

TO EAT 10-5

Début

A round of toast - 2.50
with butter and Nina's jam.

Marik's banana bread - 2.50 V+GF
toasted with butter.

Holy granola - 3.95 V+GF
served with yoghurt and homemade fruit compote.

Porridge - 3.95 V
banana, honey and toasted nuts /
plum compote, fresh berries and toasted nuts.

Artisan roll - 2.90
or choose a doubler - 3.95
black pudding/smoked streaky bacon/tattie scone/free range fried egg.

Soup de la saison - 3.95 V
Served with local bread. Always vegetarian, sometimes vegan, never with stock cubes.
Served with a cheese scone + 1.00

Les Salades

Poisson - 6.50 GF+DF
Scottish smoked mackerel, warm beans and a tomato and parsley condiment.

Vegan - 6.20 DF+VG
Roasted beets, tomatoes and croutons with a tarragon and shallot vinaigrette.
Goat cheese + 1.00

Végétarien - 6.10 V
Courgette, peas and chickpea croquettes, cucumber with a mint and feta dressing.

Les Croques

Croque Monsieur - 7.80
Grilled french sandwich with honey roast ham and mature cheddar cheese with salad.
Croque Madame - 8.20
similar to the croque monsieur with a sunny runny egg added on top.
V - We can make the monsieur or the madame vegetarian by swapping the ham for roasted chestnut mushroom.

Les Bagels (weekday only)

Cornichon- 6.80
Pastrami, swiss cheese, dill pickle, mustard and mayo.
Viande - 6.80
Crispy bacon, truffle mayo, plum tomato and salad. (It's a BLT)
Légumes - 6.80 V
hummus, chargrilled pepper and aubergine and salad

Les Oeufs (weekends only)

Lizarazu - 7.40
Poached eggs with chorizo, sautéed potatoes, chargrilled red onion, peppers and aubergines served on paratha bread.
Belmondo— 6.80 V
Poached eggs with thyme roasted tomatoes, spinach and chestnut mushroom and parmesan shavings.
Jules Verne - 7.40
Poached eggs with baked kippers on toasted brown bread with a dill butter.

TO EAT 5-10

Le Debut

A partager - 11.50

Sharing platter choose between carnivore, vegetarian or vegan.

Petits Poissons - 5.50

Friture of whitebait with aioli and salad.

Paté du Cap Ferret - 6.50 DF

served with warm bread (enough for 2-3)

Soup de la saison - 3.95 V

Served with local bread. Always vegetarian, sometimes vegan, never with stock cubes.

Served with mustard & cheese scone + 1.00

Les Salades

Poisson - 6.50 GF+DF

Scottish smoked mackerel, warm beans and a tomato and parsley condiment.

Vegan - 6.20 DF+VG

Roasted beets, tomatoes and croutons with a tarragon and shallot vinaigrette.

Goat cheese + 1.00

Végétarien - 6.10 V

Courgette, peas and chickpea croquettes, cucumber with a mint and feta dressing.

Les Plats

Steak frites - 14.95 GF

8oz bavette steak with salad and our gourmand two day wine jus. Served with hand cut and twice cooked frites.

Légumes - 10.20 VG

Chard cauliflower, roasted sweet potatoes, peppers, turmeric infused couscous with a ras-el-hanout peanut sauce.

Poulet fermier - 11.50

Parmesan crispy corn fed chicken. Comes on our brioche bun with frites.

La douce - 9.50 V

sweet potato and black bean burger with a cucumber, feta and mint sauce. Comes on our brioche bun with frites.

Desserts

Chocolat - 5.00 V

Warm chocolate brownie with Monny's raspberry sorbet.

Tarte - 5.20 V

Frangipane with vanilla ice cream.

Glace - 4.50 GF+V

Monny's Italian gelato and sorbet served with cream and crunch.

Sunday - 4.95

Monny's Skylark American Pale Ale gelato, brownie bits, marshmallow, chocolate sauce and whipped cream.

This contains real beer and tastes a lot like those beer bottle sweets you used to love.

Monny's sorbet, fruit coulis, toasted nuts, dried pineapple.

Ginger Nina cake - 3.50 GF+VG

Raw, gluten and dairy free, ask for the selection.