

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: Eddie · Sous Chef: Carlos

SERVING YOU
David · Jewel · Jamar

SPRING 2026

STARTERS

Crispy Squid

Sriracha Mayonnaise
Rocket Lettuce, Pomegranate (w)(s)(e)(f)
£14

Halloumi Salad (V) (GF)

Mixed Leaves, Sweetcorn, Seeds,
Pomegranate, Mango Dressing (m)(s)(d)
£13

Jerk Pork Ciabatta

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

Oven Baked Goat's Cheese (V) (GF)

Pear, Candied Walnuts, mixed Salad,
Balsamic Glaze (n)(d)
£14



All dishes are created in our kitchen and use ingredients containing nuts, peanuts, gluten, fish molluscs, shellfish, 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.

(V) Vegetarian, (VG) Vegan,
(GF) Gluten Free, (DF) Dairy Free.

(w) Wheat, (d) Dairy, (p) Peanuts, (sf) Shellfish, (e) Egg
(f) Fish, (n) Nuts, (c) Celery, (m) Mustard,
(se) Sesame, (sh) Sulphites, (so) Soya.



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info@labastille.bar
We'd Love To Hear From You

SALADS

Scallop & King Prawn Mixed Salad
Seared Scallops, Prawns, Mango Dressing, Cucumbers,
Tomatoes, Mixed Salad (sf)
£24

Chicken Or Prawn Caesar Salad
Baby Gem Lettuce, Anchovies, Croutons, Parmesan,
Poached Egg (w)(d)(e)(f)
(GF) Option Available
£18/£20

SOMETHING MORE

SHEELIN COUNTRY BEEF

Hung For 21 Days served with Roasted Flat Cap Mushroom, Hand Cut Chips, Cherry Tomatoes.
Choose 1 Sauce: Peppercorn (d)(w) / Garlic Butter (d) (GF)

Fillet - £35 · Ribeye - £34 · Sirloin - £30

Add King Prawns - £6 (sf)

Linguine Pasta

Chilli, Garlic, Parmesan, Ginger, Fresh Lime (w)(d)(sf)
Choose 1 Sauce: Creamy Alfredo (w)(d) / Tomato (w)
Choose 1: Crab (sf) / Shrimp (sf) / Mussels (sf) / Chicken
£24/ £24/ £18/ £18

Crispy Chicken Parmesan

Rocket Salad, Mozzarella & Parmesan, Tomato Sugo,
Belgian Fries (Tomato Pasta Optional) (w)(d)(e)(ms)
£22

Traditional Fish And Chips

Beer Battered Cod, Pea Puree', Tartare Sauce,
Lemon & Hand Cut Chips (w)(d)(e)(f)
£20

Burgers: Jersey Beef/ Grilled Chicken/ Halloumi (V)

Brioche Bun, Lettuce, Tomato Fondue, Bang Bang Sauce,
Jack Cheese & Chunk Chips (w)(d)(e)(m)
£20

La Bastille Curry Selection

Fragrant Spices & Aromatic Rice (d)(f) (m)(sf)
Choice of: King Prawns (sf) / Chicken / Seasonal Veg (VG) (DF)
£20/ £18/ £16

SIDES

Mac & Cheese (d)(w)
£8

Hand Cut Chips (V) (GF)
Add Truffle and Parmesan £1 (d)
£8

Belgian Fries (Veg)
£6

Onion Rings (V) (w)(e)
£7

Sweet Potato Fries (V) (GF)
£7

Rocket & Parmesan Salad (V) (GF) (d)
£6

Mixed Salad (VG) (GF) (DF)
£6

KIDS

Tomato Or Creamy Pasta (V) (w)(d)
£10

Chicken Fingers & Fries (w)(e)
£10

Fish & Chips (f)(w)
£10

DESSERT

Selection Of Local And French Cheeses (V)
Grapes, Crackers, Honey (d)(w)
(GF) Option Available
£16

Churros
Cinnamon Sugar, Chocolate Sauce, Ice Cream (d)(w)(e)
£12

House-Baked Bread pudding (V)
Rum Sauce, Vanilla Ice-Cream (w)(d)(e)
£12

Selection Of Jersey Ice Cream (V)
Chocolate/ Strawberry/ Vanilla (d)
(Gluten Free Option Available)
£12

La Bastille Cheesecake Fix (V)
Sweet, Creamy & Unpredictable
(d)(w)(e)
£12



KITCHEN OPENING TIMES

Monday to Saturday - 12:00pm – 2:30pm
6:00pm – 8:30pm

Sundays & Bank Holidays Closed

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.



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