

LE B.B.Q.



WELCOME AND BON APPETIT!

*Hôtel Hélios guests with half-board accommodation
are invited to choose from
the starters, main courses and desserts marked with a **

THE SHARED APERITIF

MEDITERRANEAN ASSORTMENT - €12,00

*Tomato, anchovy dip, aubergine dip, courgette pesto,
fresh goat's cheese tapenade and focaccia croutons*

OR

IBERIAN CHARCUTERIE

WITH GRANDMOTHER'S HOME-MADE TERRINE - €17,00

Bread and condiments

SNACKS - €17.00

XXL croque-monsieur with truffled ham

OR

Bruschetta with grilled vegetables, mozzarella and gremolata

SALADS - €16.00

ORIENTALE

Vegetarian recipe

Salade of raw and cooked carrots with Zaatar spices, beef falafel, hummus, artichokes, cucumber, mint sauce

CUBAN

Wheat tortillas, organic shrimps, Romaine lettuce, tomatoes, pickled onions, kidney beans, avocado, grilled sweetcorn, coriander and lime

ITALIAN

Selected tomatoes, mozzarella, cucumber, red onions, basil, olive oil, mixed leaves

New

BEEF CARPACCIO

Olive oil and lemon, parmesan cheese, caper leaves

MEAT DISHES

"QUALITY" BIG BURGER TO SHARE FOR 2 PEOPLE - €33,00

Beefburger patty, grilled bacon, little gem lettuce, cocktail sauce, raclette cheese, gherkins, fried onions, beef tomato

 *French origin*

BEEF TARTARE AND CONDIMENTS - €19,00 *

 *French origin*

BBQ SIGNATURE VERSION - €22,00 *

Tartare fried with grilled bacon and a fried egg

 *French origin*

FISH

ORGANIC SEA BASS - €28,00

Grilled with fennel, lemon, olive oil and fine sea salt

* Included in the half-board option for hotel guests

Net prices - service included

GARDEN

SERVED WITH ACCOMPANIMENTS TO SHARE

Home-made ratatouille

Garlic new potatoes, rosemary and fine sea salt

Green beans with lemon butter, flat-leaf parsley and candied shallots

Baby leaf salad

Fries

OUR DIFFERENT SAUCE

Pepper sauce

BBq sauce

Mustard sauce

Tartare sauce

Chichimurri sauce

CHILDREN'S MENU - €12.00

CHOICE OF ACCOMPANIMENTS

Syrup

*

Crispy chicken strips OR minced Charolles beef patty

OR Plancha-grilled cod fillet

*

Sundae

Net prices - service included

DESSERTS - €7.00

PINA COLADA CRUMBLE "VEGAN RECIPE"

Chia seeds with coconut milk, pineapple and lime

STRAWBERRY PAVLOVA

Meringue, strawberry compote, fresh strawberries, whipped cream and lime zest

LEMON PIE

Creamy lemon, crispy shortbread, flamed marshmallow

SALTED-BUTTER CARAMEL BROWNIE *

Brownie, salted-butter caramel, whipped cream, chocolate flakes

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WINES

RED WINE

75 CL

Domaine Ile des Embiez €29.00
IGP (protected geographical designation) Pays du Var

Le "M" de Minuty €39.00
AOP (protected designation of origin) Côtes de Provence

Château de l'Aumerade, Cuvée Style €26.00
AOP Côtes de Provence

Héritage de Vannières €29.00
IGP Mont-Caume

La Rose des Vents €28.00
Coteaux Varois *Organic Wine*

WHITE

75 CL

Domaine Ile des Embiez €29.00
AOP Côtes de Provence *Organic Agriculture*

Héritage de Vannières €27.00
IGP Mont-Caume

Le "M" de Minuty €39.00
AOP Côtes de Provence

Château de l'Aumerade, Cuvée Style €25.00
AOP Côtes de Provence

La Rose des Vents €29.00
Coteaux Varois *Organic Wine*

ALCOHOL ABUSE HARMS YOUR HEALTH. PLEASE DRINK RESPONSIBLY.

Net prices – service included

ROSE

75 CL 150 CL

Domaine Ile des Embiez AOP Côtes de Provence <i>Organic Agriculture</i>	€29.00	€52.00
Héritage de Vannières IGP Mont-Caume	€27.00	
Le "M" de Minuty AOP Côtes de Provence	€39.00	
Château de l'Aumerade, Cuvée Style AOP Côtes de Provence	€25.00	
La Rose des Vents Coteaux Varois <i>Organic Wine</i>	€27.00	

WINES BY THE GLASS - RED, WHITE, ROSE

Domaine Ile des Embiez (14 cl)	€6.00
Château de l'Aumerade, Cuvée Style AOP Côtes de Provence (14 cl)	€6.00
50 cl carafe	€9.00
25 cl carafe	€5.00

CHAMPAGNES

Mumm Cordon Rouge (Saucer)	€13.00
Mumm Cordon Rouge (Bottle)	€85.00

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DRINKS

ANISE DRINKS

Ricard (2 cl)	€2.50
Ricard Plantes Fraîches (2 cl)	€2.50
Ricard with syrup (2 cl)	€2.80
Ricard long drink (4 cl)	€2.50
Almond Ricard or Lemon Ricard (2 cl)	€2.50
Pacific (alcohol-free) (4 cl) coconut, mint, passion fruit, aniseed	€2.40

COFFEE AND TEA

Espresso	€2.00
Decaffeinated coffee	€2.00
Espresso with milk, cappuccino	€4.00
Double espresso	€3.80
Long espresso	€2.00
Kusmi tea	€4.00
Hot chocolate	€4.30
Extra whipped cream	€2.00

To protect the environment as best we can, we use biodegradable straws and stirrers, which can be composted or incinerated. Filtered water is treated to make it drinkable.

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APERITIFS

Cinzano Bianco or Rosso (5 cl)	€4.00
Offley white or ruby port (5 cl)	€3.50
Blackcurrant, peach or blackberry kir	€6.00
Kir royal (Mumm)	€14.00
White, rosé or red Lillet (5 cl)	€4.00
White or rosé Lillet Tonic (12 cl)	€6.00
Mint mojito	€10.00
Virgin mojito	€7.00

FRUIT JUICES (25 CL) €4.00

Strawberry, orange, pineapple, apricot, tomato, apple, grapefruit

SOFT DRINKS

Coca Cola/Coca Cola Zero (33 cl)	€4.00
Lemonade (25 cl)	€3.00
Lemonade with syrup (25 cl)	€3.20
Syrup (2cl)	€2.50
Orange Fanta (33 cl)	€4.00
Schweppes Tonic Agrum (25 cl)	€4.00
Fuze Tea Peach (25 cl)	€4.00

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WATER

Evian (33cl)	€4.00
Badoit Rouge (33cl)	€4.00
Cryo (50cl) still or sparkling	€3.00
Cryo (100cl) still or sparkling	€4.00

DRAUGHT BEERS

Heineken (25 cl 50 cl)	€4.00 €7.00
Abfligem (25 cl 50 cl)	€5.00 €8.00
With syrup	€0.20 €0.50
Picon beer (25 cl 50 cl)	€4.50 €8.50
Panaché (25 cl 50 cl)	€4.00 €6.00
Monaco (25 cl 50 cl)	€4.00 €6.00

BOTTLED BEERS

Desperados (33cl)	€7.00
Heineken 0° sans alcool (33cl)	€6.00

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SPIRITS & LIQUEURS

Clan Campbell (4 cl)	€7.00
Chivas 12 years old (4 cl)	€9.00
Chivas 18 years old (4 cl)	€15.00
Ballantine's 12 years old (4 cl)	€9.00
Glenlivet 12 years old (4 cl)	€11.00
Jameson (4 cl)	€7.00
Absolut vodka (4 cl)	€8.00
Beefeater gin (4 cl)	€8.00
Havana 3-year-old rum (4 cl)	€7.00
Havana 7-year-old rum (4 cl)	€7.00
Get 27 (6 cl)	€7.00
Get 31 (6 cl)	€7.00
Limoncello (6 cl)	€7.00
Bailey's (4 cl)	€7.00
La Duchesse Williams pear eau de vie (4 cl)	€7.00
Marquis de Montesquiou armagnac (4 cl)	€7.00
Martell VSOP cognac (4 cl)	€10.00

SUPPLEMENTS

Coca-Cola, Schweppes Indian Tonic, Perrier, lemonade, fruit juice	€2.00
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