



L'EFFET PAPILLON
TRAITEUR PHILANTHROPIQUE



Lunchbox Menu

Fall-Winter 2025/26

Starters

Pumpkin soup, chestnut flakes (VG / GF) (LF possible)

Fregola sarda (pasta) salad, candied lemon and pickled red onions (Vegan)

Mushroom and caramelized onion pie, arugula and parmesan shavings (VG)

Winter vegetables tabbouleh with thin dried meat slices (LF)

Beet salad, salmon trout from Isère gravlax, tanguy dressing (GF / LF)

Roasted chickpeas and pumpkin salad, pomegranate and Espelette spice dressing (Vegan / GF)



Mains

Meat

Beef brisket, mashed potatoes with olive oil and roasted vegetables (GF / LF)

Roasted guinea fowl supreme, butternut squash in two ways, pan-fried mushrooms (GF / LF)

Traditional veal blanquette and Basmati rice

Fish

Roasted sea bass fillet, citrus virgin dressing, buckwheat and winter vegetables (GF / LF)

Isère salmon trout ballotine, shiso cream and cereal of the day

Fish of the day brandade infused with thyme (GF)

Vegetarian

Tofu blanquette with coconut curry sauce and pilaf rice (Vegan / GF)

Chickpea stew with sweet spices (GF)

Potato rösti, Gruyère cheese flakes and root vegetables





Desserts

Fruits salad (Vegan / GF)

Traditional tiramisu

Dark 66% chocolate and Tonka bean tartlet, puffed caramelized rice

Soft cake like a ginger bread, honey whipped cream

Roasted and Rhum flambé pineapple millefeuille, vanilla mascarpone cream





Organization process for group meals

We accept orders for a minimum of 10 people. Please select a maximum of two choices of starters / main courses and desserts (three choices are possible for groups of 30 people or more). We can either cook each choice in equal quantity, or the number necessary according to the choices of your guests expressed in advance.

Please inform us of the chosen menu one week before your event and the final number of guests no later than 72 hours before your meal.

We remain at your disposal to help you establish your menu. We have at your disposal a list of allergens for all our dishes. We do not guarantee "traceless" for allergen-free recipes.

GF: gluten free meal

LF: lactose free meal

VG: vegetarian meal

Vegan: vegan meal