

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.



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

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 - £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 Croquette, Batter Scraps (f)(w)(d)
£18

Line Caught Local Bass
Jersey Royals, Seasonal Vegetables,
Saffron Sauce (f)(d)(sf)(m)
£19

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 (w)(d)(ms)
£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
5.5

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
info@labastille.bar / adrian@labastille.bar
tel : +441534874059

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

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LUNCH MENU

LIGHT LUNCH PLATES

Scallops Katsu

Deep Fried Scallops, Panko Bread,
Light Katsu Curry, Canary Melon (w)(s)(e)
£12

Mussels Marniere/a la Creme

Shallots, Garlic & Parsley, White Wine/Cream (d)
(m)(sh)
£12

Croque Madame

Brioche Loaf, Ham, Cheese, Fried Egg (d)(w)(e)
£12

Oven Baked Goat Cheese

Pear & Walnuts Salad, Balsamic Vinegar (ms)(n)
£11

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12.00pm - 2:15pm
6.00pm - 8.30pm
Sunday & Bank Holidays Closed

Crab Linguini

Chilli, Parmesan, Ginger,
Parsley, Garlic (w)(d)(sf)(s)
£19

Chicken/Prawn Caesar Salad

Baby Gem Lettuce, Anchovies, Croutons,
Parmesan, Poached Egg (w)(d)(e)(s)(f)
£14/£16

SOMETHING MORE

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

Add King Prawns - £5

Jersey Beef/Chicken/Vegan Burger

Burger Bun, Mayo,
Gem Lettuce, Tomato Fondue Jack Cheese, Fries
£14.95

Fillet/Ribeye Croissant

Mix Leafs, Fries (d)(w)(l)
£16

Traditional Fish & Chips

Beer Battered Cod, Mashed Peas, Tartare Sauce,
Lemon, Chips (w)(f)(d)
£14.95

Fillet of Sea Bass

Mix Vegetables, Saffron Sauce, New Potatoes (d)(f)(m)(l)(sf)
£18.95

SIDES

Triple Cooked Chunky Chips

4.5

Sweet Potato Fries

4.5

Belgian Fries

4.5

Rocket & Parmesan Salad(m)(d)

£4.5

Onion Rings (w)(e)

4.5

Mixed Salad (m)

4.5

KIDS MENU

Tomato Pasta (w)

£7

Chicken Nuggets & Fries (w)(d)(e)

£7

Fish & Chips (f)(w)(d)(e)

£7

DESSERT

Creme Brule

Home made Short Bread (d)(e)(w)
£9

Churros

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

Gluten-Free Brownies

(gf)(VV)
£9

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

Selection Of Jersey Ice Cream (d)

£8

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