



St Tropez Lounge
SEAFOOD AND FRENCH CUISINE
By Séverine et Frédéric

STARTERS

COMPLIMENTARY BAGUETTE, BUTTER AND HOME MARINATED OLIVES

Fruits de Mer

BROWNSEA ISLAND OYSTER au naturel or tempura DF GF	£4.00 each
5 GIANT FRESH COLD-WATER PRAWNS with aioli shells on GF DF	£12.50
TEMPURA TIGER PRAWNS GF DF	£12.50
4 LARGE SCALLOPS in Normandy garlic butter GF	£14.50
ROPE GROWN MUSSELS mariniere, crème fraiche GF	£12.50
CRAYFISH & PRAWN COCKTAIL Cognac Marie Rose sauce GF DF	£12.50
MINI BOUILLABaisse garlic and saffron rouille, cheesy croutons Can be GF	£11.50
WYE VALLEY BALIK TSAR SMOKED SALMON horseradish cream and caperberries GF	£13.25
STIR FRIED FRESH POOLE BAY CUTTLEFISH with lime, olive oil, basil and mint drizzle GF DF	£12.50
WARM OCTOPUS SALAD chorizo, onion, roasted peppers, potatoes and octopus GF DF	£14.50

French Specialities

ESCARGOTS DE BOURGOGNE GF	x6 x12	£10.00 £20.00
DOUBLE BAKED CHEESE SOUFFLÉ finished with cream Add smoked trout		£12.25 £4.00
GRILLED GOAT'S CHEESE with honey, thyme and cracked pepper, on a bed of tomatoes GF Veg		£10.95
FRENCH ONION SOUP gratinated with cheese and croutons Veg Can be GF DF		£11.95
VERITABLE FOIE GRAS TERRINE homemade chutney and brioche DF Can be GF		£18.00
CAFÉ DE PARIS STEAK TARTARE Raw fillet beef seasoned with gherkins, shallots, capers and tartare marinade DF		£17.00

Frederic uses the safest method and freshest ingredients.
All our chefs are properly trained to manipulate raw products.

MAINS

From the Sea

COQUILLE ST JACQUES MORNAY Scallops, crab, prawns and mushrooms, glazed with Mornay sauce and cheese (may contain shells)	£24.95
POOLE SKATE WING roasted with olive oil, capers and tomatoes GF DF	£24.95
ROASTED THICK COD FILLET on a bed of leeks, Vermouth cream sauce GF	£26.95
MONKFISH MEDALLIONS & GIANT TIGER PRAWNS in red Thai curry GF	£27.95
WHOLE LOCAL SEABASS flambeed with Pernod GF DF (can be filleted)	£30.95
LEMON SOLE FILLETS in tempura, spring onion, chillies and soy dip GF DF	£27.95
PAN FRIED FLAT SIDE OF TURBOT lemon butter GF	£42.95
2lb DOVER SOLE grilled on the bone Meuniere GF (can be filleted)	£42.95
POOLE BAY LOBSTER Cold with homemade mayonnaise and salad GF DF Grilled with Normandy garlic butter GF Glazed with Thermidor sauce	Half £35.00 Full £70.00
FRUITS DE MER PLATTER FOR 2 Large Local Crab OR Lobster of your choice plus 4 raw oysters, 4 scallops in garlic butter, 4 large prawns shell on, mussels GF DF	£100.00

From the Butcher

DORSET RACK OF LAMB rosemary sauce GF DF	£33.00
TRADITIONAL BOEUF BOURGUIGNON GF DF	£26.00
EIGHT OUNCE BEEF FILLET peppercorn sauce GF	£34.00
CAFÉ DE PARIS AUTHENTIC STEAK TARTARE Raw fillet beef seasoned with gherkins, shallots, capers and tartare marinade GF DF	£34.00

Vegan and Vegetarian Specialities

SEASONAL VEGETABLES IN TEMPURA mango, pineapple, plum and chili salsa GF DF	Main £24.00 Starter £12.00
STIR-FRIED PEPPERS, PEAS, ZUCCHINI AND ASPARAGUS and organic wild rice, spring onion and chillies DF GF	Main £24.00 Starter £12.00

Side Orders

Includes a choice of two side orders - choose
from new potatoes, French fries, Dauphinoise,
rice, garden salad or mixed vegetables

Matured French Cheeses

LIVAROT, EPOISSES, REBLOCHON, CAMEMBERT, PONT L'ÉVEQUE with grapes, homemade apricot chutney and celery	£12.50
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Les Enfants

FRESH FISH FINGERS	£9.50	PASTA IN TOMATO OR CREAM	£9.50
GRILLED FISH OF THE DAY	£9.50	GARLIC BREAD	£3.00
CHICKEN NUGGETS	£9.50		

Desserts & Patisserie Francaise - all homemade

VANILLA CRÈME BRÛLÉE GF	£9.50
HAZELNUT MERINGUE filled with Chantilly cream, raspberries and red fruits coulis GF	£9.50
BABA AU RHUM spiced rum, sponge cake and crème patissiere	£9.50
ALL BUTTER BRIOCHE Speciality from St Tropez, filled with vanilla and orange blossom custard	£9.50
COFFEE & CHOCOLAT LAYERED OPERA SLICE crème anglaise	£9.50
GIANT CHOCOLATE & PRALINE MACARON GF	£9.50

Les Crêpes

CRÊPE AU CHOCOLAT	£6.95
CRÊPE ANGLAISE lemon and sugar	£6.95
CRÊPE SUZETTE orange segments, flambeed with Grand Marnier	£11.50
CRÊPE NORMANDE roasted apple wedges flambeed with Calvados	£11.50

Judes Ice Cream & Sorbets

ICE CREAM Vanilla bean, chocolate, strawberry, coffee salted caramel, ginger spice, black coconut, honeycomb, clotted cream	per scoop	£3.00
SORBET Blackcurrant, lemon sorbets	per scoop	£3.00
Add Frozen Vodka 35ml		£5.00

Illy Coffees and Teas

All our patisseries, ice creams and coffees are available to take away



Enquire today to
become a member
of our private club

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