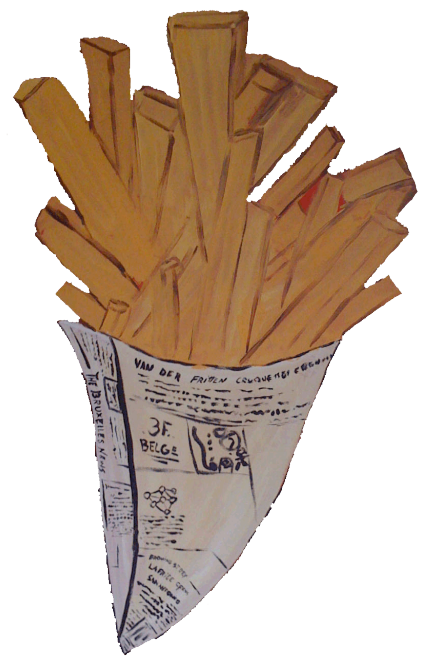


# La Frite

## Belgian Bistro



## Lunch

*Soupe du Jour* \$5.95

ask your server about today's soup

*Quiche Lorraine et Salade Verte* \$11.5

savory egg tart with bacon and gruyere cheese served with a green salad

*Crêque Monsieur et Salade Verte* \$11.5

crusty bread filled with french ham, gruyere cheese and bechamel sauce, grilled panini-style served with a green salad

*Omelette et Frites* \$11.5

soft-cooked french omelette filled with gruyere cheese and served with fries

*Vol-au-Vent avec Fruits de Mer ou Poulet* \$12.5

puff pastry shell filled with a cream sauce and seafood or chicken

*Spaghetti Carbonara* \$14

spaghetti in a cream and bacon sauce with parmesan cheese

*Salade de Poulet La Frite* \$14.5

la frite's specialty chicken salad

*Salade La Mer* \$14.5

mixed greens served with mixed seafood and a house vinaigrette

*L'Assiette du Chef* \$16

the chef's daily selection of cold cuts and cheeses

*Crêpe au Crab* \$12.5

freshly made crepe filled with lump crab meat

*Crevettes Provençales* \$12.5

spaghetti with a tomato cream sauce and grilled shrimp

*Pole Meunière* \$14.5

flounder filet lightly breaded and sauteed in a lemon-butter sauce

*Salmon Dijonnaise* \$16

salmon filet broiled in a dijon mustard beurre blanc sauce

*Poisson Bruxelloise* \$16

trout filet in beurre blanc sauce

*Poulet Picatta* \$14.5

chicken in a lemon caper sauce

*Boeuf Marchand de Vin* \$16

sirloin steak in a red wine sauce

*Onget Frites* \$17.5

top skirt steak & frites

## 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.