

## 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 Ionut

SERVING YOU

David/Jewel/Anderson/Jamar

### Crispy Squid

Sriracha Mayo

Rocket, Pomegranate (w)(s)(e)(ms)

£14

### Halloumi Salad (Veg)

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

(sf) Shellfish

(e) Egg

(f) Fish

(m) Molluscs

(n) Nuts

(c) Celery

(ms) Mustard

(ss) Sesame

(sh) Sulphites

(sb) Soybean

### Crab Linguini

With Chili, Parmesan, Garlic (w)(sf)(d)

Ginger, Fresh Lime

£22

### Chicken/Prawn Caesar Salad

Baby Gem Lettuce, Anchovies, Croutons, (w)(d)(e)(ms)(sf)

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 (sf)

### 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)(e)

£19

### Fillet of Sea Bream

Mixed Vegetables, Saffron Sauce

New Potatoes (d)(f)(m)(sf)

£23

## SIDES

### Triple Cooked Chunky Chips (Veg)

add Truffle and Parmesan £1(d)

£6

### Belgian Fries (Veg)

£5

### Onion Rings (w)(e)

£6

### Sweet Potato Fries (Veg)

£6

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

£6

### Mixed Salad (ms)

£5

## KIDS

### Tomato Pasta (w)(d)

£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

### Vegan Praline Chocolate Brownies

Served with Ice-Cream(VV)(gf)(w)(n)

£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