

Meal Pleasure 18 €

One choice of starters :

- 5 Oysters Vendée-Atlantique (La Barre de Monts)
- ½ Crab mayonnais
- Dish of Mussels Mariners (with French fries for meal teen or quick meal)
- Rillettes of duck's Vendée candied
- Vendée Salad « Gressailles » & sliced Vendée ham grilled (buttered toast with garlic & mogettes = Vendée white beans)
- Gizzards Salad

One choice of main course :

- Skate wing with Caper sauce or white butter sauce
 - Chef's Dish see billboard
 - Leg Duck candied home made & peeper sauce
 - Stewed saddle of hare or rabbit "hunter sauce" with small onions, mushrooms, bacon
 - Grilled Beef butcher's meat (sauce extra + 1 €, served separately : pepper, Roquefort, ceps or shallots)
- All main course will be served with chips* or vegetables.

One choice of desserts :

- Cheese trolley
- Day's dessert see billboard
- Floating Island meringue with custard sauce Bourbon vanilla pod
- Fresh Pineapple 's Carpaccio marinated in ginger cordial & passion fruit sorbet*
- Tarte Tatin with toffee sauce & vanilla ice cream*
- Cottage cheese nature, rasperry coulis or honey
- 2 scoops of ice cream*
- 1 scoop* of ice cream + sauce + whipped cream*
- Cheese & Dessert extra + 3 € 60
- Dessert delicacies choice à la carte extra + 3 € 60

Meal Greely 28 €

One choice of Starters :

- Duo 5 Oysters & 5 Langoustines or ½ Crab & 5 Langoustines
- 6 hot Oysters from the Chef
- Tandem Home made Foie Gras grenadine onion chetney with grenadine & jam & of fresh Salmon fillet Gravlox, with toasts, chive cream & butter
- « Egg en Cocotte » with home made Foie gras, ceps & cream & oil 's nut « Mouillettes » (slim stick of bread)
- Gourmet salad foie gras - gizzards confit - dry duck filet
- « Asseltaie » : Rillettes of duck's Vendée candied & « Gressailles » & sliced Vendée ham grilled (buttered toast with garlic & mogettes = Vendée white beans)

One choice of main course :

- Frog's legs parsley & garlic garnish
- Sea Sauerkraut (with smoked Pollack*)
- Pikeperch fillet with white butter sauce
- + 5 € Sole Meunière
- + 5 € Pot Scallops with Ceps sauce or white butter sauce
- Stewed saddle of hare or rabbit "hunter sauce" with small onions, mushrooms, bacon
- Sweetbreads braised ceps sauce
- Grilled Rib steak 200 - 250 gr (sauce : pepper, roquefort, ceps or shallots)

All main course will be served with chips* or vegetables.

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Cheese trolley

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Desserts : to choice in the delicacies (extra + 1 € 80 for only coffee gourmand)

Meal Flavour 23 €

One choice of Starters :

- 8 Oysters Vendée-Atlantique (La Barre de Monts)
- 5 Hot oysters from the Chef
- 1/2 Crab & 3 langoustines with mayonnaise
- Plate of fresh Salmon fillet Gravlox, pickled and preserved home made with toasts, chive cream & butter
- "Bolaie" Soup of the moment see billboard
- Farmer Salad Gizzards & rillettes of duck candied

One choice of main course :

- Fisher's Stockpot & aioli (garlic mayonnaise) (Sea stew : vegetables, fishes & shellfish)
 - Pikeperch fillet with white butter sauce
 - Skate wing with Caper sauce or white butter sauce
 - Chef's Dish see billboard
 - Stewed saddle of hare or rabbit "hunter sauce" with small onions, mushrooms, bacon
 - Grilled Beef butcher's meat (sauce extra + 1 €, served separately : pepper, Roquefort, ceps or shallots)
- All main course will be served with chips* or vegetables.

One choice of desserts :

- Cheese trolley
- Day's dessert see billboard
- Cup Paradise : homemade icecream of banana & coconut, without milk, sugar, gluten
- Apple Crunchy Pie with toffee sauce & vanilla ice cream*
- Chocolate fudge with custard sauce Bourbon vanilla pod
- Crème Brûlée Bourbon vanilla pod nature or sprinkled with Liqueur orange's Cognac
- 2 scoops of ice cream*
- 1 scoop* of ice cream + sauce + whipped cream*
- Cheese & Dessert extra + 3 € 60
- to choice an other delicacies extra + 3 € 60

Childrens Meal

(up to 10 years old)

8 € 50...Dish + Dessert 11 € starter + Dish + Dessert
Small chef's paté or rawness

beefburger or Fish filet white butter sauce or Chicken nuggets (100 % filet)
With French Fries*, vegetables, Pasta or Rice

Small Floating Island or Small chocolate cake
or Fromage Frais or 1 scoop of Ice Cream *

FORMULA 13 € 80

Starter + Dish or Dish + Dessert or Starter + Dessert
(Formula served to the lunch to monday at saturday excepted public holiday)
At choice menu 18 €

You can read the rest of the card in a restaurant.



« The homemade dishes are prepared on site from raw materials »
At the restaurant L'Estran, the cooking is home made. **Excepted : ***

The Tide

- **Oysters** or **Langoustines**

6 7 € 50 12 14 €

- **Crab with Mayonnaise**10 €
- ½ Crab & langoustines12 €

On off – season order :

- **Whelks with Mayonnaise**8 €

- **Estran's Dish**.....19 €

3 oysters – 3 langoustines – prawns – seashells– whelks – winkles

- **Seafood Platter** for 1 pers.29 € 50

By pers.: ½ crab–5 oysters– 5 langoustines–prawns–seashells –clams –whelks – winkles
für 1 pers.: ½ krabbe – 5 Austern – 5 langustinen – krevetten – muscheln, u.s.w

- + extra french fries2 €

- **Mussels Marinières in white wine**.....9 € 50

- **Mussels with Cream**.....10 € 50

- **Mussels with Curry**10 € 50

- **Mussels Maraichines with cream & diced bacon**..... 11 €

- **Mussels with Roquefort**12 €

+ With French Fries2 €

Desserts

- Extra dessert menu 16 € & 21 € 3 € 60

- **Fromage Frais** rasperry coulis or honey 4 € 50

- **Floating island** meringue with custard sauce 5 €

- **Pineapple's Carpaccio** marinated in ginger cordial & passion fruit sorbet* 5 € 50

- **Day's dessert** see billboard 5 € 50

- **Tarte Tatin** with vanilla ice cream* & toffee sauce..... 6 €

- **Cup's Paradise** homemade icecream of banana & coconut 6 €

- **Apple Crunchy Pie** with toffee sauce & vanilla ice cream*..... 6 € 50

- **Crème Brûlée** 5 € 50

- **Crème Brûlée** sprinkled with Liqueur orange's Cognac 6 € 50

- **Fondant chocolate cake** with custard sauce 6 € 50

- **Profiteroles***..... 7 €

- **Home made Iced Nougat** rasperry coulis..... 7 €

Tea, Infusion or Coffee « Gourmand » 7 € 50

1 hot drink + 1 small chocolate fudge + 1 vanilla ice cream*+ whipped cream*...

(extra + 1 € 80 for only coffee gourmand in 28 € meal)

Ice Cream*

* **Ice Cream & Sorbet** 1 scoop2 € 50

vanilla – chocolate – strawberry – coffee – pistachio – mint – rum raisins – pineapple – pear – apple – cinnamon – passion – blackcurrant – coconut – lime

* **Classics Dishes**..... 6 € 50

* **Dishes & Sorbets** with 2 cl alcohol 7 € 00



3€ 60 extra charge for sharing : flatware, a meal or a dish.
Net Price. Drinks excluded.