

French Connection

BISTRO



LUNCH MENU

LIGHT MEALS, SALADS & STIR-FRIES

TARTE AU CHÈVRE 
caramelised onion and goats milk cheese tart,
herb salad, toasted pine nuts 62

CONNECTION COBB SALAD
chicken, lettuce, tomato, bacon, avocado,
feta, Dijon mustard dressing 75

WARM SALAD OF CALAMARI
chorizo, red peppers, wild rocket,
paprika dressing 75

**HERBED BEEF FILLET
CARPACCIO**
oven-dried rosa tomatoes, endamame beans,
rocket salad, herb dressing 78

 **GRILLED FRESH
GREEN ASPARAGUS**
roasted beetroot pesto, pinenuts,
shaved Parmesan, smoked olive oil 68 | 98

TEMPURA VEGETABLES 
with Nam Jim dipping sauce 68 | 98

BEEF STIR-FRY
mushrooms, red onion, bean sprouts,
chilli, mint, tatsoi, fresh green asparagus,
ginger, noodles, hoisin sauce 105

CHARCUTERIE BOARD
glazed gammon, saucisson sec,
chorizo, Winelands cheese, olives,
tabbouleh salad, fresh baguette
(ideal to share) 115

TEMPURA PRAWNS
with honey, ginger and garlic soy
and Japanese mayo (3)95 | (6)190

SANDWICHES

served on baguette or ciabatta

ROAST CHICKEN
mayonnaise, avocado, watercress 65

HOMEMADE SUGAR-GLAZED HAM
rosa tomato confit, onion relish,
honey mustard dressing 65

GRILLED STEAK (150G)
onions, mushrooms,
café de Paris butter 90

PITAS & WRAPS

served with French fries

BEEF FILLET STRIPS
marinated in coriander and chilli,
cabbage chiffonade, tomatoes, hummus,
cucumber yoghurt dressing 90

**ROASTED BLACK MUSHROOM
& ASPARAGUS** 
harissa hummus, sprouts,
pecan nuts, mint 95

HERB-ROASTED LAMB SHOULDER
guacamole, roasted tomato, wild rocket,
onion marmalade 98

MAINS

MOULES FRITES
fresh mussels with white wine, cream
and garlic (when available) 75 | 120
(no French fries with starter portion)

**CAJUN-SPICED FREE-RANGE
CHICKEN BURGER**
garlic mushrooms, avocado, tomato,
rocket, smokey barbeque mayo 85

FREE-RANGE KAROO LAMB BURGER
guacamole, roasted tomato, red onion
marmalade, pancetta and gherkin 90

FILLET MIGNON (180G)
on a crouton, three-mushroom sauce,
French fries 110

GRILLED CALAMARI
chilli, garlic, lemon, olive oil,
roast tomatoes 110

**CORN-FED, FREE-RANGE
GRILLED CHICKEN**
pepper sauce 115

**FRANSCHHOEK SALMON TROUT
& DILL FISH CAKES**
green herb aioli, French fries, side salad 120

VEAL SCHNITZEL (180G)
three-mushroom sauce 120

DAILY FRESH FISH
(200g portion) (we'll give you details) 125

PORK SPARE RIBS (550G)
honey-apple basting 130

**SLOW-ROASTED, FREE-RANGE
CRISPY DUCK**
caramelised berries,
raspberry vinegar jus 140

PEPPERED SPRINGBOK LOIN
sweet red cabbage, berries,
vygie jus (when available) 165

ROASTED KAROO LAMB RUMP
parsley crust, onion soubise,
salsa verde 165

STEAKS

RUMP OR SIRLOIN
(300g portion) 120

RIB EYE
(300g portion) 140

T-BONE STEAK
(500g portion) 170

FILLET
(250g portion) 145

All our steaks are A-grade meat, hung for one week and wet-aged in vac pac for at least two weeks. We hope you can taste the difference. Our steaks can be basted with one of the following basting of your choice: Red wine BBQ, fresh herbs and olive oil or crusted with black pepper and mustard seeds. Our steaks are served with French fries or potato of the day and vegetables (where applicable).

SAUCES & BUTTERS

Au poivre · Béarnaise
Dijon mustard · Three-mushroom cream
Café de Paris butter
Garlic and herb butter 20

SIDE SALADS

baby leaf salad, mustard vinaigrette 20
garden salad 25
tomato and red onion salad 25

VEGETABLES

extra bowl of vegetables 20
onion rings 20
sautéed mushrooms in garlic
and herb butter 28
extra bowl of French fries 18 | 26

DESSERT

CRÈME BRÛLÉE
choc chip biscotti 40

TRIO OF FRUIT SORBETS
(your waiter will advise what
we have available today) 40

**HOMEMADE PEAR
TARTE TATIN**
vanilla crème fraîche 45

**WARM BELGIAN
CHOCOLATE TART**
chocolate spring roll,
cream or ice cream 45

FRESH SUMMER BERRIES
mint syrup, blueberry ice cream 48

**FRENCH CONNECTION
CHEESE BOARD**
preserves, biscuits, choose 4 cheeses
(we'll give you details) 74

**TRIO OF BELGIAN
CHOCOLATES**
25



DELUXE COFFEEWORKS
FRANSCHHOEK, ZA

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