

## 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.



## LUNCH MENU

## TEAM of THE WEEK

IN THE KITCHEN  
Head Chef Florin  
Sous Chef Denis  
SERVING YOU  
David/Jewel/Anderson

### Crispy Squid

Sriracha Mayo  
Rocket, Pomegranate (w)(s)(e)(ms)  
£12

### Halloumi Salad

Mixed Leafs, Sweetcorn, Seeds  
Pomegranate, French Dressing (ms)(ss)(n)(d)  
£12

### Pulled Pork Ciabatta

Slow Roasted Pulled Pork, Served,  
Olive Bread, Mixed Salad(d)(w)(e)(ms)  
£12

### Oven Baked Goat Cheese

Pear & Walnuts Salad,  
Balsamic Vinegar (ms)(n)(d)  
£12

All our dishes are created in our kitchen which uses ingredients containing nuts, peanuts, gluten, fish molluscs, seafood, milk, eggs, other dairy products celery, sesame, mustard seeds and some products that may contain sulphites.

(w) Wheat  
(d) Dairy  
(p) Peanuts  
(s) Shellfish  
(e) Eggs  
(f) Fish  
(m) Molluscs  
(n) Nuts  
(c) Celery  
(ms) Mustard  
(soy) Soy

**Crab Linguini**  
With Chili, Parmesan, Garlic (w)(s)  
Ginger & Cherry Tomatoes  
£22

**Chicken/Prawn Caesar Salad**  
Baby Gem Lettuce, Anchovies, Croutons, (w)(d)(e)(ms)  
Parmesan, Poached Egg  
£15.00/£17.00

## SOMETHING MORE

### SHEELIN COUNTRY BEEF

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

Fillet - £32    Ribeye - £30

Add King Prawns - £5

**Jersey Beef Burger/Chicken Burger/Halloumi Burger**  
Burger Bun With Mayo, Gem Lettuce, Tomato Fondue, Jack Cheese And  
Skinny Fries (w)(d)(e)(ms)  
£16

**Crispy Chicken Schnitzel**  
Rocket, Parmesan, Caper Butter Sauce  
Skinny Fries(w)(d)(ms)(e)  
£18.00

**Traditional Fish And Chips**  
Beer Battered Cod, Mashed Peas, Tartare Sauce  
Lemon & Chips (w)(f)(d)  
£18

**Fillet of Sea Bass**  
Mixed Vegetables, Saffron Sauce  
New Potatoes (d)(f)(m)(sf)  
£22

## SIDES

**Triple Cooked Chunky Chips**  
add Truffle and Parmesan £1(d)  
£5

**Belgian Fries**  
£5

**Onion Rings (w)(e)**  
£5

**Sweet Potato Fries**  
£5

**Rocket & Parmesan Salad(m)(d)(ms)**  
£5

**Mixed Salad (m)**  
£5

## KIDS

**Tomato Pasta (w)**  
£8

**Chicken Nuggets & Fries (w)(d)(e)**  
£8

**Fish & Chips (f)(w)(d)(e)**  
£8

## DESSERT

**Creme Brulee**  
Home made Short Bread (d)(e)(w)  
£10

**Churros**  
Ice Cream & Dip Chocolate Sauce(d)(w)(e)  
£10

**Gluten-Free Brownies**  
(gf)(V)(V)  
10

**Selection Of Local And French Cheeses**  
Palate Cleansers, Crackers, Truffle Honey(d)(w)  
£15

**Selection Of Jersey Ice Cream (d)**  
£9

### Follow us

@labastillejersey  
info@labastille.bar

### We'd Love To Hear From You

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

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

