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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