

# French Connection

## BISTRO

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### LUNCH MENU

#### LIGHT MEALS

##### SPICY FRANSCHHOEK SMOKED TROUT POKE BOWL

smoked trout tartare (70g), edamame beans, avocado, shaved courgette, tenderstem broccoli, carrot julienne, bean sprouts, pea shoots, brown and wild rice, warm master stock broth R145

##### TEMPURA PRAWNS

honey, ginger & garlic soy, Japanese mayo (3) R140 | (6) R280

##### LEEK, PEA & COURGETTE SPAGHETTI (VEGETARIAN)

whipped chevin, parsley pangrattata R100 | R160

##### CHAR-GRILLED BEEF RUMP WRAP

hummus, shredded cabbage, roasted tomato, crispy onions, jalapeño dressing, French fries R140

##### CHARCUTERIE & CHEESE BOARD

BEST OF BOTH WORLDS – Winelands artisanal charcuterie, cheese selection, red onion marmalade, local olives, couscous salad, bread basket R175

#### SPECIALITY SALADS

##### WARM CHICKPEA SALAD (VEGAN)

roasted red pepper, cherry tomato and red onion, coriander, baby spinach, rustic ciabatta croutons, chilli oil R125

##### APPLEWOOD-SMOKED CHICKEN SALAD

avocado, roasted beetroot, bacon, lime crème fraîche R130

##### GRILLED BABY CALAMARI

Spanish chorizo, warm Niçoise salad, chipotle, lemon & garlic butter R140

#### MAINS

##### ROASTED MUSHROOM GNOCCHI (VEGETARIAN)

spinach, roasted garlic, Parmesan shavings, parsley oil R165

##### MOULES FRITES

fresh mussels, white wine, cream, garlic, toasted baguette, French fries R115 | R185  
*(when available) (no French fries with starter portion)*

##### CHAR-GRILLED BEEF BURGER (220G)

bacon, sautéed mushrooms, white cheddar, tomato, crispy onion rings, harissa mayo, French fries R145

##### CHICKEN SCHNITZEL BURGER

crispy onion rings, BBQ mayo, tomato, red onion & avocado salsa, French fries R135

##### CHAR-GRILLED, FREE-RANGE HALF CHICKEN

homemade peri-peri R145

##### VEAL SCHNITZEL

our original best seller, three-mushroom sauce (180g) R180

##### BEEF FILLET STROGANOFF

mushrooms, dill cucumber, sour cream, smoked paprika, savoury rice (150g) R195

##### DAILY FRESH FISH

(200g portion) we'll give you details SQ

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### MAINS CONT.

#### FRENCH CONNECTION BOUILLABAISSE

seafood soup with linefish, prawns, mussels, calamari, parsley rouille, toasted baguette R235

#### FILLET MIGNON

on a crouton, three-mushroom sauce, French fries (180g) SQ

### STEAKS

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). A garden side salad can be substituted for fries & veg for those avoiding carbs!

**RUMP** – 300g portion R170

**SIRLOIN** – 200g portion R165 · 300g portion R195

**FILLET** – 250g portion SQ

*Due to the massive seasonal fluctuations in the price of beef fillet and fresh fish the price will reflect on the daily specials board.*

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### SAUCES AND BUTTERS

Au poivre · Béarnaise  
Three-mushroom cream  
Homemade peri-peri  
Bone marrow, red wine & chive butter  
Café de Paris butter  
Garlic & parsley butter  
R35

### SIDES

baby leaf salad, mustard vinaigrette R30  
garden salad R35  
tomato & red onion salad R35  
extra bowl of French fries R25 | R35  
onion rings R30  
extra bowl of vegetables R35

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### DESSERT

#### CRÈME BRÛLÉE

almond & orange zest biscotti R80

#### APPLE TARTE TATIN

homemade rum 'n raisin ice cream R80

#### WARM BELGIAN CHOCOLATE TART

homemade choc chip ice cream R85

#### CARAMELISED BANANA BREAD & BUTTER PUDDING

brandy praline anglaise R80

#### FRENCH CONNECTION CHEESE BOARD

selection of local cheeses, preserves, biscuits – we'll give you details R135

#### TRIO OF BELGIAN CHOCOLATES R35

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*PLEASE NOTE that certain menu items may contain traces of nut, egg, soya, wheat and other allergens. We are therefore unable to guarantee the absence of the above ingredients in the menu items.*

*A 10% discretionary service charge will be added to parties of eight or more.*

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