

# 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

€10.00

## MEDITERRANEAN ASSORTMENT

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

OR

## MARSEILLE DRIED SAUSAGE

### WITH GRANDMOTHER'S HOME-MADE TERRINE

*Bread and condiments*

OR

## THE MIXED APERITIF PLATTER - €19.00

*The Mediterranean assortment, Marseille dried sausage and home-made terrine, bread and condiments*

## SNACKS - €13.00

*"Rustic" open sandwich with warm goat's cheese, slow-roasted tomato, basil, creamed artichoke and mixed leaves*

*Mediterranean BBQ pie with grilled vegetables, onion compote, tomatoes, black olives and mixed leaves*

\* Included in the half-board option for hotel guests

Net prices - service included

## SALADS - €16.00

### RIVIERA\*

*Vegetarian recipe*

*Courgettes marinated with black olives, slow-roasted tomatoes, grilled aubergines and peppers, artichokes, beans, rocket*

### 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*

### RANCH PLATTER

*Beef carpaccio and pastrami marinated in olive oil and lime, red cabbage slaw and jalapeño pepper condiment*

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# MEAT DISHES

## SERVED WITH FRIES AND SALAD

### LAMB

*New*

*Leg of lamb skewer with garlic and rosemary - €22.00\**

### POULTRY

*Barbecued chicken with lemon, chimichurri sauce - €19.00*

### PORK

*Grilled hand-made Marseille sausage - €20.00\**

*AAAAA-grade andouillette tripe sausage with traditional  
mustard sauce - €20.00\**

*Caramelised pork ribs - €18.00\**

*Griddled Pluma Iberica pork loin  
with smoked pepper red pesto - €25.00*

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## BEEF

*New*

Prime 300 g rib-eye steak - €36.00

"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

**SERVED WITH FRIES AND MIXED LEAVES**

Beef hanger steak brochettes - €19.00\*

Grilled rump steak, pepper sauce - €23.00

Knife-cut beef tartare and condiments - €18.00\*

BBQ signature version

Tartare fried with grilled bacon and a fried egg - €19.00\*

## ROASTS

**SERVED WITH GARLIC NEW POTATOES  
AND HOME-MADE RATATOUILLE**

Roast of the day (see the slate board) - €18.00\*

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# FISH

**SERVED WITH NEW POTATOES FLAVOURED WITH AROMATIC SCRUBLAND HERBS AND HOME-MADE RATATOUILLE**

*Grilled organic sea bass with fennel, lemon, olive oil  
and fine sea salt - €26.00\**

*New*

*King prawn skewers marinated in bourbon and Cajun spices - €29.00*

## **ADDITIONAL SIDE DISHES PER PORTION OR TO SHARE €3.00 PER PERSON**

*Fries, home-made ratatouille, new potatoes flavoured with  
aromatic scrubland herbs*

## **CHILDREN'S MENU - €12.00 CHOICE OF ACCOMPANIMENTS (FRIES, NEW POTATOES, RATATOUILLE)**

*Crispy chicken strips OR minced Charolles beef patty  
OR Plancha-grilled salmon fillet*

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*Small pot of ice cream*

*\* Included in the half-board option for hotel guests*

*Net prices - service included*

## DESSERTS - €7.00

### TROPICAL BLANCMANGE\*

*Coconut blancmange with exotic coulis, pineapple, mango, kiwi*

### STRAWBERRY PAVLOVA\*

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

### SEASONAL FRUIT IN VERBENA ASPIC\*

*Creamy lemon mousse, granola*

### 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 IGP (protected geographical designation) Pays du Var	€29.00
Le "M" de Minuty AOP (protected designation of origin) Côtes de Provence	€39.00
Château de l'Aumerade, Cuvée Style AOP Côtes de Provence	€26.00
Domaine Bunan, Moulin des Costes AOP Bandol	€42.00
La Rose des Vents Coteaux Varois <i>Organic Wine</i>	€28.00

## WHITE

75 CL

Domaine Ile des Embiez AOP Côtes de Provence <i>Organic Agriculture</i>	€29.00
Domaine Bunan, Moulin des Costes AOP Bandol	€39.00
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

ALCOHOL ABUSE HARMS YOUR HEALTH. PLEASE DRINK RESPONSIBLY.

Net prices - service included



## ROSE

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75 CL 150 CL

Domaine Ile des Embiez AOP Côtes de Provence <i>Organic Agriculture</i>	€29.00	€52.00
Domaine Bunan, Moulin des Costes AOP Bandol	€39.00	
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

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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

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

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# DRINKS

## ANISE DRINKS

<i>Ricard (2 cl)</i>	€2.50
<i>Ricard Plantes Fraîches (2 cl)</i>	€2.50
<i>Ricard with fruit cordial (2 cl)</i>	€2.50
<i>Ricard long drink (4 cl)</i>	€4.00
<i>Almond Ricard</i>	€2.50
<i>Pacific (alcohol-free) coconut, mint, passion fruit, aniseed (4 cl)</i>	€2.40

## COFFEE AND TEA

<i>Espresso</i>	€2.00
<i>Decaffeinated coffee</i>	€2.00
<i>Espresso with milk</i>	€2.60
<i>Double espresso</i>	€3.80
<i>Long espresso</i>	€2.00
<i>Kusmi tea</i>	€4.00
<i>Hot chocolate</i>	€4.30
<i>Extra whipped cream</i>	€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**

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<i>Cinzano Bianco or Rosso (5 cl)</i>	€4.00
<i>Offley white or ruby port (5 cl)</i>	€3.50
<i>Blackcurrant, peach or blackberry kir</i>	€5.00
<i>Kir royal (Mumm)</i>	€16.00
<i>White, rosé or red Lillet (5 cl)</i>	€4.00
<i>White or rosé Lillet Tonic (12 cl)</i>	€6.00
<i>Mint mojito</i>	€10.00
<i>Virgin mojito</i>	€7.00

## **FRUIT JUICES (25 CL)**

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

## **SOFT DRINKS**

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<i>Coca Cola/Coca Cola Zero (33 cl)</i>	€4.00
<i>Lemonade (25cl)</i>	€3.00
<i>Lemonade with syrup</i>	€3.20
<i>Fruit cordial (25 cl)</i>	€2.50
<i>Orange/citrus Fanta (33 cl)</i>	€4.00
<i>Schweppes Tonic/Citrus (25 cl)</i>	€4.00
<i>Fuze Tea Peach (25 cl)</i>	€4.00

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## **WATER**

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

## **DRAUGHT BEERS**

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Heineken (25 cl   50 cl)	€4.00   €7.00
Affligem (25 cl   50 cl)	€5.00   €8.00
With syrup	€1.00
Picon beer (25 cl   50 cl)	€4.50   €8.50
Shandy (25 cl   50 cl)	€5.00   €9.00

## **BOTTLED BEERS**

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1664 (33 cl)	€6.00
Edelweiss (33 cl)	€7.00
Leffe Brune (33 cl)	€7.00

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## **SPIRITS & LIQUEURS**

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<i>Clan Campbell (4 cl)</i>	€7.00
<i>Chivas 12 years old (4 cl)</i>	€9.00
<i>Chivas 18 years old (4 cl)</i>	€15.00
<i>Ballantine's 12 years old (4 cl)</i>	€7.00
<i>Glenlivet 12 years old (4 cl)</i>	€11.00
<i>Jameson (4 cl)</i>	€7.00
<i>Absolut vodka (4 cl)</i>	€8.00
<i>Beefeater gin (4 cl)</i>	€7.00
<i>Havana 3-year-old rum (4 cl)</i>	€7.00
<i>Havana 7-year-old rum (4 cl)</i>	€9.00
<i>Get 27 (6 cl)</i>	€7.00
<i>Get 31 (6 cl)</i>	€7.00
<i>Limoncello (6 cl)</i>	€4.00
<i>Bailey's (4 cl)</i>	€6.00
<i>La Duchesse Williams pear eau de vie (4 cl)</i>	€6.00
<i>Marquis de Montesquiou armagnac (4 cl)</i>	€7.00
<i>Martell VSOP cognac (4 cl)</i>	€10.00

## **SUPPLEMENTS**

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<i>Coca-Cola, Schweppes Indian Tonic, Perrier, lemonade, fruit juice</i>	€2.00
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