

La Cantine

SLATE MENU OF THE DAY

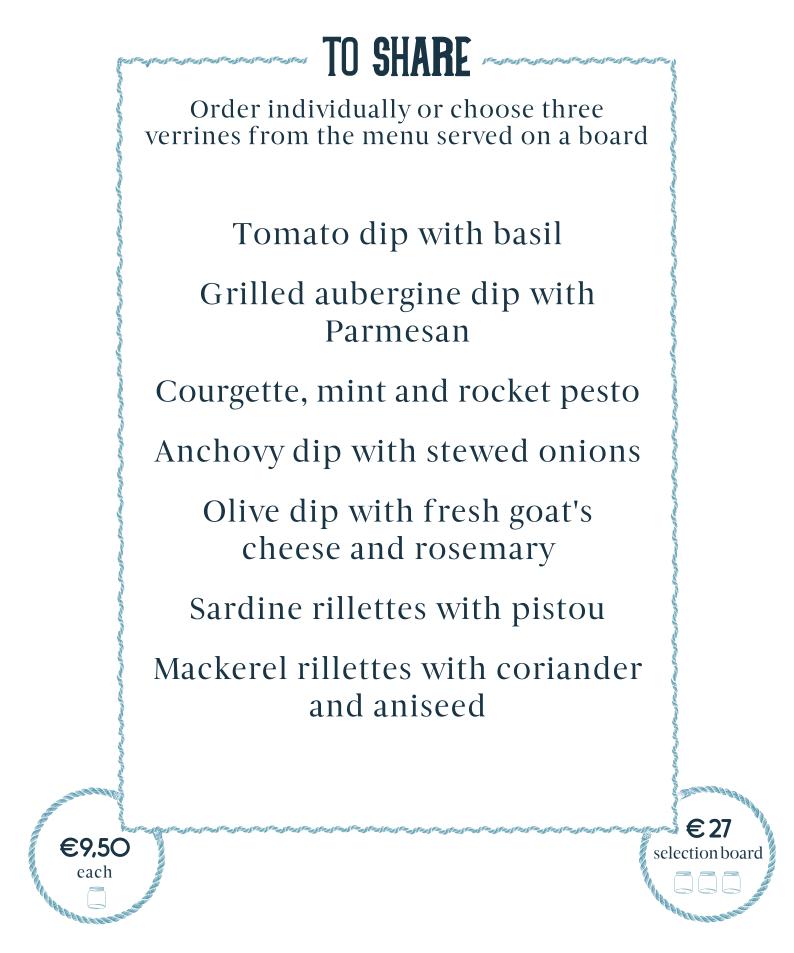
STATISTICS OF STATISTICS

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^LOCAUX : 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).



2 OPTIONS

I DISCOVERY A <u>sample</u> to try

() All starters are included in the half-board option



3 COMPANIONSHIP

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

a choice of 4 dishes in DISCOVERY format



SàRTifumade

Blackcurrant marinated monkfish, potatoes in Provencal herb oil

Sea bass tartare with oysters and lime, courgette and cardamom salade

VEGAN

Fresh cucumber and quinoa with mint, avocado and kiwi, vegan pomegranate juice mayonnaise

Our selection of organic tomatoes, Parmesan biscuit, pesto and smoked burrata

Gazpacho with grilled peppers and oregano, sweetcorn, roasted feta and watermelon

Egg with rouille sauce, fennel salad with orange, pickled kumquat and radishes with butter

Wood-oven baked pissaladière (onion tart)

Home-made Mediterranean rockfish soup



STATE DISHES

SEAFOOD DISHES

(IP) SÀRTI quenelle with lobster cream - €2I Organic Camargue rice sautéed with garlic

(P) Roast pancetta-wrapped organic bream, mozzarella, basil, slow-roasted tomatoes - €27 Cumin panisses (chickpea flour fries) with courgette mousseline

Sàrtifish burger - €21

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

Our new version of a Provençal aioli - €3I Gratin of turbot and black garlic aioli, freshly cooked seasonal vegetables

Orecchiette pasta with green shore crab bisque - €24 Griddled prawns, ricotta and flakes of bottarga (cured fish roe)

Included in the half-board option



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

Pepper sauce, fried mushrooms with parsley and garlic

Slow-roasted Sisteron lamb with marjoram - €29 Fondant potatoes with Var goat's whey cheese French origin

(P) Farm-reared veal steak - €28
Polenta fries, broccoli mousseline and lemon zest
(French origin)

(P) Noir de Bigorre pork chop - €27
Sautéed vegetables with pistou, borlotti beans with chorizo
Sautéed vegetables with pistou, borlotti beans with chorizo

With olive oil and condiments, fresh house fries
Solution French origin

Included in the half-board optionOrigins of our meats on demand



The chef offers freshly cooked seasonal recipes - €18

WOOD-FIRE OVEN

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

Price by weight



(II) Included in the half-board option

Vegetarian

GIVE IN TO TEMPTATION

and choose an additional side dish

Cumin panisses (cickpea flour fries)

Fresh home-made fries

Orecchiette pasta with green shore crab bisque

Sautéed vegetables with pistou, borlotti beans with chorizo

Fondant potatoes with thyme

Broccoli mousseline and lemon zest

Courgette mousseline and cardamom

Parmesan polenta fries

Fried mushrooms with parsley and garlic

Organic Camargue rice sautéed with garlic



Up to age 12

Water syrup

Sastas Tak

Chicken fillet or Fish fillet on the plancha

Sastas as

<u>Served with</u>: Pasta with butter or Chips

Fromage blanc with fruit coulis

Sastastal.



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

⑦ Delicious vanilla crème brûlée - €7

Traditional Rum Baba with Clean Caribbean spiced rum and whipped cream - €7

The ultimate "Grand-Cru" chocolate mousse - €7

VEGAN

Strawberry and pineapple panna cotta, basil and lime sorbet - €7

Iced melon, strawberry with lemon and fresh seasonal fruits - €9

() Included in the half-board option

🖉 Vegetarian



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

Our special millefeuille with raspberries and vanilla ice cream - €16

Included in the half-board option
Vegetarian



MARE OF



Dag 3 Dag

Sold Street

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.





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

WINE LIST

`astastastastastastastastastastastastast

RED WINES

Domaine Ile des Embiez 2019 IGP (protected geographical designation) Pays du Var 75 cl	€29,00
La Rose des Vents Côteaux Varois 75 cl	€27,00
Château Margilière 2015 Côteaux Varois - IGP Pays du Var 75 cl	€28,00
Château Vannière 2005 75cl 2013 75cl 2016 75cl	€105,00 €85,00 €46,00
Le "M" de Minuty 2019 AOP Côtes de Provence 75 cl	€39,00
Domaine Bunan, Château la Rouvière 2016 AOP Bandol 75cl	€42,00
Châtoau Sainto Marguorito o 700 miliori	

Château Sainte-Marguerite, Cuvée Symphonic €39,00 Cru classé, AOP Côtes de Provence 75cl

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

ROSÉ WINES -----

Domaine Ile des Embiez 🖇 Organic AOP Côtes de Provence	
75 cl 150 cl	€29,00 €52,00
Château de l'Aumérade, Cuvée Marie-Christine AOP Côtes de Provence 75 cl	€39,00
Château Vannières AOP Bandol 75 cl	€45,00
La Rose des Vents Côteaux Varois 75 cl	€27,00
Le "M" de Minuty AOP Côtes de Provence 75 cl	€39,00
Domaine Bunan, Château la Rouvière AOP Bandol 75 cl	€48,00
Château Sainte-Marguerite, Cuvée Symphonic Cru classé, AOP Côtes de Provence 75cl	€39,00

Straf

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

WHITE WINES sourcestant and the second and the seco

Domaine Ile des Embiez 💈 Organic AOP Côtes de Provence	
75 cl 150 cl	€29,00 €52,00
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	€42,00
Château Sainte-Marguerite Cuvée Symphonic	£20.00

Chûteau Sainte-Marguerite, Cuvée Symphonic €39.00 Cru classé, AOP Côtes de Provence 75cl

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

GLASS OF WINE

DOMAINE ILE DES EMBIEZ

Wine - AOP Côtes de Provence Organic	€6,00
Red - IGP Pays du Var Organic	€6,00
ROSÉ - AOP Côtes de Provence Organic	€6,00
Château de l'Aumérade, Cuvée Marie-Christine AOP Côtes de Provence White, rosé	€8,00
Domaine Bunan, Le Moulin des Costes Bandol Red	€8,00

zfrafrafrafrafrafrafr

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

DRINKS

WATER several content of the several content	of the free free free free
808 mineral water from Aix-en-Provence Flat or sparkling 75 cl	€6,00
CRYO, filtered water 100 cl	€4,00
Badoit Rouge 33 cl	€4,00
Perrier 33 cl	€4,00
HOT DRINKS southant and the state of the sta	astastastaste
Espresso, Malongo	€2,00
Decaffeinated coffee	€2,00
Long coffee	€2,00
Espresso with milk	€4,00
Double espresso	€3,80
Cappuccino	€4,00
Hot chocolate	€5,00
Tea & herbal teas, Kusmi Tea	€4,00

FRUIT JUICESCharles Papillon artisanal juices & nectarsApricot, orange, apple, vineyard peach,
tomato, raspberry, pear $_{25}$ cl€6,00HEALTHY VITAMIN AND DETOX CORNERSeasonal pressed juices $_{15}$ cl€6,00Detox healthy of the day $_{25}$ cl€6,00CORDIALS JUICESMONIN syrup cordials€2,50Mint, grenadine, orgeat lemon

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

Lemonade Flavored with lemon or mint 25 cl	€5,00
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

BEERS sourcesources

DRAUGHT

~{(

instrustrustrustrustrus

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

e f

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

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 or 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	€12,00

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

Bordelais Lillet red, rosé, white 6 cl	€4,00
Tonic Lillet red, rosé, white 6 cl	€6,00
Muscat de Rivesaltes 15 years 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
Kir blackcurrant, blackberry or peach 15 cl	€7,00
Suze 4 cl	€3,50
Kir Royal Mumm 15 cl	€14,00

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

SPIRITS survey and the second and th

WHISKY

astastastastastastas

Clan Campbell ₄ cl	€7,00
Ballantine's 4 cl	€7,00
Jameson ₄ cl	€7,00
Glenlivet 12 years old 4 cl	€11,00
Glenlivet Founder's 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 Casg Annamh 4 cl	€15,00

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

SPIRITS STAFASTASTASTASTASTASTASTASTASTAST

SPIRITS

Beefeater 24 gin 4 cl	€9,00
Monkey 47 gin 4 cl	€12,00
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

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

LIQUEURS sources of the second of the second

COGNAC

Martell VSOP 4 cl	€10,00
Martell XO 4 cl	€17,00
Martell Cordon Bleu 4 cl	€20,00
Martell Blue Swift 4 cl	€12,00
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

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

CHAMPAGNES

Mumm Cordon Rouge Brut 15 cl saucer	€13,00
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

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

COCKTAILS

Our signature cocktail - €14

Bloody SÀRTi Rosemary infused vodka, Spicy Satay Bloody mix, tomato juice, lemon juice

Les rafraîchissants

Lillet vive - 8€ Lillet white or rosé, Archibald Tonic

Jamaïcan Mule - 10€ Rhum Havana 3 years old, Falernum syrup, Timut pepper, lime juice, Ginger Beer, Angostura Bitter

> Cucumber Martini - 10€ Gin Beefeater, cucumber, fresh mint, lime juice, sugar syrup

Basil Smash - II€ Gin Monkey 47, Italicus liquor, lime, fresh basilic, fresh pineapple juice

White Negroni - 11€

Rosemary infused Gin, Suze, Cinzano White

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

Tiki Cocktails

Maï Thaï - 12€

Rhum Havana 3 years-old, Rhum Clan Carribean Spiced, Cointreau, Orgeat syrup, fresh pineapple and orange juice

Cantarito - II€ Tequila Avion, grapefruit juice, fresh lemon and orange juice, lemonade lemon, salt

Saturne - 12€ Gin Beefeater, almond Ricard, lemon juice, passion fruit puree, Falernum syrup

Champagne Cocktails - 12€

Passionnément à la folie

Vodka Absolut, passion fruit, vanilla syrup, passion liquor, shot of Mumm champagne

Purple Garden

Mumm champagne, Guava syrup, lime juice, Vodka Absolut

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

After Dinner

Amaretto Sour - 10€

Amaretto, lemon juice, white egg, Bitter Angostura, Cassonnade

FishHouse - 12€ Cognac, Rhum Clan Caribbean Spiced, peach liquor, lemon juice, sugar syrup, sparkling water

Expresso Martini - 10€ Rhum Clan Caribbean Spiced, Expresso, Kahlua, sugar syrup

La Gin Toneria - 12€

All our Gin are accompagnied by Tonic Archibald

Beefeater Served with a slice of grapefruit and sprig of Rosemary

Beefeater London Dry

Served with some fresh raspberries and et lemon zest

Beefeater 24 Served with a slice of orange and grapefruit

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

Cocktails without alcohol - 7€

Tête de Mule Cucumber and fresh mint, apple puree, sparkling water

Driving licence Red fruits, lime, fresh mint, lemonade

Virgin SÀRTi Lime, Passion fruits, vanilla syrup, Ginger Beer

Homemade lemon or Peach cold tea - 5€ Fresh fruits cocktail - 5€ Iced coffee - 5€

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