

## MEAL 17 €

6 Oysters or 6 Langoustines  
or Dish of Mussels Marinières ( with french fries for meal teen or quick meal )  
or Chef's paté of Rabbit  
or Vendée Salad « Gressailles » & sliced Vendéen ham grilled  
 (buttered toast with garlic & mogettes = vendéen beans)  
or Gizzards salad

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Skate wing with Caper sauce

or Chef's dish according to delivery - see billboard  
or Thigh Duck Confit home made

or Grilled Beef butcher's meat according to delivery - see billboard  
 (sauce + 1 € : pepper, roquefort, ceps or traditional charlock mustard)

All fishes and meats are served garnished.

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Cheese on platter served

or Floating Island meringue with custard sauce Bourbon vanilla pod

or Fresh Pineapple 's Carpaccio  
 marinated in ginger cordial & passion fruit sorbet\*

or Tarte Tatin with toffee sauce & vanilla ice cream\*

or Fromage Frais nature, rapsberry coulis or honey

or 2 scoops of ice cream\* or 1 scoop\* + sauce + whipped cream\*

or Cheese & Dessert extra 3 € 60

or Dessert delicacies choice à la carte extra 3 € 60

## MEAL 22 €

8 Oysters or Crab with mayonnaise  
or Plate of fresh Salmon fillet Gravlax,  
 pickled and preserved home made with toasts, chive cream & butter  
or Farmer salad gizzards - dry duck breast

or Country Salad  
 toast with goat cheese with honey - sliced Vendéen ham grilled

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Fisher's Stockpot & aïoli (garlic mayonnaise)  
 (Pot au feu sea vegetables, fishes & shellfish)

or Pickpersh fillet with white butter sauce  
or Skate wing with Caper sauce

or Stewed Rabbit with shallots Confit home made

or Grilled Beef butcher's meat  
 (sauce + 1 € : pepper, roquefort, ceps or shallots)

All fishes and meats are served garnished.

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Cheese on platter served

or Fresh Fruits seasonal Salad

or Apple Crunchy Pie with toffee sauce & vanilla ice cream\*

or Fondant Chocolate cake with custard sauce Bourbon vanilla pod

or Crème Brûlée Bourbon vanilla pod

(nature or sprinkled with Liqueur des Vendéens (orange's Cognac))

or 2 scoops of ice cream\* or 1 scoop\* + sauce + whipped cream\*

or Cheese & Dessert extra 3 € 60

or Dessert delicacies choice à la carte extra 3 € 60

## The Tide

- Oysters n° 3 or Langoustines  
 6 ..... 6 € 80      12 ..... 13 € 50

- Crab with Mayonnaise ..... 9 € 80  
 - Whelks with Mayonnaise ..... 7 € 80  
 - ½ Crab & langoustines ..... 11 € 40

- Estran's Dish ..... 18 € 60

3 oysters - 3 langoustines - prawns - seashells - whelks - winkles

- Seafood Platter for 1 pers. .... 29 € 40

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

- Mussels Marinières in white wine ..... 9 € 80

- Mussels with Cream ..... 10 € 20

- Mussels with Curry ..... 10 € 60

- Mussels Maraïchines with cream & diced bacon ..... 10 € 90

- Mussels with Roquefort ..... 11 € 80

## Desserts

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

- Fromage Frais rapsberry coulis or honey ..... 4 € 20

- Floating island meringue with custard sauce ..... 4 € 60

- Pineapple's Carpaccio marinated in ginger cordial & passion fruit sorbet\* ..... 4 € 80

- Tarte Tatin with vanilla ice cream\* & toffee sauce ..... 5 € 50

- Fresh Fruits seasonal Salad ..... 5 € 50

- Apple Crunchy Pie with toffee sauce & vanilla ice cream\* ..... 5 € 80

- Crème Brûlée ..... 5 € 20

- Crème Brûlée sprinkled with Liqueur des Vendéens ..... 5 € 80

- Fondant chocolate cake with custard sauce ..... 5 € 50

- Profiteroles\* ..... 6 € 50

- Home made Iced Nougat rapsberry coulis ..... 7 € 00

## Ice Cream\*

\* Ice Cream & Sorbet 1 scoop ..... 2 € 10

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

\* Classics Dishes ..... 6 € 00

\* Super Sundae ..... 7 € 00

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

## MEAL 27 €

Crab & 5 Langoustines

or Duo 5 Oysters & 5 Langoustines or +3€ L' Estran Dish  
 (3 oysters - 3 langoustines - prawns - seashells - whelks - winkles) On off - season order

or 5 Hot Oysters from the Chef

or +3€ Home made Foie Gras maison & onion's conserve with grenadine & jam

or « Egg en Cocotte » with home made foie gras, ceps cream  
 & oil's nut « Mouillettes » (slim stick of bread)

or Gourmet salad foie gras - gizzards - smoked duck breast

or Chef's snail\* savoury pie

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Sea Saukraut

or +5€ Sole Meunière

or Pickpersh fillet with white butter sauce

or +5€ Pot Scallops with Ceps sauce

or Frog's legs parsley & garlic garnish

or Stewed Rabbit with shallots Confit home made

or Sweetbreads braised ceps sauce

or Grilled Rib steak 200 - 250 gr

(sauce : pepper, roquefort, ceps or traditional charlock mustard)

All fishes and meats are served garnished.

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Cheese on platter served

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Dessert delicacies choice à la carte  
 (extra + 1 € 80 for only coffee gourmand)

## Childrens Meal (up to 10 years old)

8 € 50...Dish + Dessert       11 € starter + Dish + Dessert

Small chef's paté or Tomatoes salad

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beefburger or Fish filet white butter sauce or Chicken nuggets (100 % filet)

With French Fries\*, vegetables, Pasta or Rice

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Small Floating Island or Small chocolate cake

or Fromage Frais or 1 scoop of Ice Cream \*

## FORMULA 13 € 50

Starter + Dish or Dish + Dessert or Starter + Dessert

(Formula served to the lunch to monday at saturday excepted public holiday)

At choice menu 17 €

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 : \*.

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