bank has quietly become the place to wine and dine for discerning locals and visitors. In May of 2006, Kimberly & Jean-Michel Chelain proudly accepted the mission of continuing The Left Bank traditions, such as cultivating relationships with the finest vintners in France and California, in order to bring you selections of the rarest wines available at reasonable prices, impeccably stored and aged for your drinking pleasure. In the kitchen, our team, led by Jean-Michel is committed to creating the highest quality food available by using only the freshest and best ingredients available, making everything from scratch. Yes, even the bread is made here!

Jean-Michel's mother knew he was destined for the kitchen ever since the day that she couldn't find her pots, pans and utensils. After an exhaustive search of their home, she found her pans, full of mud in the barn, with her 8 year old son.... "cooking!" Jean-Michel began his apprenticeship at the age of fifteen at a small restaurant called Les Trois Biches in the Chartreuse region of the French Alps.

In 1996, after working at The Noga Hilton in Cannes and spending three years as the Chef of Chez Le Per Gras in Grenoble, he moved to Carmel Valley, California to be the Executive Chef of Stonepine Estate Resort, a Relais and Chateaux Purple Shield award winner. There he met his wife Kimberly, who was managing Los Laureles Lodge, the sister property to Stonepine. The two fell in love. They bought a 20 foot travel trailer to see the country and ended up in Key West, Florida where they eloped on a sailboat in front of forty strangers and the most beautiful sunset imaginable. Luc found them in Florida, luring them to Vail and The Left Bank Restaurant.

In 1998, Jean-Michel Chelain joined The Left Bank as the Sous Chef and rapidly showed his incredible talent and dedication in the kitchen. Except for a two-year intermission as the Executive Chef of the Bleu Jacket Restaurant in Lawrence, Kansas, Jean-Michel has been leading The Left Bank Kitchen as its Chef.

With Jean-Michel as your Chef and Kimberly as your hostess and Liz and Luc continuing as our mentors it is our pleasure to consistently use only the freshest ingredients of the finest quality and to prepare everything from scratch in our own kitchen.

It is our pleasure to serve you, and we hope you enjoy your evening!

Bon Appetit et à votre santé!

Kimberly & Jean-Michel Chelain, your hostess and Chef

Les Cocktails

Kir Royale \$19

Henriot Blancs de Blancs Champagne with a dash of Crème de Cassis de Bourgogne

French Kiss \$19

Henriot Blancs de Blancs Champagne and Cognac, with cube of raw cane sugar and lemon

Bisous Bisous \$19

Henriot Blancs de Blancs Champagne and Gran Marnier, with a sugared orange slice

Tour d'Eiffel Martini \$14

Tangeray Rangpur Gin, crushed fresh limes & a dash of Cointreau

French Connection Martini \$14

Absolute Raspberry Vodka with Crème de Cassis and a splash of pineapple juice

Brin d'Amour Martini \$14

Imperia vodka, with cranberry juice & Pama pomegranate liquor

Pomme d'Amour Martini \$14

Ketel One Vodka with Juice from Fresh Granny Smith Apples & lime juice

Rive Gauche Martini \$14

Special Grey Goose Martini with Roquefort stuffed olive and caper berry