



St TrOpez Lounge

SEAFOOD AND FRENCH CUISINE

By Séverine et Frédéric

STARTERS

Fruits de Mer

Brownsea Island oyster au naturel <i>GF DF or tempura GF DF</i>	each £3.40
5 giant fresh cold water prawns with aioli served with shells on <i>GF DF</i>	£12.50
4 large scallops in Normandy garlic butter <i>GF</i>	£14.50
5 tempura tiger prawns <i>DF GF</i>	£12.50
Rope grown mussels Breton Mariniere, crème fraîche <i>GF</i>	£12.50
Soft shell crab in spiced batter, Wasabi emulsion <i>GF</i>	£15.00
Mini bouillabaisse, garlic and saffron rouille, cheesy croutons <i>Can be GF</i>	£11.95
Wye Valley Balik Tsar smoked salmon, horseradish cream and caperberries <i>GF</i>	£13.95
Fresh grilled sardines butterflied, drizzled with basil oil <i>GF DF</i>	£9.95

French Specialities

Escargots de Bourgogne <i>GF</i>	x6 £9.00
	x12 £18.00
Double baked cheese soufflé finished with cream	£11.00
<i>Add smoked halibut</i>	£3.50
Tartiflette, melted Reblochon over potatoes, onion marmalade, mushrooms and nutmeg <i>GF Veg</i>	£10.95
French onion soup gratinated with cheese and croutons <i>Veg Can be GF</i>	£9.95
Veritable foie gras and brioche <i>DF Can be GF</i>	£18.00
Café de Paris authentic steak tartare <i>DF Can be GF</i>	£16.50

MAIN COURSES

Includes a choice of two side orders

New potatoes, French fries, pommes boulangeres, garden salad or fresh mixed vegetables

From the Sea

Coquille St Jacques Mornay, scallops, crab, prawns and mushrooms	£24.95
Fresh skate wing roasted with tomatoes, olive oil and caperberries <i>GF DF</i>	£24.95
Monkfish medallions in garlic, lobster and crayfish sauce <i>GF</i>	£26.95
Thick cod fillet in coconut red Thai curry <i>GF DF</i>	£25.95
Seabass flambeed with Pernod (<i>can be filleted</i>) <i>GF DF</i>	£28.95
Lemon sole fillets in tempura, spring onion, chillies and soy dip <i>DF GF</i>	£26.95
Flat side of turbot, lemon butter <i>GF</i>	£42.95
Grilled 2lb Dover sole <i>GF</i>	£42.95
Poole Bay lobster <i>Half</i> £35.00 <i>Full</i>	£70.00
Cold with homemade mayonnaise and salad <i>GF DF or</i>	
Grilled with Normandy garlic butter <i>GF or</i> Glazed with Thermidor sauce	
Fruit de Mer platter for two <i>GF DF</i>	£90.00
Large local crab OR 1/2 lobster of your choice plus 4 raw oysters, 4 scallops in garlic butter, 4 large prawns shells on and mussels	

From the Butcher

Dorset rack of lamb, rosemary jus <i>GF DF</i>	£33.00
Traditional Boeuf Bourguignon <i>GF DF</i>	£24.00
Eight ounce fillet beef, Roquefort sauce <i>GF</i>	£33.00
Café de Paris authentic steak tartare <i>GF DF</i>	£33.00
Starter	£16.50

Vegan & Vegetarian Specialities

Seasonal vegetables in tempura, mango, pineapple, plum & chili salsa <i>DF GF</i>	£24.00
Starter	£12.00
Stir fried peppers, peas, zucchini, asparagus and organic wild rice, spring onion and chillies <i>DF GF</i>	£24.00
Starter	£12.00

Les Enfants

<i>Including a side order of your choice</i>	£8.50
Fresh fish fingers	
Grilled fish of the day	
Chicken nuggets	
Pasta in tomato	

**Frederic uses the safest method and freshest ingredients; all our chefs are properly trained to manipulate raw products.
Our pommes boulangeres and onion soup are vegetarian. We use gluten free flour to make our tempura batter.*



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DESSERTS

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

Les Crêpes

Crêpe au chocolat	£6.95
Crêpe Anglaise, lemon and sugar	£6.95
Crêpe suzette, orange segments, flambéed with Grand Marnier	£11.50
Crêpe Normande, roasted apple wedges flambéed with Calvados	£11.50

Desserts and Patisserie Française

<i>All homemade</i>	£9.50
Vanilla crème brûlée GF	
Vanilla meringue, hazelnuts, Chantilly cream, raspberries and red fruit coulis GF	
Baba au rhum, spiced rum, sponge cake and crème pâtissière	
Tropézienne, sugar brioche, filled with vanilla custard, orange blossom	
Coffee and chocolate layered opera slice	
Warm tarte tatin topped with salted caramel ice cream	

Ice Cream and Sorbets

<i>Per scoop</i>	£3.00
<i>Add frozen vodka</i>	£5.00
<i>Ice cream flavours - vanilla bean, chocolate, strawberry, salted caramel, coffee, ginger spice, black coconut</i>	
<i>Sorbet flavours - blackcurrant, lemon</i>	

Dessert Wine by the Glass

125ml Monbazillac	£9.95
125ml Sauternes	£12.95

Dessert Wine by the Bottle

750ml Monbazillac 2015	£58.00
750ml Sauternes	£75.00

Cheese

£12.50

Matured French cheeses including Livarot, Epoisses, Reblochon, Camembert and Pont l'Eveque served with grapes, celery, chutney and biscuits.

Port by the Glass

70ml Taylor 1st	£7.50
70ml Taylor 20	£9.95
70ml Croft 1994	£14.50

Port by the Bottle

70ml Taylor 1st	£70.00
70ml Taylor 20 years old	£90.00
70ml Croft 2000	£140.00

Coffees and Teas

Milk alternatives available

Americano	£3.25
Flat white	£3.50
Cappuccino	£3.50
Latte	£3.50
Espresso	£2.75
Double espresso	£4.50
Macchiato	£3.00
Mochaccino	£3.50
Hot chocolate	£3.50
Babychino	£3.00
Liquor coffee	£8.50
Espresso Martini	£14.00

Bellevue Teas, London

£3.25

A selection of teas in various flavours including

Breakfast
Earl Grey
Green tea
Lemon and ginger
Berry infusion
Peppermint
Chamomile
Decaffeinated