

WELCOME to LA BASTILLE

La Bastille is a Bar & Brasserie located in a stunning 17th 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 Ionut
SERVING YOU
David/Jewel/Anderson

Crispy Squid

Sriracha Mayo
Rocket, Pomegranate (w)(s)(e)(ms)
£14

Halloumi Salad

Mixed Leafs, Sweetcorn, Seeds
Pomegranate, French Dressing (ms)(ss)(n)(d)
£13

Pulled Pork Ciabatta

Slow Roasted Pulled Pork, Served,
Olive Bread, Mixed Salad(d)(w)(e)(ms)
£14

Oven Baked Goat Cheese

Pear & Walnuts Salad,
Balsamic Vinegar (ms)(n)(d)
£13

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.

Please make staff aware if you have any allergies or special requirements.

(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
£17/£19

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 - £34 Ribeye - £33

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)
£18

Crispy Chicken Schnitzel
Rocket, Parmesan, Caper Butter Sauce
Skinny Fries(w)(d)(ms)(e)
£20

Traditional Fish And Chips
Beer Battered Cod, Mashed Peas, Tartare Sauce
Lemon & Chips (w)(f)(d)
£19

Fillet of Sea Bream
Mixed Vegetables, Saffron Sauce
New Potatoes (d)(f)(m)(sf)
£23

SIDES

Triple Cooked Chunky Chips
add Truffle and Parmesan £1(d)
£6
Belgian Fries
£5

Sweet Potato Fries
£6
Rocket & Parmesan Salad(m)(d)(ms)
£6

Onion Rings (w)(e)
£6

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)
10

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

Selection Of Jersey Ice Cream (d)
£10

Follow us
[@labastillejersey](#)
info@labastille.bar

We'd Love To Hear From You

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

PRICE INCREASE NOTICE: Please note, effective immediately, there will be a price increase to our menus, due to increased costs from our suppliers. We appreciate your continued support. Thank you.

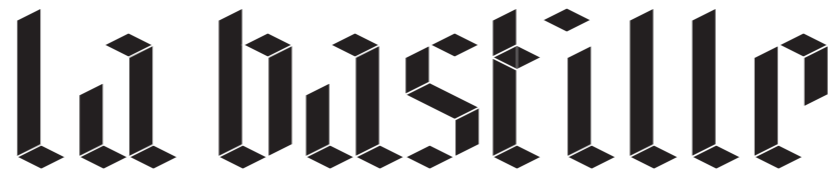


KITCHEN OPENING TIMES
Mon to Sat. Sunday & Bank Hoidays Closed
12:00pm - 2:15pm
6:00pm - 8:30pm

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DINNER MENU

TEAM of THE WEEK

IN THE KITCHEN

Head Chef Florin

Sous Chef Ionut

SERVING YOU

David/Jewel/Anderson

START

Pan Fried Local Scallops

Jersey Scallops, Sweet Drop Peppers, Wattercross, Cauliflower Pure (d)(sf)

£13

King Prawn & Chorizo

Garlic Butter, Spring Onion, Parsley, Bread (w)(d)(sf)

£14

Crab Salad

Mix Salad, Sweetcorn, Avocado, Seeds, French Dressing (ms)(sf)(n)(se)

£14

Spicy Pork Bon Bon

Slow Cooked Pork, Sriracha Sauce, Apple Bits, Micro Leaf (w)(e)(ms)

£14

Halloumi Salad

Mixed Leafs, Sweetcorn, Sesame Seeds, Pomegranate, French Dressing (n)(ss)(ms)

£13

Avocado & Cheese Salad (vv)(df)

Avocado, Vegan Cheese, Mix Leaf, Pumpkin & Sesame Seeds, Sweetcorn (se)(n)(w)(ms)

£14

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Please make staff aware if you have any allergies or special requirements.

(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

SHEELIN 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 - £34 Ribeye - £33

CHATEAUBRIAND (sharing for 2) - £85

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 Fried Local Plaice
Tartare Sauce,
Pea Purée, Potato Croquette, Batter Scraps(f)(w)(d)(e)

£22

Line Caught Local Bream

Jersey Royals, Seasonal Vegetables,
Saffron Sauce (f)(d)(sf)(m)

£22

Scallops & King Prawns Salad

Mix Leafs Salad, Tomatoes, Cucumber, Lemon,
French Dressing (ms)(w)(d)(sf)

£22

Jersey Crab Linguine

Fresh Lime, Chilli, Garlic
Parmesan (s)(d)(w)

£22

Chicken/Vegetables Katsu Curry

Chicken/Vegetables in Katsu &
Curry Sauce, Aromatic Rice, Shredded Ginger (sb)(w)(e)

£20/£18

Duck Breast Teriyaki

French Duck Breast, Pak Choi Leaves, Courgette,
Jasmine Rice, Seeds (sb)(ss)(d)(ms)

£24

Crispy Pork Belly Roll

New Potatoes, Heritage Carrots, Baby Broccoli,
Red Wine Jus (d)(c)(w)

£22

Panko Crispy Chicken Burger

Spicy Mayo,
Baby Gem Lettuce, Gherkins
Skinny Fries (w)(d)(ms)

£18

Oven Baked Goat Cheese Salad

Mix Salad, Walnuts, Pear, Balsamic Vinegar (m)(n)(d)(ms)

£20

Crispy Gnocchi & Sun Blushed Tomatoes(vv)

Gnocchi Tossed with Sun Blushed Tomatoes, Vegan Cheese,
Spinach & Oil (w)

£18

DESSERT

Vanilla Creme Brulee

Home Made Short Bread Biscuits(d)(e)(w)

£10

Churros

Ice Cream & Dip Chocolate Sauce(d)(w)(e)

£10

Vegan Praline Chocolate Brownies

Ice Cream(gf)(vv)(w)

£10

Orange Panacotta

Strawberry Compote (d)

£10

Selection Of Local And French Cheeses

Palate Cleansers, Crackers, Truffle Honey(d)(w)

£15

Selection Of Jersey Ice Cream (d)

£10

→ SIDES ←

Triple Cooked Chunky Chips

add Truffle and Parmesan £1

£6

Belgian Fries

£5

Onion Rings (w)(e)

£6

Sweet Potato Fries

£6

Rocket & Parmesan Salad(m)(d)

£6

Mixed Salad (m)

£5

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



Desserts

Vanilla Creme Brule £10

Home Made Short Bread Biscuits(d)(e)(w)

Churros £10

Ice Cream & Dip Chocolate Sauce(d)(w)(e)

Vegan Praline Chocolate Brownies £10

Ice Cream(gf)(vv)(w)

Orange Panacotta £10

Strawberry Compote (d)

Selection Of Local and French Cheeses £15

Palate Cleansers, Crackers, Truffle Honey(d)(w)

Selection Of Jersey Ice Cream (d) £10

Dessert Wine

Dow's 10 Years Old Tawny Port 50ml - **£4.70**

Carnes De Rieussec Sauternes 2009 125ml - **£8.00**

Recommended Cocktails

Markee £12.50

Makers Mark Bourbon, Chambord Black Raspberry Liqueur, Fresh Lime Juice, Sugar Simple Syrup, Cranberry Juice

Espresso Martini £12.50

Vanilla Vodka, Kahlua Coffee Liqueur, Fresh Espresso Coffee, Simple Sugar Syrup





Coffee/Tea

| | |
|------------------|-------|
| Americano | £3.10 |
| Espresso Regular | £2.60 |
| Espresso Large | £3.10 |
| Latté | £3.60 |
| Cappuccino | £3.60 |
| English Tea | £2.40 |
| Mint Tea | £2.40 |
| Earl Grey | £2.40 |
| Green Tea | £2.40 |

Liqueur Coffee

| | |
|----------------------------|-------|
| Amaretto Coffee | £7.60 |
| Irish (Jameson) | £7.60 |
| Caribbean (Rum & Amaretto) | £7.60 |
| Jamaican (Dark Rum) | £7.60 |
| Normandy (Calvados) | £7.60 |
| Royale (Brandy) | £7.60 |
| Seville (Cointreau) | £7.60 |
| Calypso (Tia Maria) | £7.60 |
| Sultan (Baileys) | £7.60 |

Cognac

| | |
|----------------------|--------|
| Remy Martin V.S.O.P. | £5.75 |
| Courvoisier V.S.O.P. | £5.45 |
| Hine Antique | £16.50 |

Calvados

| | |
|------------------------|-------|
| Ch. Du Breuil V.S.O.P. | £4.40 |
| Ch. Du Breuil 15 Ans | £6.60 |
| Ch. Du Breuil 20 Ans | £7.90 |

Rum

| | |
|---------------|--------|
| Mount Gay XO | £13.00 |
| Pirat Rum | £5.75 |
| Zacapa 23 yr. | £10.50 |

