



SINCE 2005

*L'Estran*

RESTAURANT  
Local and seafood cuisine

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

This meals are adapted :

- pictures of the dishes
- font
- information
- Icon
- provision of glasses and magnifyingglass A4.
- possibility of dishes milled or chopped





The **“homemade”** label guarantees that our dishes are prepared on-site from **raw ingredients**.



At L'Estran, we actually cook: we peel, we cut, we sear... It's all about technique, know-how and taste.

(In accordance with Article L121-82-1 of the French Consumer Code and Decrees No. 2014-797 of 11 July 2014 and No. 2015-505 of 6 May 2015 relating to the “homemade” designation.)

At the restaurant L'Estran, the cooking is « home made » except \* :

- French fries are purchased blanched .
- Chicken nuggets 100 % filet.
- Ice cream , Carte d'Or (Milk & cream from Normandy)
- Choux bun of profiterole

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

**We proudly serve French meat only, from animals born, raised and slaughtered in France.**



**Our team will organize your meals:  
family gatherings, ceremonies, receptions, or parties.  
Starting at €35 all-inclusive for the general public.**

**Special rates for associations  
and businesses start at €17.**

**We will work with you to create your menu,  
the seating plan, and the table decorations.**

# Aperitifs

with alcohol



## Spritz €9

24 cl

- Orange *classic* sparkling wine & water  
 Elderflower elderflower liquor/lemon juice (*orphée*)  
 Cherry cherry & almond liquor (*rouge baiser*)  
 Peach peach & Cognac orange liquor (*flamme*)



## Cocktails €7

- Cocktail of the moment see blackboard 12 cl  
 Américano 10 cl  
 Homemade aperitif 10 cl  
 soarkling wine / lemon juice / sugar cane syrup / triple sec  
 Ti-Punch 10 cl  
 rum / lime / sugar cane syrup  
 Lisbeth 12 cl  
 champagne / fruits juice / pink grapefruit syrup  
 Mojito 12 cl  
 rum / fresh mint / lime / brown sugar /sparkling water  
 Planteur 10 cl  
 rum / orange juice / sugar cane syrup  
 Long drink 10 cl  
 Whisky & Coke or Vodka & Orange juice



## Kir

- Cream:** elderflower - mulberry - peach -  
 ccblackcurrant or cherry  
**Syrup (no alcohol):**  
 mulberry - strawberry - « ginger & honey »  
 elderflower - cherry - violet - peach - pink grapefruit  
 White wine or muscadet 7 cl €3,50  
 Breton with cider 10 cl €4  
 Sparkling wine 10 cl €5,50  
 Royal *Moutardier's Champagne* 10 cl €8,50



## Various aperitifs €4

5 cl

- Kiki Vendéen "black spines" or peach -Suze  
 Martini white or red - Guignolet (cherry)  
 Campari - Porto - Pommeau (apple)



## Anis

- Ricard } 2 cl €3,50  
 Pastis 51 } double 4 cl €6,80



## Beer

- Warsteiner draught 4.8° 25 cl €4  
 lager - premium pilsener 50 cl €7  
 Pater Triple Linus } 25 cl €4,50  
 abbey lager draught 7.5° } 50 cl €8  
 Mélusine **BIO** draught 5°   
 Vendée - lager  
 Mélusine « Barbe bleue » €4,50  
 Vendée - dark beer 33 cl bottle



## To share

- Local Platter €14  
 terrine - cold cuts - cheese  
 Frogs' legs with parsley and garlic €20  
 Ocean platter €14  
 2 oysters - 2 langoustines - marinated prawns -  
 gravlax salmon & sides  
 Whelks, 6 oysters, or 6 langoustines €7



## Wine glass

12 cl

- Layon *AOC Val de Loire* €6  
 sweet white - chenin  
 Pigmentum *IGP Pays de Gascogne* €6  
 sweet & dry white - gros manseng  
 Secret d'assemblage *IGP Pays d'Oc* €5  
 sweet & dry white - chardonnay tardif - viognier - muscat  
 Cabernet d'Anjou *AOC Val de Loire* €5  
 sweet & dry rosé  
 Muscadet *AOP* €4  
 dry white  
 Anjou *AOC Val de Loire* €4  
 dry white or rosé or red  
 Vix *AOC Fiefs Vendéens* €4  
 dry white or rosé or red  
 Cheverny *AOC Val de Loire* €6  
 dry white or red  
 Muscat *AOC* €6  
 sweet & dry white - Alsace  
 Le Cagouillard *IGP Charentais* €5  
 dry white - chardonnay  
 Beaujolais *AOP* €6  
 dry white - chardonnay  
 Que sera syrah *IGP Pays d'Oc* €5  
 red - syrah  
 Brouilly *AOP* €6  
 red - gamay  
 Bordeaux *AOC* €5  
 red  
 Pessac Léognan *AOC* €8  
 red



## Sparkling & Cider

- Champagne glass *Moutardier* 10 cl €8  
 Sparkling wine glass 10 cl €5  
 Craft cider glass 12 cl €4  
 Small bottle **Craft cider** 33 cl €8



## Whisky

- Ballantines }  
 Tullamore } baby 2 cl €4  
 Chivas } 4 cl €7

# Soft Drinks

alcohol free



**Spritz 0%** €8 24 cl  
sparkling wine 0% / sparkling water

Orange *Classic in alcohol free*  
elderflower elderflower syrup / lemon juice (*orphée 0%*)  
Cherry cherry syrup / amarretto syrup (*bisou*)  
Peach peach syrup / triple sec syrup (*brasier*)



**Kir 0%** €3,50 10 cl

**Imperial** sparkling wine 0%  
**Armor** sparkling apple juice  
+ syrup of choice :

blackcurrant - strawberry- « ginger & honey »  
elderflower - cherry - violet - peach - pink grapefruit



**Mocktails** €6

Seasonal Mocktail see blackboard  
Homemade aperitif *alcohol free* 10 cl  
sparkling wine 0% / lemon juice / triple sec syrup  
Bananatomic 10 cl  
orange juice / fruits juice / grapefruit syrup  
Rose purple 10 cl  
lemonade / lemon juice / strawberry syrup / violet syrup  
Virgin Mojito 12 cl  
rum syrup / fresh mint / lime / brown sugar / sparkling water  
Fruit punch 10 cl  
exotic fruits juice / grenadine syrup



**Soda**

Coke & sugar free coke €4  
33 cl  
Orangina €4  
25 cl  
Schweppes Citrus €4  
25 cl  
Lemonade €2,50  
25 cl glass  
Diabolo *lemonade + syrup* €3  
25 cl glass



**Fruit juice** €4 25 cl



orange - apple - pineapple -  
tomato or multi-fruits



**Various drinks**

Syrup €2,50  
25 cl glass  
Perrier €3,80  
33 cl  
Iced tea €4  
25 cl  
Oasis tropical €4  
25 cl



**Freshly squeezed** 20 cl  
€5,50

orange - pink grapefruit -  
lemon or lime



**various**

Pacific 2 cl €3  
Alcohol free beer 33 cl €3,50  
Sparkling glass 10 cl €4  
sparkling wine 0% or craft sparkling apple juice

**Syrup:**

grenadine - mint - blackcurrant -  
strawberry - peach - violet - banana -  
kiwi - orgeat - cherry - lemon -  
pink grapefruit - elderflower -  
« ginger & honey » homemade

**Citrus juice:** lemon or lime

**Slice:**

orange - pink grapefruit -  
lemon or lime

Price including VAT. Service included

## ***“ A la carte ” prices are shown in bold.***

You can also create your own menu, set menu freely from our starters, main courses and desserts.



For some choices, supplements must be added to the price of the menu or lunch formula.

### **Menus served at all services** (excluding extras)

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

**MENU** starter + main course + cheese + dessert = **€30**

The lunch Formula is served only on weekdays, excluding weekends and public holidays.

starter + main course **or** main course + dessert = **€20** excluding extras

## ***Children's and Teens' Menus***

**\*Menu “P’tit Montois “ €13\*** (up to 16 years old)

½ portion of frogs’ legs Fricassee

+ 1 dessert from children’s menu

**\*Children’s menu\*** (up to 10 years old)

**€10** : plat + dessert

**€13** : starter + main course + dessert

Starters: seasonal terrine / tomato salad or crudités

Main Courses: minced steak / fish fillet with beurre blanc sauce / breaded chicken nuggets\* (vegetables, fries\*, rice or pasta)

/ in season: mussels marinière - fries

Desserts: floating island / chocolate fondant / scoop of ice cream\* / Fromage blanc

**\*Menu Ado = €20** (up to 16 years old)

Starter + main course **or** main course + dessert (same choices as adults)

Also available: 7 chicken nuggets\*, mussels marinière - fries\*, double minced steak

## **Daily Menu (see blackboard at the bar) €17**

*Available only on weekdays at lunchtime (excluding weekends and public holidays)*

Starter of the day + Main course of the day + Dessert of the day + Coffee

Price includes VAT and service. A set menu cannot be shared. Drinks not included.



# STARTERS

**starter suggestion** see blackboard (possible extra)

## Seasonal Terrine

see blackboard

## turkey gizzard salad

homemade confit in duck fat

## Vendee Salad « Gralaïe » & slices Vendee Ham grilled

wide slice of bread with mogettes (white beans) and traditional salted ham.



## Double Gralaïe without ham

## 6 oysters - Pays de La Loire - "Les Petits Patroyards" Noirmoutier

shallot vinaigrette - salted butter - lemon

## 6 Langoustines

Mayonnaise - quantity may vary depending on size

## 1/2 Crab

seasonal brown crab or spider crab - mayonnaise

## Whelks

mayonnaise & « May' aioli »

## Prawns marinated in fragrant oils

## Plate of Salmon fillet Gravlax

pickled and preserved home made with toasts, chive cream & butter

## 6 hot oysters « Chef's way »

Leek cream cream

## « Egg's Cocotte » (soft boiled eggs) with home made Foie gras

ceps cream & oil 's nut « Mouillettes » ( slim stick of bread )

## 12 Oysters - Pays de La Loire - "Les Petits Patroyards" Noirmoutier

shallot vinaigrette - salted butter - lemon

## 12 Langoustines

Mayonnaise - quantity may vary depending on size

## ½ Crab & 6 Langoustines

tseasonal brown crab or spider crab - quantity may vary depending on size

## Océane platter

3 oysters - 3 langoustines - shrimp marinated - salmon gravlax & Condiments

## Foie gras

semi cooked« in the cloth » & jam

## Gourmet's salad

Foie Gras toasts / gizzards candied

## Tandem Salmon fillet Gravlax & Foie Gras

& condiments

**carte : €9**

menu/formula :  
excluding extra

**carte : €12**

menu/formula :  
+ €3

**carte : €13**

menu/formula :  
+ €4

**carte : €14**

menu/formula :  
+ €5



# MAIN COURSE

Main course suggestion see blackboard (possible extra)

## Dish of vegetables and/or fries\*

to compose yourself



## Skate wing

white butter sauce

## Pork shank

beer roasted

## Stewed saddle of hare or rabbit “ hunter sauce”

with small onions, mushrooms & bacon

## Beef butcher’s meat

see blackboard

## Zander fillet

white butter sauce

## Fisher ’s Stockpot

Sea stew : vegetables, shellfish and fish - & garlic mayonnaise

## Rib steack grilled 200 - 250 G

## Sea Saukraut

Selection of fish, shellfish & seafood

## Frogs’ legs

parsley & garlic garnish



## Sweetbreads

braised ceps sauce

## Scallops skewer

with ceps (mushrooms) or white butter sauce

## Rib steack XXL grilled 350 - 400 G

## Sole meunière

**carte : €15**

menu/formule :  
excluding extra

**carte : €17**

menu/formula :  
+ €2

**carte : €19**

menu/formula :  
+ €4

**carte : €20**

menu/formula :  
+ €5

**carte : €22**

menu/formula :  
+ €7

**carte : 23 €**

menu/formula :  
+ €8

→ Choice of sauce served on the side: peppercorn, Roquefort cheese, shallot or porcini sauce.

→ All our fish dishes are served with garnish, and our meat dishes with French fries or a selection of vegetables.

→ All our meat is of French origin (born, raised and slaughtered in France)

## NOTICE FOR FANS’ MEAT

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

**« Saignant » is rare :** The baking preferred French! Just cooked to heart, The baking is stopped when a juice 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 !

Prices include VAT and service. Menus are not available for sharing. Drinks are not included.



# TIDE

## CONTINUED MAIN COURSE SELECTIONS

Our seafood is seasonal !  
We respect it so find out before ordering.

### BOUCHOT MUSSELS

*Vendée or French's western region*

→ The French bouchot mussel season begins in late spring.  
1 liter of mussels served with fries\*, rice or vegetables

#### Mussel's Mariners'

with white wine

#### Mussel's cream

#### Mussel's Curry

coconuts milk & vegetables

#### Mussel's Maraîchines

cream and diced bacon

#### Mussel's Roquefort



**carte : €15**

menu/formula :  
excluding extra

**carte : €17**

menu/formula :  
+ €2

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### SEAFOOD

#### The L'Estran seafood dish

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

**carte : €22**

menu/formula :  
+ €7

### EXCLUDING FORMULA AND MENU :

#### Seafood Platter

per serving **carte : €32**

During the low season, the platter is available by pre-order. Just ask !

Shallots vinegar - mayonnaise - Mayo 'li - butter  
5 oysters - 5 scampis - prawns - seashells - whelks - winkles - ½ crab

#### Lobster

cold with mayonnaise «à la Parisienne» or grilled.

**€11 per 100g (subject to weight)**

#### Spiny lobster

cold with mayonnaise «à la Parisienne» or grilled.

**€15 per 100g (subject to weight)**

*If not in the live tank, available on request (pre-order required)*

NO CONTRACTUAL PICTURES

Prices include VAT and service. Menus are not available for sharing. Drinks are not included.



**turkey gizzard salad**



**Vendee Salad « Gralaïe »**



**Seasonal Terrine**



**Gourmet Salad**



**Egg's Cocotte**



**6 hot oysters**



**Salmon fillet Gravlax**



**Foie gras mi-cuit « au torchon »**



**Whelks**



**Tandem Salmon Gravlax & Foie gras**



**Océane platter**



**1/2 Crab & Langoustines**



**Loabster**



**L'Estran dish**



Skate wing



Zander fillet



Sole Meunière



Fisher's stockpot



Scallops skewer



Sea saukraut



Frog's legs



Beef butcher's meat



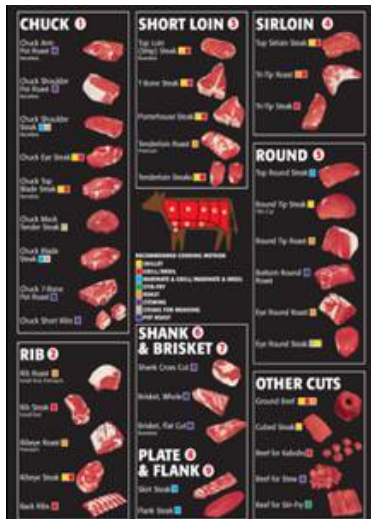
Pork shank



Rabbit "hunter sauce"



Sweetbreads



**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.



# THE CHEESE €7

Cheese trolley, served at your discretion



# DESSERT

**Dessert suggestion** see blackboard (possible extra)

## Cottage cheese

plain, raspberries or honey

## Floating island "Ile Flottante"

meringue with custard sauce Bourbon vanilla pod

## Fresh Pineapple's Carpaccio

Marinated in ginger syrup & passion fruit sorbet\*

## Tarte Tatin

with toffee sauce & vanilla ice cream\*

## Crème Brûlée

vanilla Bourbon pod

## Trou Normand

Select 1 ice cream\* or sorbet\* flavour served with 2 cl of your choice of spirit

## 2 scoops Ice cream\* or sorbet\* + 2€...whipped cream + 2€...sauce

Ice cream\*: vanilla, coffee, chocolate, rum raisin, mint, strawberry

Sorbet\*: apple, passion, lime sorbet maison: raspberry

## Chocolate Fondant

with custard sauce Bourbon vanilla pod

## Crème Brûlée sprinkled with Liqueur orange's Cognac

vanilla Bourbon pod

## Profiteroles hot chocolate or toffee sauce

2 cabbages\* with vanilla ice cream\*, whipped cream

## Dame Blanche

2 scoops\* vanilla - chocolate sauce - whipped cream

## Liégeois Coffee or Chocolate

2 scoops\* - sauce - whipped cream

## Estivale

1 sorbet\* passion - 1 sorbet\* apple - raspberry coulis - whipped cream

## Rocher

1 scoop\* chocolate - 1 scoop\* vanilla - toffee sauce - whipped cream

## Coupe arrosée 2 glace\* ou sorbet\* + 2 cl d'alcool

Select 2 scoops of ice cream\* or sorbet\* flavour served with 4 cl of your choice of spirit

## Frozen Nougat

raspberry coulis

## Tea, Infusion or Coffee « Gourmand » 1 hot drink + pieces of desserts

1 hot drink served with whipped cream, a small piece of chocolate fondant, and 1 vanilla ice cream (composition may vary according to the season)

**carte : €7**

menu/formula :  
excluding extra

**carte : €9**

menu/formula :  
+ €2

**carte : €10**

menu/formula :  
+ €3



tarte tatin



Fresh Pineapple's  
Carpaccio



Chocolate Fondant



Frozen Nougat



Coffee GOURMAND



The Cheese

A shared dessert  
can be arranged in  
advance for special  
occasions.

NO CONTRACTUAL PICTURES



Profiteroles



## HOT DRINKS

### Coffee Cocktail 20 cl ( 3 cl alcohol)

Irish Coffee ( Whisky) - French Coffee (Cognac ), Vendéen Coffee ( Kamok)  
- Antillais Coffee ( Dark Rum)

### Coffee, Décaf

### Large coffee, large decaf, coffee with cream or long black coffee

### Tea or Infusion

Earl Grey, green tea, green tea & mint, red berries, linden, linden & mint,  
verbena, verbena & mint... plain or with lemon slice

### Coffee or Chocolate Viennois with whippeg cream

### Capuccino foamed milk

€7,50

€1,90

€3,50


€3

€4,50

€4



## DIGESTIFS - SPIRIT

Cream of blackcurrant, blackberry, peach or sour cherry, Marie-Brizard (anis), 2cl  
Get 27 (green mint), Menthe pastille (white mint), Vodka, Bailey's, Calvados, 4cl  
Liqueur de Cognac of almond or orange, Cognac, Triple sec,  
Kamok (Liqueur de café) 

€4

€7,50

**ARMAGNAC VINTAGE :** please ask for our special menu of Armagnac !

selon l'année



## EAUX DE VIE - SPIRIT

Cherries in brandy, pear liqueur, aged rum or aged plum brandy

2cl | €5  
4cl | €9