

## WELCOME to LA BASTILLE

La Bastille is a Bar & Brasserie located in a stunning 17<sup>th</sup> century building in the heart of St Helier.

With a laid-back yet spirited atmosphere it's the ultimate escape to enjoy sensational food, wine, and real beers.



## TEAM of THE WEEK

### IN THE KITCHEN

Head Chef Ionut

Sous Chef Alex

### SERVING YOU

Catalina/Cristi/Adrian

## MENU

### START

#### BISQUE SOUP £12

Crab, Crutons (w)(d)(sf)

#### OYSTER £10

Lemon (sf)

#### OYSTER CHEF SPECIAL VINAIGRETTE £11

(sf)

#### OYSTER GRATIN £12

Termidor Sauce (d)(w)(m)

#### MUSSELS MARINIERE/A LA CREME £11/£12

Garlic, Shallots, White Wine/Cream (d)(m)

#### TEMPURA KING PRAWNS £11

Sweet Chilli & Mixed Salad (w)(sf)

#### KING PRAWNS & CHORIZO £11

Bread & Garlic Butter (w)(d)(sf)

#### SCALLOPS £12

Cauliflower Puree & Pancetta (d)(f)(m)

#### SCALLOPS £12

Black Pudding & Apple Sauce (f)(m)

#### SCALLOPS £12

Shallots Sauce, Garlic, Taragon, Mussels meat (mf)(m)(sf)

#### GAMBAS a LA PLANCHA £12

Olive Oil, Garlic & Parsley (w)(f)(d)

All our dishes are created in our kitchen which uses ingredients containing nuts, peanuts, gluten, fish, molluscs, seafood, milk, egg, other dairy products, celery, 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,

(se) Sesame, (sh) Sulphites, (sb) Soybean

#### CALAMARI a LA PLANCHA £12

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

#### CRAB CAKE £12

Mixt Salad, Sweet & Sour Sauce (sf)

#### SEAFOOD PLATTER (for 1 or 2) £12/£20

Gambas, Scallops, Crab Mayo, Smoked Salmon, Mayo & Dill Salad (sf)(d)(f)

#### CARPACCIO BEEF £12

Parmesan, Rocket & Truffle Oil (d)(f)

#### GOAT CHEESE SALAD £11

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

#### CAPRESE SALAD £10

Tomato, Buffalo Mozzarella, Pesto & Basil (d)

#### HALLOUMI SALAD £12

Grilled Halloumi & Roasted Red Peppers, Pesto & Basil (d)

#### VEGAN PLATTER (for 1 or 2) £11/£16

Home Made Roasted Pepper Hummus, Beans, Aubergine, Spice Carrot & Mix Salad (vv)

#### ONIONS BHAJI £10

Home Made Roasted Red Pepper Hummus (vv)

#### CHATEAUBRIAND (sharing for 2) £75

Flat Cap Mushroom, Cherry Tomato, Onion Rings, Fries, Rocked & Parmesan Salad, Peppercorn/Bernaise Sauce (d)(e)(w)

#### FILLET £30

Flat Cap Mushroom, Cherry Tomato, Onion Rings, New Potatoes, Peppercorn/ Bernaise Sauce (d)(e)(w)

#### RIBEYE £26

Flat Cap Mushroom, Cherry Tomato, Onion Rings, Fries, Peppercorn/Bernaise Sauce (d)(e)(w)

#### SURF AND TURF £28

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

#### SLOW COOK PORK BELLY £20

New Potatoes, Green Beans, Apple Sauce & Fennel (sh)(c)(d)

#### DUCK BREAST £20

Dauphinoise Pot & Orange Sauce, Red Cabbage, Sultans (sb)(d)

#### ROASTED CHICKEN £19

Dauphinoise Pot, Broccoli, Green Beans, Mushroom Sauce (w)(d)

#### INDIAN CHICKEN CURRY £20

Papadom, Red & White Onion, Coriander, Mango Chutney, Rice, Sultans (w)(d)(n)(c)

#### DOVER SOLE £35

New Potates, Mixed Vegetables, Beurre Blanc Sauce (sf)(d)

#### FISH & CHIPS SUPREME £18

Cod, Sea Bass, King Prawn, Tartare Sauce, Mashed Peas (sf)(f)(w)(d)

### MAINS

#### PAN FRIED SALMON £20

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

#### PAN FRIED SEA BASS £21

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

#### MUSSELS A LA CREME/MARINIERE £18

Fries, Garlic, Onions, Parsley, Creme, White Wine (d)(m)(sh)(sf)

#### SEA FOOD RISOTTO £22

Gambas, King Prawns, Squid, Mussels, Sofran (sf)(m)(d)

#### BISQUE CRAB LINGUINE £21

Tomato Sauce, Green Pepper, Red Onion, Pak Choi, Chilli (d)(sf)

#### SCALLOPS & KING PRAWN SALAD £21

New potatoes, Mixed Salad (sf)(m)(d)(f)

#### WILD MUSHROOM RISOTTO (v or vv) £18

Parmesan (sh)(d)

#### LINGUINI AGLIO e OLIO (v or vv) £17

Cherry Tomato, Coriander & Parsley, Chilli (w)

#### ADD PRAWNS + £4 (SF)

### SIDES

#### HAND CUT CHIPS £4.5

#### BELGIAN FRIES(skinny) £4.5

#### SWEET POTATO FRIES £4.5

#### TRUFFLE CHIPS £5.5

#### ONION RINGS(w)(e) £4.5

#### MIXED HOUSE SALAD(ms) £4.5



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

#### KITCHEN OPENING TIMES

Monday to Friday 12.00pm - 3.00pm / 6.00pm - 9.00pm  
Saturday 12.00pm - 3.00pm / 6.00pm - 9.30pm  
Sunday Closed



Follow us : @labastillejersey We'd Love To Hear From You  
info@labastille.bar  
adrian@labastille.bar  
tel : +441534874059



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