

Welcome to

L'Estran

Bar - Restaurant

*Our Team wish you
a pleasant time.*

Enjoy your meal.

Label « Tourisme & Handicap' » since 2015 for the 4 impairments

This meals is adapted :

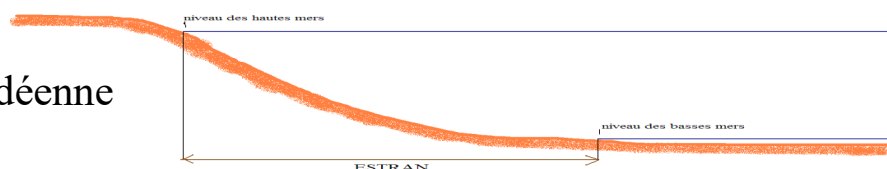
- pictures of the dishes
- high font
- information

- provision of glasses and magnifyingglass A4.
- possibility of dishes milled or chopped



Estran meaning the point in-between the low and high tide.

L' *Estran* can be
sandy: le Pont d'Yeu
rocky: la corniche vendéenne
or muddy: le Gois



Aperitifs with alcohol

Cocktail7 €

- Home made Américano (10 cl) (100 % alcohol)
- Long Drink (10 cl) *Whisky Coca or Vodka Orange* (4 cl alcohol)
- Red Kiss (10 cl) *sparkling wine/ morello cherry liqueur / amaretto* (100 % alcohol)
- Flamme Vendéenne (10 cl) *sparkling wine/ peach liqueur /liqueur orange's Cognac* (100 % alcohol)
- Lisbeth (10 cl) *Champagne / fruits juice / grapefruit syrup* (5 cl alcohol)
- Mojito (12 cl) *rum /fresh mint /lime /brown sugar /sparkling water* (5 cl alcohol)
- Planteur (12 cl) *rum /orange juice /cane sugar syrup* (3 cl alcohol)

Cocktail6 €

- Home made aperitif(10 cl) *sparkling wine/lemon juice/cane sugar syrup/cointreau* (6 cl alcohol)
- Ti-Punch (7 cl) *rum / lime juice / cane sugar syrup* (5 cl alcohol)


Wine

- Glass of sweet wine (12 cl)6 €
- Glass of Sparkling wine(10 cl)4 € 50
- Glass of Champagne (10 cl)7 €

Kir

- Sauvignon or Muscadet (7 cl).....3 € 50 → *liqueur of blackcurrant - peach - mulberry or morello cherry*
- Breton with Cider (10 cl).....4 € → **a low alkohol with a syrup :**
- Sparkling (10 cl).....5 € *blackcurrant - peach - strawberry - violet - cherry*
- Royal with Champagne (10 cl)6 € 50 *Grapefruit - or honey & ginga home made syrup*

Whisky & various Apéritifs

- 2 cl Baby Ballantines or Chivas or Tullamor Dew4 €
- 4 cl Ballantines or Chivas or Tullamor Dew7 €
- Martini, Campari, Porto, Suze, Pineau red or white, Guignolet (5 cl).....4 €
- Pastis 51, Ricard (2 cl)3 € 50
- Country's aperitif (5 cl): « Kiki Vendéen » *blackhorn, red's fruits or peach*
- Wine, alcohol, maceration and distillation 4 €

Beers

- Warsteiner (25 cl) premium pils (Germany).....4 €
- Linus Abbey beer or of the saison (25 cl)4 € 50
- Mélusine BIO Vendée's bier Traditional or stout (33 cl Bt)4 € 50

Soft Drinks

Mocktail6 €

- **Homemade soft** (10 cl) *lemonade /lemon juice /"triple sec" syrup*
- **Bisou** (10 cl) *lemonade /cherry /cherry syrup /amaretto syrup*
- **Braise** (10 cl) *sparkling apple/peach syrup/triple sec syrup*
- **Bananatomic** (12 cl) *orange juice / lemon juice / kiwi syrup / banana syrup*
- **Rose purple** (12 cl) *lemon lemonade / violet syrup / strawberry syrup*
- **Virgin Mojito** (12 cl) *rum syrup without alcohol /fresh mint /lime /brown sugar /sparkling water*
- **Punch aux Fruits** (12 cl) *orange juice /lemon juice/pineapple juice/ grenadine syrup*

Kir Armoricaïn 7 cl3 € 50


Artisanal apple sparkling Cidrerie "Maman"

+ syrup of your choice: strawberry, cherry, peach, blackcurrant, violet,...

Various aperitif without alcohol

- **Pacific soft aniseed** (2 cl) 3 €
- **Bier without alcohol** (bottle 33 cl) 3 € 50

Fruit, juice & Soda

- **Fruit juice « Dream's juice »**  **BIO** (25 cl) 4 €
orange - apple - pineapple nectar - tomato - multifruit
- **Fruits squeezed** (20 cl) 5 € 50
orange - pamplemousse rose - citron jaune ou vert
- **Glass of Sparkling Apple without alcohol** (10 cl) 4 €
- **Oasis Tropical** (25 cl) 4 €
- **Coca-Cola or Zéro** (33 cl) 4 €
- **Orangina** (25 cl) 4 €
- **Schweppes grapefruits** (25 cl) 4 €
- **Diabolo** (25 cl) *lemonade + syrup* 3 €
- **Water and syrup** (25 cl) 2 € 50
- **Perrier** (33 cl) 3 € 80
- **Iced tea** (25 cl) 4 €

Choices of syrup : *grenadine - green mint - blackberry - lemon - strawberry - peach
Cherry - grapefruit - violet - banana - kiwi - "honey & ginga" home made*

Juice : *lemon or lime*

Slice: *orange - grapefruit - lemon or lime*

Ici, l'esprit d'équipe est
une richesse

Ici, c'est humain !

Ici, notre avenir
c'est votre satisfaction

Ici, c'est humain !

Ici, le goût, c'est tout

Ici, c'est humain !

Ici, la vie locale a du sens

Ici, c'est humain !

Ici, les jeunes
apprennent un métier

Ici, c'est humain !

Here,
team spirit is a wealth.

Here,
it's human!

Here,
our future
is your satisfaction.

Here,
it's human!

Here,
taste is everything.

Here,
it's human!

Here,
local life makes sense.

Here,
it's human!

Here,
young people
learn a trade.

Here,
it's human!





Since July 15, 2014, entered into force the mention of the display "home made" on restaurant menus.

What you expect of the mention ?

For professionals, restaurateurs, this reference identifies the dishes prepared by the cook and to highlight its job and its transmission.

For consumers, it serves to distinguish the assembly cuisine made from industrial or artisanal preparations, of food prepared from raw products.

« The homemade dishes are prepared on site from raw materials »

Here we peel, slice, chop, shred, ... quite simply we cook !

At the restaurant L'Estran, the cooking is « home made »

Excepted * :

- French fries are purchased blanched .
- Pollack smoked
- chicken nuggets 100 % filet.
- Ice cream , Carte d'Or (lait & crème de Normandie)
- honey product UE or no UE
- cabbage

Funds & aroma are dehydrated. They serve as bases to prepare sauces and broths.

All our meats come from French breeding

Vu le code de la consommation, notamment son article L.121-82-1; Vu le décret n° 2014-797 du 11 juillet 2014 relatif à la mention « fait maison » dans les établissements de restauration commerciale ou de vente à emporter de plats préparés. Modifications au JO du 7 mai 2015 : décret n°2015-505 du 6 mai 2015.



« Good food and good wine, it's heaven on earth. »

Henri IV

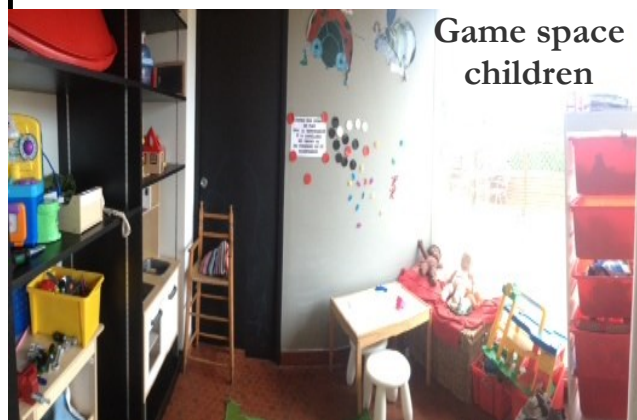
We strive to satisfy our customers and maintain the authenticity of our cooking that requires that preparation time, but offers much pleasure for the taste buds.

Please excuse us in advance in case a dish you desire is not available. as far as possible , we will suggest another dish in its place .

Thank you for your comprehension . Antony & Hélène.

Families, here we give you special attention ! We offer quality services to meet your needs and in line with the age of your children: accommodation, catering, leisure and diversity of activities, services, smart prices . To create beautiful memories with family.

Restaurant committed since 2005 to host families..



Game space
children

The Little's Montois

 12 € 50 (jusqu'à 16 ans)



1/2 portion Frog's legs *parsley & garlic garnish*
~~~~~

1 dessert of children's meal

## Children's Meal (up to 10 years old)

9 €...main course + dessert / 12 € ...starter + main course + dessert

Small seasonal terrine or Tomatoes salad or rawness

~~~~~

Minced beef or Fish filet white butter sauce

or 5 Chicken filet Nuggets

with French fries, vegetables, pasta or rice*

~~~~~

Small Floating Island or Cottage cheese *nature, raspberry coulis or honey*

or small part of chocolate fudge or 1 scoop of ice cream\*

## Teen's Meal 15 € (up to 16 years old)

starter + main course or main course + dessert or starter + dessert

**Choice in the meal 23 € with possibility :**

*7 nuggets or plate of mariners 'mussels - French fries\* for dish*

*or double minced beef's butcher way for main course*

Only served all the time to the children and the teenager.

3€ 60 extra charge for sharing a dish.  
Net Prices. Drinks excluded.

\*not "homemade"

# The Tide



Our seafood comes from French marine farming.

They also have a season!

We respect it so find out before ordering.

## Bouchot Mussels (*Vendée or western region*)

—> *The French bouchot mussel season begins in late spring.*

with French fries\* , rice or vegetables.....+ 2 €

- Mussel's Mariners' *with white wine* ..... 9 € 50
- Mussel's cream ..... 10 € 50
- Mussel's Curry *and coconuts milk* ..... 10 € 50
- Mussel's Maraîchines *with cream and diced bacon* ..... 11 €
- Mussel's Roquefort ..... 12 €



### - Océane platter ..... 20 €

*Shallots vinegar - mayonnaise - butter  
3 oysters - 3 scampis -  
shrimp marinated in fragrant oils - salmon gravlax*



### - Assiette de L' Estran ..... 22 €

*Shallots vinegar - mayonnaise - Mayo 'li - butter  
3 oysters - 3 scampis - prawns - seashells  
- whelks - winkles.*



### - Plateau de Fruits de Mer *par personne* ..... 32 €

*Shallots vinegar - mayonnaise - Mayo 'li - butter  
5 oysters - 5 scampis - prawns - seashells  
- whelks - winkles - 1/2 crab.*



### - Order only : **Lobster**

«à la Parisienne» or grilled.

Origin and price to be specified with the Chef.

\* not "homemade".

3€ 60 extra charge for sharing a dish. Net Prices. Drinks excluded.



NO CONTRACTUAL

# Ours producers & providers :

Find our partner interview at the end...

**Guichet - beer & drinks**  
*(44 - Aigrefeuille-sur-Maine)*

**Ouest Frais - dairy**  
*(85 - Montaigu)*

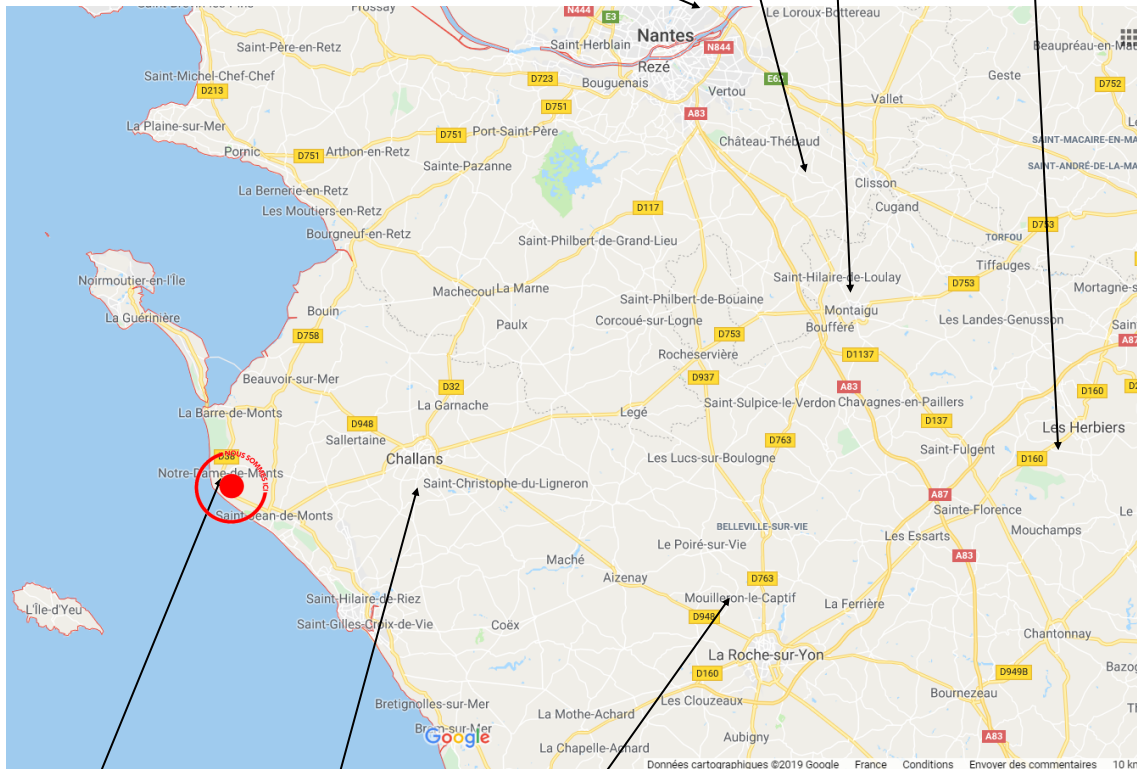
**Cap Marée - fish monger (44 - Nantes)**

**Pomona : Terre Azur & Passion froid (44 - Nantes)**

**SVRO - MIN meat (44 - Nantes)**

**Atlagel (44 - Saint Aignan de Grand Lieu)**

**Achille Bertrand - meat**  
**« 100 % local »**  
*(85 - Les Herbiers)*



**Prim' Saveur fruits and vegetables**  
*(85 - Soullans/ Challans)*

**Deslandes - Maintenance products**  
*(85 - Ste Gemme-La-Plaine)*

**DS Restauration - SIRF**  
*85 - La Châtaigneraie)*

**Vend'Epicerie (85 - Mouilleron Le Captif)**

**Les Petits Patroyards oysters & winkles (85 - Notre Dame de Monts)**

**Jean-Phi Marée fish monger (85 - Notre Dame de Monts)**

**Bakery Dany Robard (85 - Notre Dame de Monts)**

**Farm - La ferme de LA BARGE (85 - Notre Dame de Monts)**

**Farm - La ferme Vachement salé (85 - La Barre de Monts)**

**Maraichine breed meat - ORGANIC  
"Nature et Progrès" PAYSAN goat**

**And to .... Pro à Pro - dairy - grocery store 53 - Château - Gontier)**



SEE  
« menu du jour »  
To the bar

## Today's lunch meal 15 €

+ 1 glass of wine, cider, orange's juice, ... 12 cl 17 €



Today's starter + Today's main course  
+ Today's Dessert

*serve only noon public holidays and weekend.*

*Our product offering and prices are valid as long as supplies available.*

## ONLY LUNCH FORMULE

20 € To choice

starter + main course

or main course + cheese *or* dessert

*serve only noon public holidays and weekend.*

Basic prices ⚠ extra



## MEAL LUNCH & DINNER

Basic prices ⚠ extra

25 € starter + main course + cheese *or* dessert

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30 € starter + main course + cheese + dessert



Net Price. Drinks excluded.

# Starters : 9 €



- **starter suggestion** *see bellboard*
- **Seasonal Terrine** *see bellboard*
- **Dish of mussels** *marinière (with fries in formula)* depending on arrivals
- **Salade de Gésiers de dinde** *confits maison dans la graisse de canard*
- **Vendee Salad « Gralaïe »** & slices Vendee Ham grilled  
*buttered toast with garlic & moquettes = Vendee white beans*



**or double Gralaïe without ham**

- **6 oysters** *Vendée-Atlantique*
- **6 langoustines** *mayonnaise*
- **Whelks mayonnaise & « May'oli »**
- **1/2 crab** (*edible crab, spider crab depending on arrivals*) *mayonnaise*
- + 5€ - **12 oysters** *Vendée-Atlantique*
- + 5€ - **12 langoustines** *mayonnaise*
- + 5€ - **1/2 crab & 6 langoustines** *mayonnaise*
- + 3€ - **Plate of Salmon fillet Gravlax** *pickled and preserved home made with toasts, chive cream & butter*
- + 4€ - **6 hot oysters « Chef's way »**
- + 4€ - **Wild prawns flambéed with Whiskey**
- + 4€ - **« Egg en Cocotte »** (soft boiled eggs)  
*with home made Foie gras, ceps cream & oil's nut « Mouillettes » ( slim stick of bread )*
- + 5€ - **Foie Gras** *semi cooked« in the cloth » onion's conserve with grenadine & jam*
- + 5€ - **Gourmet Salad** *Foie Gras toasts / gizzards candied*
- + 5€ - **Tandem Salmon fillet Gravlax & Foie Gras**

# Aperitifs with alcohol

## Cocktail .....7 €

- Home made Américano ( 10 cl ) (100 % alcohol)
- Long Drink ( 10 cl ) *Whisky Coca or Vodka Orange* (4 cl alcohol)
- Red Kiss ( 10 cl ) *sparkling wine/ morello cherry liqueur / amaretto* (100 % alcohol)
- Flamme Vendéenne (10 cl) *sparkling wine/ peach liqueur /liqueur orange's Cognac* (100 % alcohol)
- Lisbeth ( 10 cl ) *Champagne / fruits juice / grapefruit syrup* (5 cl alcohol)
- Mojito ( 12 cl ) *rum /fresh mint /lime /brown sugar /sparkling water* (5 cl alcohol)
- Planteur ( 12 cl ) *rum /orange juice /cane sugar syrup* (3 cl alcohol)

## Cocktail .....6 €

- Home made aperitif( 10 cl ) *sparkling wine/lemon juice/cane sugar syrup/cointreau* (6 cl alcohol)
- Ti-Punch ( 7 cl ) *rum / lime juice / cane sugar syrup* (5 cl alcohol)

## Wine

- Glass of Layon (*liquorous*) or Pigmentum (*sweet, soft and fresh*)( 12 cl ) .....6 €
- Glass of Sparkling wine( 10 cl ) .....5 €
- Glass of Champagne ( 10 cl ) .....8 €

## Kir

- Sauvignon or Muscadet ( 7 cl ).....3 € 50 → *liqueur of blackcurrant - peach - mulberry or morello cherry*
- Breton with Cider ( 10 cl ).....4 € → **a low alkohol with a syrup :**
- Sparkling ( 10 cl ).....5 € 50 *blackcurrant - peach - strawberry - violet - cherry*
- Royal with Champagne ( 10 cl ) .....8 € 50 *Grapefruit - or honey & ginga home made syrup*

## Whisky & various Apéritifs

- 2 cl Baby Ballantines or Chivas or Tullamor Dew .....4 €
- 4 cl Ballantines or Chivas or Tullamor Dew .....7 €
- Martini, Campari, Porto, Suze, Pineau red or white, Guignolet (5 cl).....4 €
- Pastis 51, Ricard ( 2 cl ) .....3 € 50
- Country's aperitif ( 5 cl ): « Kiki Vendéen » *blackhorn, red's fruits or peach*
- Wine, alcohol, maceration and distillation .....4 €

## Beers

- Warsteiner ( 25 cl ) premium pils (Germany) .....25 cl ...4 €.../...50 cl ...7 €
- Linus Abbey beer or of the saison ( 25 cl ) .....25 cl ...4 € 50.../...50 cl ...8 €
- Mélusine BIO Vendée's bier Traditional or stout (33 cl Bt) .....4 € 50

# Main course : 15 €

- main course suggestion *see bellboard*
- Skate wing *with Caper or white butter sauce*
- Waterzooï *creamed vegetable broth and poached fish fillets*



+ 2€ - Picke - perch fillet *with butter sauce*

+ 2€ - Fisher's Stockpot & mayoli -

*pot au feu de la Mer : légumes, coquillages & poissons*

+ 5€ - Sea Saukraut *(with smoked pollack\*)*

+ 5€ - Fog's legs *parsley & garlic garnish*

+ 7€ - Scallops skewer *with Ceps or white butter sauce*

+ 8€ - Sole Meunière



- beer roasted pork shank

- Stewed saddle of hare or rabbit "hunter sauce"

*with small onions, mushrooms & bacon*



+ 5€ - Sweetbreads braised ceps sauce

- Beef butcher's meat *grilled... see bellboard*

+ 4€ - Rib steak *grilled 200 - 250 gr*

+ 8€ - Rib steak XXL *grilled 350 - 400 gr*

*Grilled meat with sauce of your choice and served separately : pepper, roquefort, ceps or shallots.*

All meats are served garnished with Chips\* or vegetables.

## Notice for fans' meat

« Bleu » is blue : Round - trip on the grill just lovers authentic taste and tender meat.

« Saignant » is bleeding : The baking preferred French! Just cooked to heart, The baking is stopped when a juice r rosé appears. Succulent.

« A Point » is medium : This is intermediate cooking. The heart is pink and the juice that bead over the entire surface.

« Bien cuit » is well done : The baking ends when a brown juice is appears on the surface. Fans of "sole" like a well-marked meat. The baking preferred English !

\* not « homemade ». Net Prices Drinks excluded



Skate wing with Caper sauce



Pickpersch Fillet with white butter sauce



Frog's legs



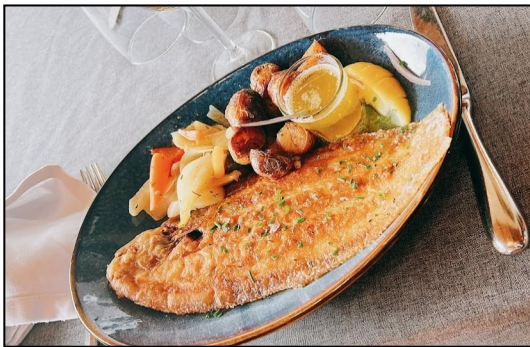
Waterzooï



Fisher's Stockpot



Sea Saukraut



Sole Meunière



Scallops skewer



rabbit "hunter sauce"

|                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                |                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>CHUCK 1</b></p> <ul style="list-style-type: none"> <li>Chuck Arm Pot Roast </li> <li>Chuck Shoulder Pot Roast </li> <li>Chuck Shoulder Steak </li> <li>Chuck Eye Steak </li> <li>Chuck Top Blade Steak </li> <li>Chuck Mock Tender Steak </li> <li>Chuck Blade Steak </li> <li>Chuck 7-Bone Pot Roast </li> <li>Chuck Short Ribs </li> </ul> | <p><b>SHORT LOIN 3</b></p> <ul style="list-style-type: none"> <li>Top Loin (Strip) Steak </li> <li>T-Bone Steak </li> <li>Porterhouse Steak </li> <li>Tenderloin Roast </li> <li>Tenderloin Steaks </li> </ul> | <p><b>SIRLOIN 4</b></p> <ul style="list-style-type: none"> <li>Top Sirloin Steak </li> <li>Tri-Tip Roast </li> <li>Tri-Tip Steak </li> </ul>                                                                                  |
| <p><b>RIB 2</b></p> <ul style="list-style-type: none"> <li>Rib Roast </li> <li>Rib Steak </li> <li>Ribeye Roast </li> <li>Ribeye Steak </li> <li>Back Ribs </li> </ul>                                                                                                                                                                             | <p><b>SHANK &amp; BRISKET 7</b></p> <ul style="list-style-type: none"> <li>Shank Cross Cut </li> <li>Brisket, Whole </li> <li>Brisket, Flat Cut </li> </ul>                                                    | <p><b>ROUND 5</b></p> <ul style="list-style-type: none"> <li>Top Round Steak </li> <li>Round Tip Steak </li> <li>Round Tip Roast </li> <li>Bottom Round Roast </li> <li>Eye Round Roast </li> <li>Eye Round Steak </li> </ul> |
| <p><b>PLATE 8 &amp; FLANK 9</b></p> <ul style="list-style-type: none"> <li>Skirt Steak </li> <li>Flank Steak </li> </ul>                                                                                                                                                                                                                           | <p><b>OTHER CUTS</b></p> <ul style="list-style-type: none"> <li>Ground Beef </li> <li>Cubed Steak </li> <li>Beef for Kabobs </li> <li>Beef for Stew </li> <li>Beef for Stir-Fry </li> </ul>                    |                                                                                                                                                                                                                               |

RECOMMENDED COOKING METHOD

- SKILLET
- GRILL/BROIL
- MARINATE & GRILL/MARINATE & BROIL
- STIR-FRY
- ROAST
- STEWING
- STEAKS FOR BRAISING
- POT ROAST



Sweetbreads braised ceps sauce

**Index:**

The sweetbread is also called thymus. This is a gland at the base of the neck non adult mammals, which plays a role in resistance to infection.

It is in no way linked to digest milk, as is often said.

The "rennet" zone is in the digestive tract.

**NO CONTRACTUAL PICTURES**

The Cheese cart served at your discretion : 7 €

## Dessert : 7 €



- Dessert suggestion
- Cottage cheese *nature, raspberry or honey*
- 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\**
- Crème Brûlée *vanilla Bourbon pod*

- + 2€ - Chocolate fudge *with custard sauce Bourbon vanilla pod*
- + 2€ - Crème Brûlée *sprinkled with Liqueur orange's Cognac*
- + 2€ - Apple Crunchy \* Pie *with toffee sauce & vanilla ice cream\**
- + 2€ - Profiteroles *cabbage\*with vanilla ice cream\*, whipped cream, hot chocolate sauce*
- + 3€ - Nougat glacé *raspberry coulis*
- + 3€ - Tea , Infusion or Coffee « Gourmand » *1 hot drink + pieces of desserts*
- + 2€ - Dame Blanche *2 scoop\*vanilla - chocolate sauce - whipped cream*
- + 2€ - Liégeois Café ou Chocolat *2 glaces\*- sauce - whipped cream*
- + 2€ - Estivale *1 sorbet\*passion - 1 sorbet\*apple - raspberry coulis - whipped cream*
- + 2€ - Rocher *1 scoop\*chocolate - 1 scoop\*vanilla - toffee sauce - whipped cream*
- + 2€ - Trou Normand *1 scoop ice cream\* ou sorbet\* + 2 cl d'alcohol*
- + 2€ - Dish arrosée *2 scoop ice cream\* ou sorbet\* + 4 cl d'alcohol*

*choice : Vodka, Calva, Champagne, Get 27, Kamok, Rhum blanc or ambré,...*

Ice cream\* or sorbet\* 1 scoop 3€50 + whipped cream 2€ + sauce 2€

*vanilla, coffee, chocolate, rum raisin, mint, strawberry*

*apple, passion, lime*

sorbet home made : *raspberry*



Tarte Tatin



Fresh Pineapple 's Carpaccio



Apple Crunchy pie



Nougat iced cream



Chocolate fudge



Coffee « Gourmand »

Possibility to order in advance a common dessert for a birthday.

NO CONTRACTUAL PICTURES

## Hot drinks:



- Coffee Cocktail 20 cl ( 3 cl alcohol).....7€50  
*Irish Coffee ( Whisky) - French Coffee (Cognac ), Vendéen Coffee ( Kamok) - Antillais Coffee ( Rum brun)*
- Coffee, Déca, cream .....1€90
- Large Coffee, Large Déca, Large Cream.....3€
- Chocolate.....3€50
- Tea or Infusion .....3€
- Coffee or Chocolate Viennois (*avec whippeg cream*).....4€50
- Capuccino.....4€

**Digestif :** 2 cl .....4€      4 cl .....7€50



Cream of blackcurrant, blackberry, peach, sour cherry, Marie-Brizard, Get 27, Get 31, Menthe pastille, Vodka, Gin, Cognac Almond, Cognac, Cherries „à l'eau de Vie“, Calvados, Cointreau, Grand Marnier, Bailey's, Kamok (Liquor of Coffee), Liquor of Apfelsine Cognac

**Armagnac millésimé:** *special offer !*

**Eau de Vie :** 2 cl .....5€      4 cl .....9€      Pears or old plums



# Au Pays de Saint Jean de Monts, une démarche collective 100 % environnement

## CAMPSITE

# L'ESTRAN

*L'Estran*

## Focus on our commitments...

### WASTE

- Selective sorting
- Recycling plastic caps and corks
- Straws are made of bamboo and given out on demand
- Composter
- Installation of a henhouse for organic food waste

### WATER

- Rain water is used to water the plant
- The restaurant draws its water from a well
- Tap water is served in a jug
- Osmosis unit and natural drying to clean the glasses

### ENERGY

- «ePack Hygiène» to regulate the cold rooms, expiration dates of the products and the kitchen management

### PURCHASE

- Menus are thought in advance and managed reasonably. Products are chosen in order to create several recipes and thus offer you quality dishes
- Local producers and local distribution channel are favoured
- Cuisine Montoise certified: enhancing traditional cuisine made in Vendée
- Menus and products are thought in advance and managed reasonably in order to offer you quality dishes
- Our meat is 100% locally produced

### SOCIAL

- Tourism and Disability certified (4 deficiencies)
- CSR policy to improve work conditions in the kitchen
- Involvement with young people and professional training: supervisor
- Plastic caps and corks are given to Vendée Cancer Solidarity Association
- Family with kids welcome

We and our partners are fully committed to offering you a holiday that respects the environment.

## NEWS

Menu available for downloading or by QR Code on your smartphone: decrease of paper use



## OUR ECO EXTRA

To avoid food waste, doggy bags are offered to our clients

## CONTACT

L'Estran  
55, rue de Saint Jean de Monts  
85 690 NOTRE DAME DE MONTS  
Tél. : 02 51 58 86 48  
[www.restaurantlestran.com](http://www.restaurantlestran.com)

More information about this environmental initiative and the commitments of professionals can be found on [en.paysdesaintjeandemonts.fr](http://en.paysdesaintjeandemonts.fr)







**PAYS DE  
SAINT JEAN  
DE MONTS**  
VENDÉE OcéAN

l'horizon pour seule limite

# LA CUISINE MONTOISE

## L'ESTRAN

### CUISSES DE GRENOUILLES

#### Recette Maraîchine

Les maraîchins les aiment poêlées dans du beurre, après les avoir fait tremper dans du vinaigre et les dégustent nature ou avec de l'ail et du persil.



### ANGUILLES

#### Recette Maraîchine

Reine du marais breton vendéen, l'anguille se laissait prendre dans la nasse ou la treille des maraîchins qui les pêchaient.



Comme hier, elles sont cuites aujourd'hui sur des sarments de vigne ou à la poêle.



### GRALAÏE

#### Recette Maraîchine

La moquette est sans doute l'aliment de nourriture, de convivialité et de culture ancestrale de la Vendée. Dans le bocage, il y avait toujours un pot de haricot au coin du foyer. La moquette est traditionnellement consommée étalée sur du pain grillé à la cheminée, tartiné de beurre, communément appelé une gralaïe.



### LES SECRETS DES HABITANTS DU MARAIS CONFISÉS AUX CHEFS

« Des spécialités locales  
transmises par Josette et  
Annick au chef Anthony  
Cloutour »



Suivez le label **Cuisine Montoise** dans les établissements du Pays de Saint Jean de Monts et dégustez des :



recettes maraîchines



fantaisies gourmandes

(créations originales des chefs montois à partir de produits ou de recettes).

### Retrouvez-nous :

Pour en savoir plus sur ces recettes, connaître leur histoire, regardez les épisodes de la web série **Cuisine Montoise**  
<https://bit.ly/2qg7B1c>



[instagram.com/cuisinemontoise](https://www.instagram.com/cuisinemontoise)

En partenariat avec :



# INFORMATION



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selon la directive européenne de l'annexe II du règlement (CE) n° 1169/2011.