

## Entrees

<b>LA SOUPE (V) du jour</b> Freshly made soup of the day served with pain de campagne	5	<b>LES CREVETTES</b> sur glace pilée Five large tail-on prawns served on ice with a tomato and horseradish sauce and lemon	9	<b>LA TERRINE</b> du chef Home-made coarse pâté with spiced pear chutney and toasted pain de campagne	7
<b>LA SOUPE A L'OIGNON</b> gratinée au Gruyère Traditional French onion soup topped with a Gruyère cheese crouton	8	<b>LES HUITRES</b> avec mignonette Fresh Cumbrae oysters, choose 3 or 6 served on ice with Mignonette and lemon	8/14	<b>LA SALADE DE CHEVRE* (V*)</b> crottin de Chavignole Baked artisan goats' cheese from the Loire valley, baby salad leaves, endive, roasted baby beetroot, rustic croutons, pomegranate, toasted pine nuts and pumpkin seeds with a citrus vinaigrette	9
<b>NOS CHARCUTERIES</b> L'assiette de Jambon La terrine du chef, thinly sliced Bayonne ham, saucisson sec "rosette de Lyon", cornichons and spiced pear chutney served with toasted pain de campagne	11	<b>LES ESCARGOTS</b> au beurre d'ail Half a dozen snails prepared "Burgundy style" with garlic butter, parsley, a touch of white wine and served with pain de campagne	8	<b>LES GAMBAS</b> flambées au Calvados Chilli and coriander king prawns flambéed in Calvados served with a beurre blanc sauce and a drizzle of paprika oil	9
<b>LES MOULES</b> Marinieres des Îles Shetland Steamed Shetland mussels with shallots, white wine, garlic, parsley and cream. As a starter served with rustic garlic bread, as a main served with French fries	8	<b>LA COQUILLE</b> Saint Jacques d'Ecosse Gently seared Scottish king scallops served with silky mash, wilted spinach and a white wine and butter sauce with keta caviar	12	<b>L'ARTICHAUT (V)</b> grillé A half chargrilled globe artichoke served with a warm Pommery mustard vinaigrette	6

## Rotisserie

**La Spécialité De La Maison** Our specially prepared and marinated Provençal style chickens are cooked on a Churasco charcoal fired rotisserie for that extra special flavour. Served with your choice of sauce, choose from smoked hickory, jus de rôti or Béarnaise

<b>LE DEMI POULET</b> Half chicken, marinated Provençal style, roasted on the spit	11
<b>LE POULET ENTIER</b> Whole chicken, marinated Provençal style, roasted on the spit	22

## Poissons

<b>LA BOUILLABAISSE</b> de poisson Classic fish stew packed with flavours of the sea, cooked in a tomato and saffron broth with a dash of Pernod, served with samphire, potato dumplings, garlic bread and aioli	20
<b>L'ESPADON</b> avec fricassée de haricots Grilled swordfish steak, fricassée of white and broad beans, creamy mashed potato and a sage butter sauce	17
<b>LA LIMANDE SOLE</b> entière de petit bateau Whole baked lemon sole Meunière with an Almondine brown butter with French fries	23
<b>LES MOULES</b> Marinieres des Îles Shetland Steamed Shetland mussels with shallots, white wine, garlic, parsley and cream. Served with French fries	16

## Viandes

<b>LE BOEUF BOURGUIGNON</b> estouffade de boeuf Slow braised beef casserole with Burgundy red wine, smoked pancetta, sautéed pearl onions and button mushrooms topped with turned courgette, carrot and swede and served with creamy mash	18
<b>LA SALADE DE POULET</b> composee Our rotisserie Provençal style chicken served on a bed of baby salad leaves, endive, roasted baby beetroot, rustic croutons, pomegranate, toasted pine nuts and pumpkin seeds with a citrus vinaigrette	17
<b>LE MAGRET DE CANARD BARBARIE</b> au sauce miel Sautéed Gressingham duck breast carved on crushed sweet potato with chilli and coriander, sautéed shredded Brussels sprouts with an acacia honey, nutmeg and star anise scented jus	19
<b>LA POITRINE DE PORC</b> fumée rotie Slow cooked pork belly rolled with a chorizo, raisin and herb stuffing, served with a wild heather honey and pear sauce	17
<b>L'AGNEAU</b> rumsteck rôti à la fleur de thym Roasted thyme rump of Scotch lamb, Dauphinoise potatoes, served with a smoked pancetta, Toulouse sausage and bean cassoulet	20

## Vegetarien

<b>LES GNOCCHIS (V)</b> à la betterave et fromage Sautéed beetroot and goats' cheese stuffed gnocchi with broad beans and spinach in a rich tomato sauce topped with a rocket and red onion salad	14
<b>LA TARTIFLETTE* (V*)</b> au Reblochon Reblochon de Haute-Savoie cheese with layers of Ratte potatoes, garlic, sautéed onions, crème fraîche, golden baked	15
<b>L'ORGE PERLEE (V)</b> printanier A ragoût of pearl barley cooked with white wine, shallots, garlic, butternut squash, spinach and sun-blushed tomato finished off with a drizzle of mint oil and topped with crispy leeks	14
<b>LA SALADE AUVERGNATE* (V*)</b> d'Auvergne Fourme d'Ambert blue cheese, baby salad leaves, endive, roasted baby beetroot, rustic croutons, pomegranate, toasted pine nuts and pumpkin seeds with a citrus vinaigrette	13

## Le Grill

All beef dishes are served with garlic field mushroom, roasted cherry-vine tomatoes and French fries

<b>L'ENTRECOTE 270g</b> Prime Scottish Ribeye	26	<b>ADD A TOPPING</b>	
<b>LE FILET 230g</b> Prime Scottish Fillet	30	Pan-fried gambas with garlic butter and chilli	6.5
<b>LA COTE DE BOEUF 675g</b> Prime Scottish Ribeye on the bone, served between 2 persons with your choice of sauce.	60	Slow cooked beef cheeks in a rich burgundy red wine sauce	7.5
		Pan-fried king scallops with lemon butter	9.5
		<b>STEAK SAUCES</b>	
		Café de Paris, sauce au poivre vert, jus de rôti, Béarnaise	2

## Legumes

<b>FRENCH FRIES</b>	3.5	Great for sharing, choose any 3 sides for £9 to accompany your meal	<b>BUTTERED BABY SPINACH</b>	3.5
<b>POTATOES ROASTED IN GOOSE FAT</b>	4		<b>HONEY ROASTED VEGETABLES</b>	3.5
<b>NEW POTATOES IN PARSLEY AND GARLIC BUTTER</b>	3.5		<b>BABY ROCKET SALAD WITH GRANA PADANO</b>	4
<b>CREAMY MASHED POTATO</b>	3.5		<b>SALADE MAISON</b>	4
<b>MARINATED FRENCH OLIVES</b>	3.5		Roasted beetroot, pomegranate, croutons, toasted pine nuts and pumpkin seeds	
		<b>BASKET OF FRENCH BREAD</b>	3.5	
		<b>PETITS POIS A LA FRANCAIS</b>	3.5	
		Sautéed peas, gem lettuce & smoked pancetta		

## Menu Du Jour

Available Monday to Friday  
Midday to 6pm

## Live Jazz at Atlantic

Music from 2pm to 5pm  
Set Menu available

## Low FODMAP Menu

The first specially created such menu in the UK  
See our website for details  
Gluten free and dairy free