



La Frite

Belgian Bistro



Welcome to La Frite, San Antonio's premier (and only) Belgian Bistro. Our specialty -Moules Frites- are sold on the street all over Belgium with a combination of steaming sauces and dips for the thick, freshly fried potatoes. We take pride in using the best ingredients available. All of our seafood is purchased fresh daily, we use Angus beef and seasonal and Texas-grown ingredients whenever possible.

Salades

Salade Verte \$5.95
mixed greens with house vinaigrette

Endives Belgues \$9.5
belgian white endive salad with walnuts, apples, and morbier cheese

Frisée aux Lardons \$9.5
frisee lettuce sprinkled with thick, french-cut bacon

Salade Fruit et Fromage \$9.5
mixed green salad with roaster pear, gorgonzola cheese and a balsamic reduction

Soupes

Soupe du Jour \$5.95
ask your server about today's soup

Petits Plats

Ecroquettes aux Crevettes \$10
traditional shrimp fritters

Pâté de Saumon Fumé \$12.5
house made smoked salmon pate

Crevettes Franco \$13.5
belgian-style battered shrimp

Crêpe au Jambon et Fromage \$10
freshly made crepe filled with french ham and gruyere cheese

Escargots Bourguignon \$9.5
shrimp in the burgundy style with herb butter sauce

Carte à l'Oignon \$9.5
a savory tart filled with caramelized onions and brie cheese

Assiette de Charcuterie \$18
chef's selection of cold cuts

Prix Fixe

Three Course Dinner Menu, Changes Nightly
\$38

Moules

Our Mussels are Served with Your Choice of Sauce

Petit in an appetizer-sized portion \$10.5
Grand in a big bowl served with frites \$18

Marinières onion, garlic, and white wine

L'ardennaise bacon, onion, mushroom, wine, cream

Provençales tomato, garlic, onion, white wine, butter

Poulette mushroom, onion, cream, white wine, lemon

Printanière carrots, leeks, mushrooms, marsala wine

Roquefort bacon, celery, onion, bleu cheese, beer

Curry cream, curry, parsley, white wine

Vert onion, basil, cilantro, cream, white wine

Casino shallots, garlic, butter, red pepper, ham, white wine

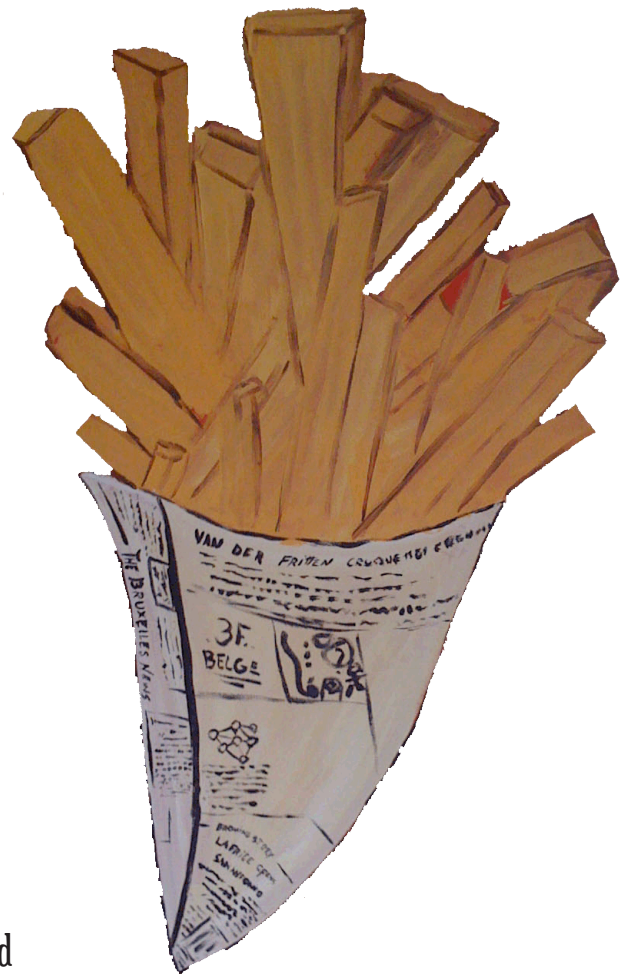
Bruxelles olives, shallots, garlic, herbs, marsala wine

Vin Muscadet \$9 gl/34

We recommend pairing mussels with Muscadet wine by the glass or bottle from Chateau Thebauld in the Loire valley. Served cool, its bright, lemony flavor pairs perfectly with this dish.

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de la Mer

Homard Franco \$26

belgian style battered lobster tail served with frites and mixed vegetables

Vol-au-Vent Fruits de Mer \$18

puff pastry shell filled with mixed seafood in a white wine cream sauce served with a green salad

Salmon Dijonaise \$16

salmon filet broiled to medium (unless otherwise requested) in a dijon mustard beurre blanc sauce served with risotto*

du Ciel

Poulet Waterzoi \$21

chicken breast sauteed in cream sauce served with seasonal vegetables

Vol-au-Vent de Poulet \$18

puff pastry shell filled with chicken in a white wine cream sauce served with a green salad

Magret de Canard \$24

duck breast pan sauteed to medium rare (unless otherwise requested) with raspberry gastrique sauce and served with mashed potatoes*

de la Terre

Oniglet avec Frites \$22

top skirt steak served medium rare (unless otherwise requested) served with frites and mixed vegetables*

Steak au Poivre \$28

beef tenderloin served medium rare with green peppercorn sauce served with frites and mixed vegetables*

Steak Tartare \$21

a traditional french preparation of raw, center-cut beef with capers, mustard, cornichon pickles and shallots served with toast*

à Côté

Frites \$4.5

our specialty! hand cut belgian-style fries with dipping sauces

Légumes en Saison \$4.5

sauteed seasonal vegetables

Asperges \$6.5

sauteed asparagus

Sorry, No Substitutions
Split plate charge \$4
Seating stops at 10 nightly.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.