

La Cantine



SLATE MENU OF THE DAY

The crew's slate board proposes a selection of home-made appetisers, starters, main courses and desserts, concocted according to their daily inspirations and the catch of the day.



APPETISER OFFERS

EMB[']OCAUX : choice of home-made Emb'ocaux verrines produced for the Sàrti, to be enjoyed at the bar, on the terrace or at a table as an appetiser. Served with a variety of crackers (socca chips, croutons).





TO SHARE

Order individually or choose three verrines from the menu served on a board

Grandmother's terrine with prunes

Tomato dip with basil

Grilled aubergine dip with Parmesan

Courgette, mint and rocket pesto

Anchovy dip with stewed onions

Olive dip with fresh goat's cheese and rosemary

Sardine rillettes with pistou

Mackerel rillettes with coriander and aniseed





3 OPTIONS

1 DISCOVERY

A <u>sample</u> to try



(2) TRADITION

A starter to savour



(3) COMPANIONSHIP

A <u>platter</u> to share - 2 people

a choice of 4 dishes in DISCOVERY format



SÀRTifumade

Mediterranean bluefin tuna, citrus sour cream and socca chips

NEW

Fresh organic egg mayonnaise with fermented black pepper, fennel and Greek-style mushrooms

NEW

Foie gras from the sea, monkfish liver candied to lemon, toast and pickled vegetables



Texture medley of organic "Domaine de l'Enregado "beetroot

Wood-oven baked pissaladière (onion tart)

"DISCOVERY format" only

"TRADITION format" only

Home-made Mediterranean rockfish soup

NEW

Triple OOO six-year-old vintage oysters from Jean-Christophe Giol in Tamaris, grilled and smoked over fennel wood, with steamed leeks and béarnaise sauce

MAIN DISHES

SEAFOOD DISHES

SÀRTI quenelle with lobster cream - €20 Organic Camargue rice sautéed with garlic

Roast pancetta-wrapped organic bream, mozzarella, basil, slow-roasted tomatoes and black olive panisses (fried chickpea sticks) - €26

NEW

SÀRTIfish burger

Caesar-style Mediterranean bluefin tuna tartare, focaccia with olive oil and rosemary, fresh fries - €22

Our new version of a Provençal aioli, Freshly cooked seasonal vegetables - €30

Bolognese-style fusilli with octopus and red pesto - €23

MEAT DISHES

NEW

Matured L-bone sirloin steak grilled on the bone - €39

Jersey beef of French origin

NEW

Grilled butcher's steak - €26

Jersey beef of French origin

The meats are accompanied with Choron sauce, hash browns and puréed broccoli with flat-leaf parsley and cardamom

NEW

Griddled preserved veal cheek - €27 Spring vegetables, ravigote sauce

🔚 European union origin

NEW

Noir de Bigorre pork sausage parcel - €25 puréed celery with Tonka beans and reduced Lillet wine jus

Knife-cut beef tartare - €20 With olive oil and condiments, fresh house fries French origin

Prices are net and include service



Origins of our meats on demand

WOOD-FIRE OVEN

SARTITUDE

Local fisherman's catch: fish baked in a wood-fired oven. See the slate for our suggestions.

Price by weight

Depending on sea conditions, our freshly caught fish is delivered directly to the restaurant quay by a fisherman from Le Brusc and immediately added to the menu.

To be enjoyed without moderation!



GIVE IN TO TEMPTATION

and choose an additional side dish

Black olive panisses (fried chickpea sticks)

Fresh home-made fries

Fusilli with red pesto

Freshly cooked seasonal vegetables

Hash browns

Puréed celery with Tonka beans

Organic Camargue rice sautéed with garlic

Puréed broccoli with flat-leaf parsley and cardamom



Up to age 12

Water syrup

Chicken fillet or Fish fillet on the plancha

Served with:
Pasta with butter
or
Chips

Fromage blanc with fruit coulis



NEW

Selection of cheeses from the Fromagerie de Six-Fours with baby leaf salad - €7

- Ø Delicious vanilla crème brûlée €7
 - Traditional Rum Baba with
 Clean Caribbean spiced rum
 and whipped cream €7
 - The ultimate "Grand-Cru" chocolate mousse €7

NEW

- French almond sundae, seasonal fruit and warm almond sponge finger €7
- The "MC" Macaroon and espresso Coffee €4

TO SHARE

The unmissable SàRT'Ile flottante with pink praline chips and nougat chips - €14



FOR YOUR NEXT SARTI

Sharing platters - prepared to order - book 48 hrs in advance

Monkfish cooked in the Provencal bourride style at least 2 people - €34/pers.

Wild sea bass in puff pastry with fine sea salt, lemongrass butter sauce, seasonal vegetables at least 2 people - €40/pers.

Our fish fondue with bouillabaisse jus, raw and cooked vegetables, rouille sauce, aioli and croutons at least 2 people - €38/pers.

INSTA READY

FOR YOUR NEXT SARTI

Sharing platters - prepared to order - book 48 hrs in advance

Beef rib grilled in a wood-fired oven, Single-origin pepper, béarnaise sauce at least 2 people - €38/pers.

Pan-fried rump of free-range veal, truffle risotto at least 2 people - €38/pers.

INSTA READY

Market Land



Le Comptoir ——

SLATE MENU OF THE DAY

A selection of drinks is proposed on the slate, according to the crew's current favourites, new discoveries and seasonal inspiration!

WINE LIST

RED WINES

Domaine Ile des Embiez 2019 SIGP (protected geographical designation) Pays du Var 75 cl	€29,00
La Rose des Vents 2020 Côteaux Varois 75 cl	€27,00
Château Margilière 2015 Côteaux Varois 75 cl	€28,00
Château Vannière 75 cl 2005 2009 2013 2016	€105,00 €95,00 €85,00 €46,00
Le " M " de Minuty 2019 AOP Côtes de Provence 75 cl	€39,00
Domaine Bunan, Château la Rouvière AOP Bandol 2016 75cl 2015 150cl	€42,00 €110,00

ALCOHOL ABUSE IS HARMFUL TO YOUR HEALTH.
PLEASE DRINK SENSIBLY.

Château Figuière, Cuvée Première 2019 AOP Côtes de Provence 75 cl Vegan	€39,00
Château Figuière, Confidentielle 2016 AOP Côtes de Provence 150 cl	€95,00
Bourgogne - Pommard 2012 75 cl	€75,00
Côtes-du-Rhône - Morgon 2018 75 cl	€39,00
BORDEAUX	
St Julien, Fief Lagrange 2013 75 cl	€55,00
Pouillac, Lacoste Borie 2013 75cl	€58,00
St Estèphe, Orme de Pez 2013 75 cl	€62,00
Margaux, Baron de Brane 2012 75 cl	€48,00
Pessac Leonan, Naudin Larchey 2013 75cl	€32,00
Pessac Leonan, Château Lagarde 2012 75 cl	€46,00
Haut Médoc, Diane de Belgrave 2011 75cl	€35,00
Côtes de Bordeaux, Château Ricaud 2015 75 cl	€32,00
Grand vin de Bordeaux,	
Château cadet de la motte 2010 75cl	€35,00

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ROSÉ WINES

Domaine Ile des Embiez S AOP Côtes de Provence 75 cl | 150 cl - organic €29,00 | €52,00

Château de l'Aumérade, Cuvée Marie-Christine

AOP Côtes de Provence 75 cl | 150cl €39,00 | €75,00

Château Figuière, Cuvée Première €39,00 AOP Côtes de Provence 75 cl - Vegan

Château Figuière, Confidentielle €95,00

AOP Côtes de Provence 150 cl

Château Vannières €45,00

AOP Bandol 75 cl

La Rose des Vents €27,00

Côteaux Varois 75 cl

Le "M" de Minuty €39,00

AOP Côtes de Provence 75 cl

Domaine Bunan, Château la Rouvière

AOP Bandol 75 cl | 150cl €48,00 | €90,00

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WHITE WINES

Domaine Ile des Embiez AOP Côtes de Provence
75 cl | 150 cl - organic

€29,00 | €52,00

La Rose des Vents

€27,00

Côteaux Varois 75 cl

Le " M " de Minuty AOP Côtes de Provence 75 cl €39,00

Château de l'Aumérade, Cuvée Marie-Christine

AOP Côtes de Provence 75 cl

€39,00

Domaine Bunan, Château La Rouvière

AOP Bandol 75 cl | 150cl

€42,00 | €85,00

Château Léoube

€32.00

Côtes de Provence 75 cl

Château Figuière, Cuvée Première

€39.00

Côtes de Provence 75 cl Vegan

Château Figuière, Confidentielle

€95.00

Côtes de Provence 150 cl

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GLASS OF WINE Domaine Ile des Embiez Organic AOP Côtes de Provence Blanc, rouge, rosé 75 cl Figuière Première AOP Côtes de Provence Blanc, rouge, rosé 75 cl Domaine Bunan, Le Moulin des Costes Bandol

Rouge 75 cl

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DRINKS

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FRUIT JUICES

Charles Papillon artisanal juices & nectars

Apricot, orange, apple, vineyard peach, tomato, raspberry, pear 25 cl

€6,00

HEALTHY VITAMIN AND DETOX CORNER

Seasonal pressed juices 15 cl

€6,00

CORDIALS JUICES

MONIN syrup cordials

€2,50

Mint, grenadine, orgeat, lemon, strawberry, peach 2 cl

SOFT DRINKS

Lemonade 25 cl	€3,00
Diabolo (syrup of your choice) 25 cl	€3,20
Regular Coca-Cola 33 cl	€4,00
Coca-Cola Zero 33 cl	€4,00
Fuze Tea 33 cl	€4,00
Orange Fanta 33 cl	€4,00
Archibald tonic 20 cl	€5,00
Ginger Beer Fever Tree 20 cl	€5,00

DRAUGHT

Heineken 25 cl 50 cl	€4,00 €7,00
Edelweiss 25 cl 50 cl	€5,00 €10,00
Affligem Ambrée 25 cl 50 cl	€5,00 €10,00
Draught beer shandy 25 cl 50 cl	€4,00 €6,00
Picon beer 25 cl 50 cl	€4,50 €8,50
Monaco 25 cl 50 cl	€4,00 €6,00
Supplement syrup 25 cl 50 cl	€0,20 €0,50

BOTTLED

Heineken o.o 33 cl €6,00

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ANISES DRINKS

Ricard 2 cl	€2,50
Ricard syrup 2 cl	€2,70
Ricard Long Drink 4 cl	€4,00
Ricard Plantes Fraîches 2 cl	€2,50
Almond/Lemon Ricard, organic 2 cl	€2,50
Pacific 4 cl alcohol-free	€2,40
Coconut, mint, passion fruit, anis, strawberry	

RUM CELLAR

Havana Club Anejo 3 years old 4 cl	€7,00
Havana Club Anejo Especial 4 cl	€8,00
Havana Club Anejo 7 years old 4 cl	€9,00
Havana Club Seleccion de Maestros 4 cl	€12,00
Havana Club Anejo 15 years old 4 cl	€24,00
Havana Club Union 4 cl	€48,00
Boukman 4 cl	€I2 . 00

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APERITIFS AND FORTIFIED WINES	iratical astaclas
Bordelais Lillet red, rosé, white 6 cl	€4,00
Tonic Lillet red, rosé, white 6 cl	€6,00
Muscat de Rivesaltes old age	
Domaine Sol Payré 6 cl	€8,00
Offley porto ruby or white 10 cl	€3,50
Cinzano Rosso or Bianco 4 cl	€4,00
Campari 4 cl	€4,00
Kir blackcurrant, blackberry or peach 15 cl	€7,00
Suze 4 cl	€3,50
Kir Royal Mumm 15 cl	€I4 , 00

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WHISKY

Clan Campbell 4 cl	€7,00
Ballantine's 4 cl	€7,00
Jameson 4 cl	€7,00
Glenlivet 12 years old 4 cl	€II,00
Glenlivet Founders Reserve 4 cl	€9,00
Chivas 12 years old 4 cl	€9,00
Chivas 18 years old 4 cl	€15,00
Chivas 21 years old 4 cl	€27,00
Chivas 25 years old 4 cl	€48,00
Chivas Extra 4 cl	€12,00
Four Roses Bourbon 4 cl	€7,00
Aberlour 12 ans 4 cl	€I2,00

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SPIRITS

Beefeater 24 gin 4 cl	€9,00
Monkey 47 gin 4 cl	€I2,00
Avion Silver tequila 4 cl	€10,00
Absolut Elix vodka 4 cl	€9,00
Cachaça Janeiro 4 cl	€7,00
Malibu coconut rum 4 cl	€7,00
Baileys 4 cl	€7,00
Get 27 & 31 6 cl	€7,00
Limoncello 4 cl	€7,00
Amaretto 4 cl	€7,00
Cointreau 4 cl	€7,00
Supplément soda	€2,00

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COGNAC

Martell VSOP 4 cl	€IO,00
Martell XO 4 cl	€I7,00
Martell Cordon Bleu 4 cl	€20,00
Martell Blue Swift 4 cl	€I 2 ,00
Martell Cohiba 4 cl	€48,00

ARMAGNAC & CALVADOS

Marquis de Montesquiou 4 cl	€7,00
Busnel calvados VSOP 4 cl	€9,00

EAUX DE VIE & MARC

La Duchesse

Raspberry, pear, mirabelle plum 4 cl	€7,00
Garlaban Marc de Provence 4 cl	€6,00

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CHAMPAGNES

Mumm Cordon Rouge Brut 15 cl saucer	€I3 , 00
Mumm Cordon Rouge Brut 75 cl	€85,00
Mumm Cordon Rouge Brut 150 cl	€162,00
Perrier-Jouët Grand Brut 75 cl	€95,00
Perrier-Jouët Grand Brut 150 cl	€200,00
Perrier-Jouët Rosé Blason 75 cl	€168,00
Perrier-Jouët Belle Époque 75 cl	€240,00
Mumm RSRV Brut 4.5 75 cl	€99,00
Mumm RSRV Blanc de Blancs 75 cl	€129,00
Mumm RSRV Blanc de Noirs 75 cl	€159,00
Mumm RSRV Rosé Foujita 75 cl	€139,00

To protect our environment as much as possible, we use biodegradable straws and stirrers, which can be turned into compost or incinerated.

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