

Meal Pleasure 18 €

One choice of starters :

- 6 Oysters Vendée-Atlantique (La Barre de Monts)
- ½ Crab mayonnaise
- Dish of Mussels Marinières (with French fries for meal teen or quick meal)
- Rillette of duck's Vendée confit
- 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
- Chef's Dish see billboard
- Leg Duck confit home made & peeper sauce
- 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
- 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
- + 3 € L' Estran Dish On off - season order
(3 oysters - 3 langoustines - prawns - seashells - whelks - winkles)
- 6 hot Oysters from the Chef
- Tandem Home made Foie Gras grenadine onion chetney with grenadine & jam
& of fresh Salmon fillet Gravlax, 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
- Chef's snail* savoury pie* BIQ of "Maison Royer" in Vendée

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
- 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)
- Crab with mayonnaise
- Plate of fresh Salmon fillet Gravlax,
pickled and preserved home made with toasts, chive cream & butter
- Farmer Salad Gizzards & dry duck filet
- Country Salad toast with goat cheese with honey - slices Vendée Ham grilled

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
- 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
- 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 des Vendéens (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 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 Maraichines with cream & diced bacon 10 € 90
- Mussels with Roquefort 11 € 80
- + With French Fries 2 €

Desserts

- Extra dessert menu 16 € & 21 € 3 € 60
- Fromage Frais rasperry 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
- Cup's Paradise homemade icecream of banana & coconut 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 rasperry 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



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