French cuisine executed by **HEAD CHEF** JONATHAN CASTAING

STARTERS		MAIN COURSES	
VEGETABLE TERRINE (gf, df) 329kCal	£11.25	MEAT	
Tomato salsa, pea coulis	211.20	MARINATED BABY CHICKEN (gf) 740kCal	£26.00
		Summer coleslaw salad, vine tomatoes	
BAKED CAMEMBERT WITH HONEY 521kCal	£11.00	LAMB SHANK (gf, df) 921kCal	£26.50
Roasted garlic, thyme, fennel,		Carrots, garlic confit, red wine sauce	
plum rye bread		SLOW COOKED PORK BELLY (gf, df) 450kCal	£25.50
FRENCH ONION SOUP 380kCal	£11.00		
Gruyère cheese, croutons		CORN FED CHICKEN BALLOTINE 680kCal	£27.75
PAN FRIED SCALLOPS (gf) 387kCal	£13.95	Spinach, sautéed green peas,	
Sautéed broad beans, crispy Parma ham,	,,	creamy chorizo sauce	
beurre blanc		LAMB RUMP (gf) 900kCal	£28.50
III. MANOCK TERRINE THE CA	£11.25	Purple potatoes purée, mint jus	
HAM HOCK TERRINE 514kCal Wild mushrooms, cranberry purée,	£11.25	BEEF BOURGUIGNON (gf, df) 444kCal	£29.50
grilled ciabatta bread		Joël's signature dish of slow cooked beef,	~=>100
		haby carrots wild mushrooms haby onion red to	wine
PARMA HAM (gf, df) 328kCal	£11.75	sauce	
Watermelon soup, pearl cantaloupe melon		FISH	
WHITE & BROWN CRAB DOME 343kCal	£13.95	FRESH SQUID INK PASTA 1125kCal	£26.50
Trout caviar, crispy ciabatta bread		King prawn, crab sauce	
BURRATINA (gf) 400kCal	£11.95		£28.50
Gazpacho, green tomato brunoise	~11170	Tartar sauce	
, 0		PAN FRIED SEABASS FILLET (gf, df) 350kCal	£26.75
SIDE DISHES		Warm fennel salad, vierge sauce	
POMME FRITES (df) 300kCal	£4.75	VEGETARIAN	
POMME PURÉE 300kCal	£4.75		C10 ==
SPICY POTATOES WEDGES (gf, df) 250kCal	£4.75	CIPRIAN'S STUFFED ROAST PEPPER (df) 425kCal	£19.75
GREEN BEANS & SHALLOTS (gf, df) 88kCal	£5.50	Mediterranean couscous, smoked paprika,	
GRATIN DAUPHINOIS (gf) 380kCal	£4.75	tomato sauce	
SUGAR SNAPS (df) 222kCal	£4.75	RATATOUILLE (gf, df) (V) 260kCal	£18.00
Garlic, panko crumbs		Aubergines, courgettes, tomatoes,	
ASPARAGUS & SHALLOTS (gf, df) 49kCal	£5.25	piperade sauce	
PETITS POIS À LA FRANÇAISE (gf, df) 198kCal	£4.75	PAN-FRIED GNOCCHI 1177kCal	£20.50
TOMATES À LA PROVENÇALE (gf, df) 30kCal	£4.75	Sautéed spinach, green peas, shaved Parmesan	
Thyme, onions, olive oil		, ,	
		R SPECIAL	
DELUXE CLUB SANDWICH 959kCal	£22.00	FISH AND CHIPS 761kCal	£24.00
Chicken breast, bacon, lettuce, tomato, egg,		Tartare sauce	C2 4 00
mayo, fries	05.5	TRADITIONAL COTTAGE PIE 989kCal	£24.00
SEARED STEAK SANDWICH 751kCal		SAUSAGE AND MASH 757kCal	£18.00
Ciabatta bread, tomato, baby gem lettuce, fries		Onion gravy	

3 COURSES SET MENU £30 / 2 COURSES SET MENU £25
PLEASE ASK YOUR WAITER FOR TODAY'S MENU
MAXIMUM OF 8 PEOPLE

FAMILY MENU £90.00

Based on 2 adults and 2 children dining
Includes 3 course set menus for the parents
and children's menus
£18.00 per each additional child

CHILDREN'S MENU £18.00

Includes a main course, a dessert & a fruit juice

CHARCOAL GRILL	
BEEF BURGER 908kCal	£20.00
Add cheese 52kCal	£1.80
Add bacon 42kCal	£1.80
CÔTE DE BOEUF SHARING 35.27 oz (gf) 1100kCal	£79.85
Béarnaise sauce, peppercorn sauce	
PORK CHOP (gf, df) 300kCal	£21.50
RIB-EYE STEAK 7 oz (gf, df) 619kCal	£29.50
SIRLOIN STEAK 8 oz (gf, df) 508kCal	£31.50
SELECTION OF SAUCES	£2.95
Shallot (gf, df), béarnaise, blue cheese, mushroom (g)	Ð,
peppercorn (gf), red wine (gf, df)	

SALADS	Small Large
NIÇOISE SALAD (gf, df)	£7.00 £14.85
Tuna, quail egg, potatoes, French beans	380kCal 510kCal
FENNEL SALAD (gf, df)	£7.50 £14.85
Red apple, rocket salad, orange segments,	48kCal 150kCal
radish, pickled fennel, citrus dressing	
CRISPY DUCK SALAD (df)	£9.50 £16.85
Baby gem salad, pickles, pomegranate,	180kCal 362kCal
orange dressing	
HEIRLOOM TOMATO SALAD (gf, df)	£7.50 £14.85
Red onions, pine kernel, balsamic dressing	95kCal 190kCal
ROMAINE CAESAR SALAD (V)	£7.00 £14.85
Parmesan cheese, anchovies, pesto croutons	402kCal 739kCal
Add grilled chicken 106kCal	£6.00
Add grilled tuna 225kCal	£8.00
SEASONAL SUMMER SALAD (gf, df)	£7.50 £14.85
Sugar snap, avocado, grilled papaya,	82kCal 180kCal
cashew nuts, raspberry dressing	

SNACKS & BOARDS	
BREAD 900kCal	£4.50
MARINATED SPICY OLIVES (gf, df) 81kCal	£6.50
CRISPY CALAMARI 400kCal	£6.50
Aïoli sauce	

PLEASE NOTE: THE RECOMMENDED DAILY CALORIE INTAKE FOR WOMEN IS 2000 KCAL AND 2500 KCAL FOR MEN.

ALL CALORIES PROVIDED PER DISH ARE BASED ON 1 SERVING

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	DESSERTS					
	CHOCOLATE BROWNIE (gf)(ve) 707kCal	£11.25	CHEESE PLATTER 647kCal	£12.50		
	Peanuts, banana, coconut cream, chocolate ganache		Roquefort, Brie, Cheddar, Goat's cheese, grapes,			
	APPLE TART TATIN 550kCal	£10.50	celery, onion chutney			
	Vanilla ice cream		VANILLA CRÈME BRÛLÉE 451kCal	£10.75		
	BLACK FOREST CAKE 1009kCal	£11.00	HAZELNUT TART 744kCal	£11.25		
	Chocolate sponge, vanilla cream, candied cherry,		Hazelnut orange frangipane, mascarpone cream,			
	cherry gel, chocolate sorbet		vanilla ice cream			