

## 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

Sous Chef Carlos

### SERVING YOU

Anderson/David/Jewel/Jamar

### START

#### Pan Fried Local Scallops

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

£14

#### King Prawn & Chorizo

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

£15

#### Crab Salad

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

£15

#### Spicy Pork Bon Bon

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

£15

#### Halloumi Salad (Veg)

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

£13

#### Avocado & Cheese Salad (V)(df)

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

£14

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.

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,  
(se) 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)(w)

Fillet - £35    Ribeye - £34

#### CHATEAUBRIAND (sharing for 2) - £86

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

Add King Prawns - £5 (sf)

#### Salmon Maison

Pan Seared Salmon, With Lyonnaise Potatoes And Hollandaise Sauce (f)(d)(e)

£24

#### Line Caught Local Bream

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

£24

#### Scallops & King Prawns Salad

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

£24

#### Jersey Crab Linguine

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

£24

#### Chicken / Vegetables Katsu Curry

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

£22/£20

#### Duck Breast Teriyaki

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

£25

#### Crispy Pork Belly Roll

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

£23

#### Jersey BeefBurger/Chicken Burger/Halloumi Burger

Burger Bun With Mayo, Baby Gem Lettuce, Tomato Fondue, Jack Cheese & Skinny Fries (w)(d)(ms)(e)

£18

#### Oven Baked Goat Cheese Salad

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

£20

#### Crispy Gnocchi & Sun Blushed Tomatoes (V)

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

£18

### DESSERT

#### Vanilla Creme Brulee

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

£12

#### Churros

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

£12

#### Vegan Praline Chocolate Brownies

Served with Ice Cream (V)(gf)(w)(n)(d)

£12

#### Cheescake Fix

Sweet, Creamy & Slightly Unpredictable (d)(w)

£12

#### Selection Of Local And French Cheeses

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

£16

#### Selection Of Jersey Ice Cream (d)

£12

### → SIDES ←

#### Triple Cooked Chunky Chips (Veg)

add Truffle and Parmesan £1

£7

#### Belgian Fries (Veg)

£6

#### Onion Rings (w)(e)

£7

#### Sweet Potato Fries (Veg)

£7

#### Rocket & Parmesan Salad(d)(ms)

£6

#### Mixed Salad (ms)

£6

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  
Monday to Saturday  
12.00pm - 2.15pm  
6.00pm - 8.30pm  
Sunday & Bank Holidays Closed



Follow us : @labastillejersey  
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A discretionary 10% service charge will be added to your bill.