**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

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**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.

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**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.