



VEGETARIAN MENU

SALADES VEGETARIENNES

Bouquet de Cresson à la Vinaigrette <i>Watercress Salad with French Vinaigrette Dressing</i>		40 000
Camembert Pané à la Provençale sur son Lit de Salade Verte <i>Warm Bread crumbed Camembert Provençale Style with a Green Salad</i>		100 000
Méli-Mélo de Salades à la Crème de Roquefort <i>Mixed Vegetable Salad with Roquefort Cream Dressing</i>	medium	65 000
	large	85 000
Ratatouille Froide aux Champignons et son Bouquet de Mesclun <i>Cold Ratatouille with Mushrooms, a Mixed Green Salad</i>	medium	50 000
	large	65 000
Salade de Carottes du Jardin aux Suprêmes d'Orange et sa Vinaigrette au Citron Vert et au Basilic Frais <i>Carrot Salad from Our Garden and Orange Suprêmes with Lime Vinaigrette and Fresh Basil</i>	medium	45 000
	large	60 000
Quiche aux Epinards Lao et son bouquet de laslade <i>Lao spinach quiche and green salad</i>		55 000

SOUPE VEGETARIENNES

Soupe de Cresson Légèrement Parfumée à la Menthe et ses Croûtons <i>Watercress Soup, flavored with Mint served with Croûtons</i>	55 000
Cappucino Froid aux Légumes Verts <i>Cold Green Vegetable Cappucino</i>	55 000
Velouté de Champignons du Pays <i>Creamy Luang Prabang Style Mushroom Soup</i>	55 000
Velouté de Potiron à la Crème de Coco aromatisée aux Feuilles de Bergamote <i>Pumpkin Soup and Coconut Cream with Kaffir Leaves Flavoured</i>	55 000
Gratinée à l'Oignon au Gruyère Suisse <i>Onion Soup with Grilled Swiss Cheese</i>	95 000
Gratin d'Aubergines à la Provençale et au Feta <i>Baked Eggplants in Tomato Sauce with Feta Cheese</i>	95 000

ACCOMPAGNEMENTS / SIDE ORDERS

Assiette de Frites - <i>French Fries</i>	40 000
Assortiment de Fromages Français (3 sortes)- <i>Cheese Platter (3 kinds)</i>	140 000

PÂTES

Capellini à la Tomate et au Basilic <i>Home Made Capellini (Thin Spaghetti) with Tomato Sauce and Basil</i>	70 000
Lasagnes de Pleurottes au Cumin et aux Légumes <i>Cumin Flavoured Oyster Mushroom and Vegetable Lasagna</i>	95 000
Penne à la Crème et aux Champignons , Parfumées au Coriandre <i>Penne with Vegetables and Mushrooms, and Coriander in Cream Sauce</i>	95 000
Raviolis Farcis aux Champignons de Luang Prabang, Sauce à la Crème aux Fines Herbes <i>Home Made Raviolis, Stuffed with Local Mushrooms, and a Cream Sauce with Fresh Herbs</i>	95 000
Totelloni farcis aux champignons du pays, sauce verte au basilic thai <i>Tortellini, stuffed with lao mushroom, thai basil creamy green sauce</i>	95 000

SET MENU VEGETARIEN

180 000

Soupe de Cresson Légèrement Parfumée à la Menthe

Watercress Soup Lightly Mint Flavored

Ou/Or

Méli-Mélo de Salades à la Crème de Roquefort

Mixed Vegetable Salad with Roquefort Cream Dressing

Lasagnes de Pleurottes au Cumin et aux Légumes *Cumin*

Flavoured Oyster Mushroom and Vegetable Lasagna Ou/Or

Penne à la Crème et aux Champignons, Parfumées au Coriandre

Penne in Cream Sauce with Vegetables and Mushrooms, Coriander Perfumed

Ou/Or

Gratin d'Aubergines à la Provençale et au Feta

Baked Eggplants in Tomato Sauce with Feta Cheese

Crème Caramel à la Vanille de Bourbon

Crème Caramel

Ou/Or

Salade de Fruits Frais du Pays au Sirop à la Citronnelle

Fresh Fruit Salad with Lemongrass Syrup



VEGAN MENU



Diana von Cranach of Puri Ganesha Villas, Bali together with the owners of **L'ÉLÉPHANT RESTAURANT** in Luang Prabang, Laos is opening **L'ÉLÉPHANT VERT**, the first ethno-botanical 'living' cuisine restaurant in Southeast Asia.

With Lao cuisine focusing on raw vegetable, leaves & herb ingredients as well as meat and fish, it was a logical conclusion to open a restaurant with a menu concentrating solely on the botanical aspect of local food!

L'ÉLÉPHANT VERT will serve Diana's unique kind of 'rawfully good' vegan food with purely Southeast Asian flavors, offering a very different dining experience. Her dishes are prepared so that important enzymes and nutrients are not destroyed by cooking. Nothing on the menu will be heated above 115 Fahrenheit degrees and contain practically no carbohydrates. The produce will be sourced as Nature intended, from fresh, seasonal, naturally wild or farm-crafted local produce.

Made only from locally grown well-known and more unusual herbs, vegetables, fruit, flowers, leaves, nuts and seeds that have been used in Lao and other Southeast Asian cuisines for generations, the ingredients used in the daily changing set lunch and dinner menus at **L'ÉLÉPHANT VERT** will reflect seasonal and traditional flavors from all over the region, taking the concept of 'living' food to an excitingly new level of taste and texture.

- **L'ÉLÉPHANT VERT** knows where all the ingredients come from and how they are grown, most of them organically
- **L'ÉLÉPHANT VERT** is passionate about ingredients and only serves the highest quality, freshest, seasonal, local & most nutritious foods

L'ÉLÉPHANT VERT supports the community and cares about the environment

- **L'ÉLÉPHANT VERT** provides only healthy fats from nuts and seeds
- None of the dishes at **L'ÉLÉPHANT VERT** contain artificial preservatives, coloring, flavorings or chemicals of any kind
- All the food served at **L'ÉLÉPHANT VERT** is purely vegan and uses no animal products

Elephants in many evolutionary forms have walked the planet for around 60 million years, but were only joined by the first humans around 4 million years ago. Herbivores from the outset, elephants are the best living example to show us that consuming large amounts of green, natural foods everyday really does help the immune system to deal with possible chronic illness, provide more energy and ultimately increase longevity.

Opening times: 11h30 -14h30; 18h00-22h00
Ban Vat Nong , Kounxoua Street
PO Box 812, Luang Prabang- LAOPDR
Tel : 0085671252482
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E-mail: customer@elephant-restau.com
client@elephant-restau.com





VEGAN MENU A

Lunch 120 000 kip

Dinner 150 000 kip

Elixir

CHORAWPHYLL & GARDEN GREENS

Soup

TOMATO BROTH with SPROUTS & CHOPPED VEGETABLE SALAD

Starter

LAO MUSHROOM & BABY AUBERGINE LAAB

Main

VEGETABLE & GREEN CURRY NOODLES
with SWEET CHILLI SAUCE

Dessert

FRUIT CRUMBLE

Herbal Tea of the Day

GINGER & LEMONGRASS



VEGAN MENU B

Lunch 120 000 kip
Dinner 150 000 kip

Ellxir

TURMERIC, LIME, TAMARIND & PALM SUGAR

Soup

WARM MISO, GREEN ONIONS & GINGER + MARINATED TOFU

Starter

SEASONAL VEGETABLE TOWER with PEPPER LEAVES & PEANUT DRESSING

Main

GARDEN OF EDEN SALAD
With
TOMATO SAMBAL WITH LIME CONDIMENT

Dessert

CARROT & CASHEW KHEER

Herbal Tea

MINT & CINNAMON



VEGAN MENU C

Lunch 120 000 kip
Dinner 150 000 kip

Elixir

BEE BLAST

Soup

LAO MARKET GREENS

Starter

MIXED MUSHROOM & PEANUT TART
with HONEY & LEMONGRASS DRESSING

Main

SEASONAL VEGETABLE ROLLS on SHREDDED GREENS
with THREE SAUCES: SESAME & CASHEW, GREEN, BABY AUBERGINE

Dessert

PINEAPPLE CARPACCIO with ROSELLA SORBET, LIME ZEST & THAI BASIL SPRINKLE

Herbal Tea of the Day

GREEN TEA & JASMINE



VEGAN MENU D

Lunch 120 000 kip

Dinner 150 000 kip

Elixir

BEE POLLEN , GREENS & MINT

Soup

SEASONAL LAO MUSHROOM & CORIANDER MOUSSE

Starter

TOMATO CARPACCIO , LIME ZEST & VANILLA DRESSING

Main

WARM LAKSA CURRY with HERBS & VEGETABLE NOODLES
GREEN PAPAYA CONDIMENT

Dessert

CHOCOLATE with COCO BEAN & FRUIT SLICE

Herbal Tea

BAEL FRUIT & MULBERRY



DESSERTS

DESSERTS MAISON / HOME MADE DESSERTS

Salade de Fruits Frais du Pays au Sirop de « Mac Toum » (Orange de Malabar) <i>Fresh Fruit Salad with « Mak Toum » Syrup (Beal Fruit)</i>	45 000
Crème Caramel à la Vanille de Tahiti	60 000
Tatin aux Trois Fruits (Mangue, Ananas, et Pomme) et son petit pot de Crème (avec une Boule de Glace + 35 000 kip) <i>Warm Apple, Mango & Pineapple Tart and Cream</i> <i>(with one scoop of ice cream + 35 000 kip)</i>	65 000
Mousse au Chocolat (<i>Chocolate Mousse</i>)	70 000
Tiramisu	70 000
*Crème Brûlée à la Noix de Coco et sa Rosace de Bananes Poêlées <i>Crème Brûlée with Coconut and Roasted Bananas</i>	70 000
Fondant au Chocolat <i>Chocolate Fondant</i>	85 000

* nous servons la crème brûlée froide conformément à la recette traditionnelle ; si vous le désirez nous pouvons vous la servir chaude (comme la crème catalane); n 'oubliez pas alors de le préciser à votre serveur

we serve the crème brûlée cold in accordance with the traditional receipe; if you like it warm (like the crème catalane), please tell to your waiter as you order

COUPES GLACÉES / ICE CREAMS

Coupe Exotique, <i>Exotic Bowl</i> (Sorbet à la Noix de Coco et à l'Ananas, Salade de Fruits, et Coulis de Fruits Rouges) (<i>Coconut & Pineapple Sorbet, Fruit Salad and Red Fruit Coulis</i>)	70 000
Croustillant de Pain Perdu sur un Lit de Nougatine Glacée au Coulis de Fruits Rouges <i>Crispy Pudding on a Bed of Nougatine with a Red Fruit Coulis</i>	70 000
Poire Pochée au Vin Rouge et sa Rosace de Glace au Miel & Gingembre <i>Warm Poached Pear in Red Wine and Honey-Ginger Ice-Cream</i>	70 000
Coulis de Chocolat Chaud / <i>Hot Chocolate Fudge Sauce</i>	36 000

BOULES DE GLACE OU SORBETS / SCOOPS

La Boule, *per scoop* 35 000 kip

SORBETS

Ananas, Citron Vert, Roselle, Banane-Cannelle, Fruit de la Passion, Orange, Mangue
Pineapple, Lime, Rosella (Katiep), Banana-Cinnamon, Passion Fruit, Orange, Mango

CREMES GLACEES (ICE CREAMS)

Vanille, Chocolat, Café, Caramel, Noix de Coco, Banana-Rhum-Raisins,
Miel Gingembre, Menthe-Chocolat

*Vanilla, Chocolate, Coffee, Caramel, Coconut, Banana Rum Raisins, Honey ginger,
Mint-Chocolate*