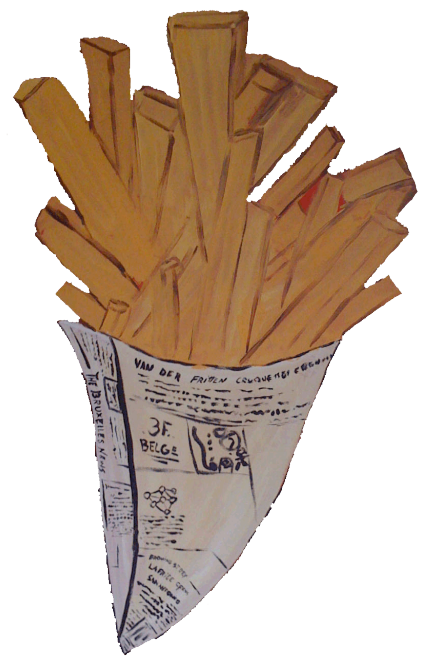


# La Frite

## 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.



# 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

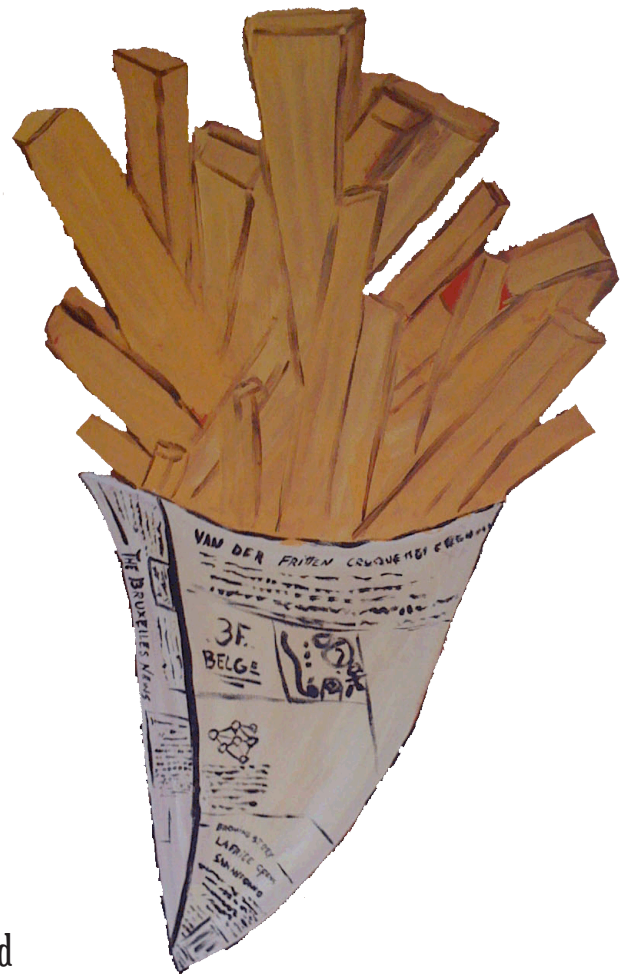
Bruxelles olives, shallots, garlic, herbs, marsala wine

Vin Muscadet \$9 gl/34

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# La Frite

## Belgian Bistro



## 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.



Champagnes

Charles De Fere Jean-Louis \$ 10  
France (small bottle)

Bouvet Brut \$ 38  
Champagne

Lucien Albrecht \$ 42  
Alsace

Lucien Albrecht Rose \$ 50  
Alsace

Vins Rosés

Domaine Ott Les Domaniers \$ 10 gl / 45  
Provence

Vins Blancs

Dr. Pauly Noble House Riesling \$ 8 gl / 32  
Mosel

Latour Chardonnay \$ 8 gl / 32  
Ardeche

St. Michelle Sauvignon Blanc \$ 8 gl / 32  
Washington

Zenato Pinot Grigio \$ 8 gl / 32  
Delle Venezie

Jadot Pouilly Fuisse \$ 28  
Maconnais, Burgundy (half btl)

Chateau St. Jean Chardonnay \$ 34  
Sonoma

Vins Rouges

Delas Merlot \$ 8 gl / 34  
Langundoc

Cotes du Rhone \$ 8 gl / 34  
Rhône Valley

Los Vascos Cabernet Sauvignon \$ 8 gl / 34  
Colchagua, Chile

Cono Sur Vision Pinot Noir \$ 9 gl / 38  
Colchagua, Chile

Georges Duboeuf Moulin a Vent \$ 40  
Beujolais

Les Chiens Chinon \$ 40  
Anjou, Loire

Heidsieck Monopole Brut \$ 65  
Champagne

Veuve Cliquot NV Yellow Label \$ 110  
Champagne

Perrier Jouet Fleur \$ 185  
Champagne

Dom Perignon \$ 225  
Champagne



Bières

Stella Artois \$ 4

Kronenbourg \$ 5

Duvel \$ 6

Blanche de Bruxelles \$ 6

Maredsous \$ 7

Chimay \$ 9 . 95

(Red, White or Blue)

Fisher \$ 5 . 5

Sierra Nevada \$ 4 . 5

Hoegaarden \$ 5 . 75

Batardiere Muscadet Sur Lie \$ 8 gl / 34  
Pays Nantais, Loire

Domaine Le Paradou Viognier \$ 34

Jadot Macon Village \$ 9 gl / 38  
Maconnais, Burgundy

Chateau Moncontour Vouvray \$ 38  
Touraine, Loire

Girardin Macon-Fuisse \$ 42  
Maconnais, Burgundy

Larouche Chablis \$ 45  
Northern Burgundy

Corrar Sancerre, Vieilles Vignes \$ 48  
Loire Valley

Georges Duboeuf Pouilly Fuisse \$ 50  
Maconnaise, Burgundy

Matrot Meursault \$ 85  
Beaune, Burgundy

Olivier Leflaive Puligny Montrachet \$ 110  
Beaune, Burgundy

Chateau du Bousquet \$ 45  
Cotes de Bourg

Cote de Brouilly \$ 45  
Beaujolais

Chateau Pey de la Tour \$ 45  
Bordeaux

Ridge Three Valleys \$ 50  
Sonoma

Franciscan Cabernet \$ 50  
Alexander Valley

Chateau St. Georges \$ 68  
St. Emillion

Chateu de Pez \$ 90  
St. Estephe

Chateauneuf du Pape La Nerthe \$ 95  
Rhône Valley

Chateau Grand Puy Lacoste \$ 135  
Pauillac

Caymus \$ 150  
Napa

Far Niente Cabernet \$ 185  
Oakville