

Les Entrées (starters)

Soupe du jour (V)	£4.25	Assiette de charcuterie	£6.95
Soup of the day - please ask your server		A selection of cervelas and garlic sausage, air-cured mountain ham and saucisson Lyonnais, served with baby gherkins and cherry vine tomatoes	
Gazpacho (V)	£4.95	Petit pâté de Pézenas	£7.50
A chilled summer soup made with tomatoes, peppers and cucumber		A small pie made with a meat and fruit filling and a hint of Indian curry in the flavour. This obscure recipe from the Herault region of France was invented in the 18 th century by the cook to Lord Clive of India when he was British Consul in Pézenas. It is an interesting blend of French and Indian cuisine; served with a garnish of dressed mixed leaves, baby gherkins, marinated cherry vine tomatoes and a spoonful of sweet chutney	
Petite salade aux légumes à l'aioli (V)	£4.95	Assiette de poisson fumé au raifort	£7.95
Light crunchy salad of vegetables served with an aromatic dip made by pounding garlic and olive oil into a thick sauce		An assortment of thinly sliced hot-smoked and cold-smoked fish served with a mild horseradish cream	
Petit pot de rillettes et son pain toasté	£4.95	Fromage de chèvre à l'huile de pistache (V)	£5.95
Finely shredded creamed pork meat served with toasted bread		Goat's cheese marinated in a roasted garlic and Provencal herb-infused olive oil, served with dressed mixed leaves on rustic bread	
Moules à la marinière (subject to availability)	£5.50	Terrine de foie gras maison et sa gelée de porto	£8.95
Fresh mussels cooked in a bouillon of white wine with shallots, garlic butter, bay leaf and parsley, served in a traditional mussel pot		Home-made duck 'foie gras' terrine served with a port jelly, toasted figs and raisin bread	
Aumônière de champignons forestiers (V)	£6.95		
A mix of wild and field mushrooms with garlic butter wrapped in a thin wheat pancake and baked in the oven			
Escalivade	£5.95		
Grilled mixed peppers, aubergine and tomato served cold with virgin olive oil			
Gratiné d'escargots au Pastis	£6.95		
Six sizzling snails cooked in garlic and parsley butter with a hint of Pastis			

Les Salades et Carpaccios

Carpaccio de saumon	£7.95	Salade Lyonnaise	£ 9.95
Thinly cut slice of fresh raw salmon with a dash of olive oil, lemon juice and peppers, served with mixed leaves		Crispy bacon, duck gésiers, croutons, egg, tomatoes and salad leaves dressed with raspberry vinaigrette	
Carpaccio de boeuf	£7.95	Salade Niçoise	£10.95
Thin slices of raw beef with shaved Parmesan cheese, fresh lemon juice, extra virgin olive oil		Traditional Niçoise salad with tuna, anchovies, French beans, marinated olives, vine tomatoes and egg	
Salade ananas et chèvre au miel des alpages (V)	£9.95	Salade Savoyarde	£10.95
Fresh goat's cheese, slices of pineapple and tomato on mixed leaves served with honey dressing and pine nuts		Air-cured mountain ham, served with steamed potatoes and mixed dressed leaves, topped with warm Reblochon cheese, cooked in a puff pastry with hazelnuts	
Salade du marché (V)	£7.50		
Celeriac remoulade, grated carrot, grated beetroot, cucumber and sliced tomatoes			
Supplement of goat's cheese	£3.50		
Salade Nîmoise	£9.95		
A filo pastry parcel of creamy cod, baked in the oven and served on a bed of dressed mixed leaves with tomato, olives, shallots and hard-boiled egg			



Les Poissons (fish and shellfish)

Poisson du jour (according to market availability) Fish of the day, served with garnish of the day	£12.95	Tartare de thon rouge à la mangue Tartare of red tuna and fresh mango 'made to order' served with mixed leaves	£14.95
Moules et frites (subject to availability) Fresh mussels cooked in a bouillon of white wine, shallots, garlic butter, bay leaf and parsley, served in a traditional mussel pot accompanied by pommes frites	£10.95	Croustade d'espardon au gingembre Strips of swordfish marinated in garlic and ginger, flamed with white wine, finished with cream and fresh spinach, served in a crunchy, garlic butter bread casing with toasted pine nuts, served with wild rice and a wedge of lime	£13.95
Duo de fishcake au saumon frais Home-made fishcakes of Scottish salmon served with a light piquant sauce	£12.95		

Les Viandes (meat, game and poultry)

Cassoulet A traditional recipe from the south of France made by slowly cooking Toulouse sausage, smoked pork belly, duck leg, tomatoes, garlic sausage and white beans in a terracotta marmite	£13.95	Magret de canard rôti, poire pochée au Morgon Roasted duck breast with pear poached in a red wine sauce	£15.95
Poulet Basquaise A traditional Basque recipe: chicken cooked in a covered terrine with red and green peppers, tomato, garlic, white wine and cayenne pepper, served with tagliatelles	£12.50	Côtelettes d'agneau persillées Oven-roasted lamb chops basted with garlic and parsley	£15.50
Côte de porc façon charcutière Pan-fried pork chop cooked with gherkins, mustard, white wine butter sauce and mashed potatoes	£12.95	Steak frites Steak prepared in the traditional French style: beaten thin, salted and rubbed with garlic, then grilled and served with home-made chips	£12.50
Confit de canard Duck leg cooked slowly until it is succulent and tender	£11.95	Entrecôte beurre Maître d'hôtel Pan-fried rib-eye steak served with Maitre d'hôtel butter	£17.50
Poulet à l'estragon Chicken breast sautéed with shallots, garlic and lime, finished with cream and tarragon	£10.95	Tournedos au poivre et morilles Filet of steak, pan-fried to your liking with wild mushrooms and crushed peppercorns, flamed in cognac and finished with cream	£23.95
		Why not try your steak with: green peppercorn sauce, blue cheese sauce or Maître d'hôtel butter	£1.25

Les Plats Végétariens (vegetarian options)

Ratatouille en croûte (V) Courgette, peppers, onion, eggplant and tomato, cooked with garlic and olive oil, in a crunchy filo pastry case	£9.95	Cassoulet de fenouil (V) Braised fennel cooked in white wine with tomatoes, vegetables and potatoes, topped with Parmesan cheese	£9.95
Farandole de trois légumes farcis (V) A trio of Provençal vegetables filled with a savoury vegetable stuffing and topped with melted goat's cheese	£10.95	Petits gateaux d'oignons doux (V) Small savoury cakes made with spring onions, onions and potatoes	£8.95

Side dishes

Salade de tomates Tomato salad with shallots and Provençal dressing	£2.95	Pommes purées Mashed potatoes	£2.00
Légumes du jour Vegetables of the day	£2.95	Gratin dauphinois Traditional potatoes gratin	£2.00
Frites maison Home-made chips	£2.95	Tagliatelles Fresh ribbon pasta	£2.00
Salade mixte Green salad with tomatoes, shallots and cucumber	£2.95	Salade verte Mixed leaves served with home made dressing	£2.00

Service is at your discretion; we regret we are unable to include gratuities as part of your bill, or as payment by debit/credit card or cheque.

All our dishes are freshly made to order with care and attention; please consider the time required to prepare your meal.

Customers should be aware that recipes may include nuts or nut traces.

Items marked (V) are suitable for vegetarians.

Subject to the market, some dishes may be unavailable at certain times.