

## 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.



## DINNER MENU

## TEAM of THE WEEK

### IN THE KITCHEN

Head Chef Florin

Sous Chef Denis

### SERVING YOU

Mihai/Catalina/Cristi/Adrian

### START

**Pan Fried Local Scallops**  
Jersey Scallops, Sweet Drop Peppers,  
Wattercross, Cauliflower Pure (d)(sf)  
£12

**King Prawn & Chorizo**  
Garlic Butter, Spring Onion,  
Parsley, Bread (w)(d)(sf)  
£12

**Crab Salad**  
Mix Salad, Sweetcorn, Avocado, Nuts,  
Sesame Seeds, French Dressing (ms)(sf)(n)(se)  
£12

**Spicy Pork Bon Bon**  
Slow Cooked Pork, Sriracha Sauce,  
Apple Bits, Micro Leaf (w)(e)  
£11

**Caprese Salad**  
Heirloom Tomatoes, Mozzarella Bowl,  
Basil Oil (d)(ms)  
£10

**Avocado & Cheese Salad (vv)(df)**  
Avocado, Vegan Cheese, Mix Leaf,  
Pumpkin & Sesame Seeds, Sweetcorn (se)(n)(w)  
£11

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

### MAINS

#### SHELIN COUNTRY BEEF

Hung For 21 Days For Maturity And Tenderness, All Served With Roasted Wild Mushrooms, Hand Cut Chips, Cherry Tomatoes, Peppercorn Sauce / Garlic Butter (d)(e)(w)

Fillet - £30    Ribeye - £28

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

Roasted Wild Mushrooms, Hand Cut Chips, Cherry Tomatoes,  
Rocket & Parmesan Salad, Peppercorn Sauce / Garlic Butter (d)(e)(w)

Add King Prawns - £5

**(NOT) Fish & Chips**  
Pan Roasted Local Plaice,  
Foraged Sea Herb Tartare Sauce,  
Pea Purée, Potato Croquettes, Batter Scraps  
£17

**Line Caught Local Bass**  
Jersey Royals, Seasonal Vegetables,  
Saffron Sauce (f)(d)(sf)(m)  
£18

**Scallops & King Prawns Salad**  
Mix Leaves Salad, Tomatoes, Cucumber, Lemon,  
French Dressing (ms)(w)(d)(sf)  
£20

**Jersey Crab Linguine**  
Fresh Lime, Chilli, Garlic, Coriander,  
Parmesan (s)(d)(w)  
£21

**Chicken/Vegetables Katsu Curry**  
Chicken/Vegetables in Katsu Breadcrumbs &  
Curry Sauce, Rice, Sreaded Ginger (sb)(w)(e)  
£18/£16

**Duck Breast Teriyaki**  
French Duck Breast, Pak Choi Leaves, Courgette,  
Sesame Seeds (sb)(ss)(d)(ms)  
£20

**Crispy Pork Belly Roll**  
New Potatoes, Heritage Carrots, Baby Broccoli,  
Red Wine Jus (d)(c)(sh)  
£20

**Home Made Beef Burger**  
Tomato Relish, Bacon, Mayo,  
Baby Gem Lettuce, Jack Cheese And Skinny Fries  
£16

**Oven Baked Goat Cheese Salad**  
Mix Salad, Walnuts, Pear, Balsamic Vinegar (m)(n)(d)  
£16

**Crispy Gnocchi & Sun Blushed Tomatoes(vv)**  
Gnocchi Tossed with Sun Blushed Tomatoes, Vegan Cheese,  
Spinach & Oil (w)  
£16

### DESSERT

**Vanilla Creme Brule**  
Home Made Short Bread Biscuits(d)(e)(w)  
£9

**Churros**  
Ice Cream & Dip Chocolate Sauce(d)(w)(e)  
£9

**Vegan Praline Chocolate Brownies**  
Ice Cream(gf)(vv)(w)  
£9

**Orange Panacotta**  
Strawberry Compote (d)  
£9

**Selection Of Local And French Cheeses**  
Palate Cleansers, Crackers, Truffle Honey(d)(w)  
£14

**Selection Of Jersey Ice Cream (d)**  
£8

### → SIDES ←

**Tripple Cooked Chunky Chips**  
4.5

**Belgian Fries**  
4.5

**Onion Rings (w)(e)**  
4.5

**Sweet Potato Fries**  
4.5

**Rocket & Parmesan Salad(m)(d)**  
£4.5

**Mixed Salad (m)**  
4.5



**KITCHEN OPENING TIMES**  
Monday to Saturday  
12.00pm - 2.15pm  
6.00pm - 8.30pm  
Sunday & Bank Holidays Closed

Follow us : @labastillejersey @chef\_florin  
We'd Love To Hear From You  
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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