

## WELCOME to LA BASTILLE

All our dishes are created in our kitchen which uses ingredients containing nuts, peanuts, gluten, fish, molluscs, seafood, milk, egg, other dairy products, selery, sesame, mustards seeds and sulphites.

(w) Wheat, (d) Dairy, (p) Peanuts, (sf) Shellfish, (e) Egg  
(f) Fish, (m) Molluscs, (n) Nuts, (c) Celery, (ms) Mustard



## TEAM of THE WEEK

### IN THE KITCHEN

Head Chef Ionut

Sous Chef Alex

### SERVING YOU

Nori / Cristi / Claudiu / Alex

## MENU

### START

#### Seafood Cocktail

Smoked Salmon, Crab, Gem Lettuce  
Cherry Tomatoes(w) (f) (d) (sf)  
£11

#### Mussels a La Creme/Mariniere

Garlic, Onion, Creme, Parsley, White Wine (d) (m)  
£11

#### Tempura Prawns

Sweet Chili Mayo & Mixed Salad (w) (sf)  
£11

#### King Prawns & Chorizzo

Bread & Garlic (w) (d) (sf)  
£11

#### Scallops

Cauliflower Puree & Panceta (d) (f) (m)  
£12

#### Calamari a La Plancha

Olive Oil, Lemon, Garlic & Parsley(w) (f) (d)  
£11

#### Parma Ham

Mozzarella, Melon, Basil Oil & Strawberries (w) (d)  
£11

#### Carpaccio Beef

Parmigiano, Capers, Smoked Anchovies,  
Rocket & Truffle Oil (d) (f)  
£12

#### Caprese Salad (vegan)

Tomato, Mozzarella & Basil (d)  
£10

#### Avocado Salad (vegan)

Avocado, Melon & Olive Oil  
£10

### MAINS

#### SLAYNER COUNTRY BEEF

All Served With Flat Cap Mushrooms, Fries, Cherry Tomato, Onion Rings & Béarnaise Sauce. (d) (e) (w)

FILLET - £28 RIBEYE - £26

#### CHATEAUBRIAND (SHARING FOR 2)

Flat Cap Mushroom, Cherry Tomato, Onion Rings, Fries, Rocket & Parmesan Salad, Peppercorn/ Béarnaise Sauce (d) (e) (w)  
£75

#### Surf And Turf

King Prawns, Rocket, Garlic  
Parmegiano & Red Onion Salad (d) (f) (w) (sf)  
£27

#### Fish & Chips Supreme

Cod, Sea Bass, King Prawns, Tartar Sauce  
Mashed Peas (sf) (f) (w) (d)  
£17

#### Jersey Crab Linguini

Ginger, Lime, Garlic, Parmesan  
Cherry Tomato (d) (f) (w) (sf)  
£21

#### Roasted Chicken

Roasted Carrots, Broccoli  
Mushroom Sauce (w) (d)  
£21

#### Risotto (vegan)

Asparagus & Peas (c)  
£19

#### Goat Cheese Salad

Mixed Salad, Beetroot  
Walnuts & Honey (n) (d)  
£19

#### Scallops & King Prawns Salad

Mixed Salad  
New Potatoes (sf) (f) (d)  
£19

#### Pan Fried Salmon

New Potatoes, Asparagus, White Wine Sauce  
Horseradish(w) (f) (d)  
£20

#### Seafood Risotto

Sea Bass, King Prawns, Squid, Mussels, Crab  
Fennel (sf)  
£22

#### Pork Belly

New Potatoes, Carrots  
Pork Jus  
£19

#### Linguini Aglio E Olio (vegan)

Cherry Tomato, Coriander & Parsley (w)  
£16

#### Pan Fried Sea Bass (vegan)

Crab Risotto & Fennel  
(c) (d) (sf) (f)  
£21

### DESSERT

#### Apple Crumble

Mixed Berries & Vanilla Ice Cream (w) (d)  
£9

#### Bread & Butter Pudding

Vanilla Ice Cream & Custard Cream (w)(e)(d)  
£9

#### Chocolate Tart

Whipped Cream (d)(e)(w)  
£8

#### Selection of Jersey Ice Cream (d)

£8

#### Selection of Sorbets (vegan) (d)

£8

#### Selection Of Local And French Cheeses

Palate Cleaners, Crackers (d)(w)(n)  
£14

→ WHEN ←

### KITCHEN OPENING TIMES

Monday to Saturday

12pm – 2.30pm

6pm – 9pm

Sunday

Closed

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Follow us

@labastillejersey

We'd Love To Hear From You



There are nuts used in the Bastille kitchen.  
Please make staff aware if you have any allergies  
or special dietary requirements.

A discretionary 10% service charge  
will be added to your bill