

French Connection

BISTRO



LUNCH MENU

LIGHT MEALS, SALADS & STIR FRIES

HOME ROLLED LINGUINE
slow roasted mini rosa tomatoes,
shaved courgette, lemon, basil, Parmesan 55|98

PÂTÉ DE CAMPAGNE
spiced pear chutney, baby gherkins,
toasted baguette 55

TARTE AU CHÈVRE
caramelised onion and goats milk
cheese tart, herb salad, toasted pine nuts 58

CONNECTION COBB SALAD
chicken, lettuce, tomato, bacon, avocado,
feta, Dijon mustard dressing 68

WARM SALAD OF CALAMARI
chorizo, red peppers, wild rocket,
paprika dressing 68

HERB ROAST CHICKEN SALAD
iceberg lettuce, roasted butternut, beetroot,
red onion, avocado, herb shoots, giant
croutons, Caesar dressing 75

**FRANSCHHOEK SALMON TROUT
& AVOCADO TARTARE**
finely chopped lightly smoked and fresh
Franschhoek salmon trout, avocado,
crème fraîche, chive oil, trout caviar 85

BEEF STIR FRY
mushrooms, red onion, bean sprouts,
chilli, mint, tatsoi, fresh green asparagus,
ginger, noodles, hoisin sauce 98

**FREE-RANGE CHICKEN
BREAST STIR FRY**
bean sprouts, mange tout, coriander,
spring onion, baby corn, red pepper,
teriyaki sauce 98

CHARCUTERIE BOARD
glazed gammon, saucisson sec, chorizo,
winelands cheese, olives, tabbouleh salad,
fresh baguette (ideal to share) 98

SANDWICHES

served on baguette or ciabatta

GRILLED VEGETABLES
chevin, salsa rosso 48

ROAST CHICKEN
mayonnaise, avocado, watercress 54

HOMEMADE SUGAR-GLAZED HAM
rosa tomato confit, onion relish,
honey mustard dressing 52

GRILLED STEAK
onions, mushrooms, café de Paris butter 85

PITAS & WRAPS

served with French fries

FALAFEL PITA
chickpea fritters, butternut hummus,
crisp vegetable slaw, mint, tabbouleh,
marinated tomatoes, tahini 80

TANDOORI CHICKEN STRIPS
avocado, watercress,
cucumber and coriander raita 80

BEEF FILLET STRIPS
marinated in coriander and chilli,
cabbage chiffonade, tomatoes, hummus,
cucumber yoghurt dressing 85

MAINS

MOULES FRITES
fresh mussels with white wine,
cream and garlic (when available) 68|105
(no French fries with starter portion)

GOURMET BURGER
beef or grilled chicken, guacamole,
garlic mushrooms, rocket, tomato chutney
on toasted ciabatta 85

**CORN-FED, FREE-RANGE
GRILLED CHICKEN**
pepper sauce 105

GRILLED CALAMARI
chilli, garlic, lemon,
olive oil, roast tomatoes 98

DAILY FRESH FISH
(200g portion) (we'll give you details) 110

**FRANSCHHOEK SALMON TROUT
& DILL FISH CAKES**
green herb aioli,
French fries, side salad 115

FILLET MIGNON (180G)
on a crouton, three-mushroom sauce,
French fries 105

VEAL SCHNITZEL (180G)
three-mushroom sauce 110

PORK SPARE RIBS (550G)
honey-apple basting 120

**PEPPERED CHAR-GRILLED
KUDU LOIN**
red cabbage, apple café au lait sauce 130

**SLOW-ROASTED, FREE-RANGE
CRISPY DUCK**
caramelised berries,
raspberry vinegar jus 130

ROASTED RACK OF KAROO LAMB
parsley crust, whole roasted garlic 155



vegetarian

STEAKS

RUMP OR SIRLOIN
(300g portion) 115

RIB EYE
(300g portion) 120

T-BONE STEAK
(500g portion) 145

FILLET
(250g portion) 130

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 bastings 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 18

SIDE SALADS

Baby leaf salad, mustard vinaigrette 18
Garden salad 22
Tomato and red onion salad 22

VEGETABLES

Extra bowl of vegetables 18
Onion rings 20
Sautéed mushrooms in garlic
and herb butter 24
Extra bowl of French fries 18|26

DESSERT

TRIO OF BELGIAN CHOCOLATES
25

APPLE TART TATIN
vanilla crème fraîche 40

CRÈME BRÛLÉE
choc chip biscotti 45

**INDIVIDUAL PASSION FRUIT
CHEESECAKE**
white chocolate anglaise 45

PEAR & ALMOND CAKE
hazelnut anglaise,
chocolate coffee beans 45

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

FRESH SUMMER BERRIES
cassis sabayon 50

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



DELUXE COFFEEWORKS
FRANSCHHOEK, ZA

021 876 4056 • Etali 2002 • Main Road Franschoek