

## WELCOME to LA BASTILLE

La Bastille is a Bar & Brasserie located in a stunning 17<sup>th</sup> century building in the heart of St Helier.

With a laid-back yet spirited atmosphere it's the ultimate escape to enjoy sensational food, wine, and real beers.



## LUNCH MENU

## TEAM of THE WEEK

IN THE KITCHEN  
The Boss Elvis aka THE LEGEND  
Head Chef Joe Baugh  
Sous chef : Ashley Sutton

SERVING YOU  
Gosia/Claudiu/Alin/Alex

### CROISSANT BUN TIMES....

Our Famous Spiral Croissant Bun  
Made With Copious Amounts Of French Butter All Served  
With Skinny Fries And Baby Leaves

**Aged Ribeye**  
Mustard Mayo, Salted Onions, Daikon  
Grilled Ribeye, Watercress  
10

**Confit Duck**  
Pomegranate, Smoked Mayo, Coriander, Watercress  
11

**Jersey Crab**  
White Meat Salad, Brown Crab Aioli, Fennel Mango, Apple,  
Kohlrabi, Coriander  
12

**Crispy Squid**  
Squid Ink Mayo, Fennel, Coriander, Black Onion Seeds,  
Watercress  
10

**Jersey Plaice**  
Foraged Sea Herb Mayo, Batter Scraps, Oyster Mushroom,  
Watercress  
10

**Avocado**  
Harissa Mayo, Almonds, Coriander, Poached Egg,  
Watercress  
10

**Chicken & Chorizo**  
Smoked Mayo, Watercress, Daikon  
9

### LIGHT LUNCH PLATES

**Open Jersey Crab Sandwich**  
White Crab Salad, Brown Crab Aioli  
Fennel, Sea Bean, Toasted Pain Campaillou  
12

**Posh Beans On Toast**  
Braised Local Beans, Poached Duck Egg  
Tomato Fondue, Pain Aux Figs, Truffle  
11

**Chorizo Croq**  
Brioche, Chorizo, Shallot Confit  
Jack Cheese, Watercress  
10  
+Fried Duck Egg - 3

**Forrest Brioche**  
Roasted Wild Mushrooms, Tarragon, Creme Fraiche,  
Toasted Brioche, Poached Duck Egg  
10

### SOMETHING MORE

#### DRY AGED WEST COUNTRY BEEF

Hung For 21 Days For Maturity And Tenderness, All Served With Roasted Wild Mushrooms, Hand Cut Chips,  
Auliflower And Truffle Purée, Watercress, Béarnaise Sauce

Fillet - 25    Ribeye - 23    Sirloin - 21

**Classic Herd Farm Jersey Beef Burger**  
Served On Our Famous Croissant Bun With Smoked Mayo, Gem Lettuce,  
Tomato Fondue Jack Cheese And Skinny Fries  
12

+ Foie Gras - 5  
+ Fried Duck Egg - 3  
+ Smoked Pancetta - 2

**(Not) Fish And Chips**  
Pan Roasted Local Plaice, Foraged Sea Herb Tartare Sauce, Pea Purée,  
Jersey Royal Croquettes, Batter Scraps  
15

**Boudin Blanc ( French White Pudding)**  
Handmade Truffled Pappardelle, Parmesan, Walnuts, Cold Pressed  
Rapeseed Oil, Baby Leaves, Spring Onion  
16

**Roast Chicken**  
Petite Pois A La Francais, Spinach, Carrot, Jersey Royals, Chicken Cream  
16

**Market Vegetable Quinoa**  
Miso, Pomegranate, Spring Onion, Beetroot  
14

### SIDES

Hand Cut Chips  
4

Stone Baked Flat Bread With Dips of the day  
4.5

Jersey Royals  
4

Sprouts Farm Club Salad  
4

Belgian Fries  
4

**Eggs Benedict**  
Served On A Toasted Crumpet, Poached Duck Eggs,  
Hollandaise Sauce  
10

**Avocado**  
Harissa, Almonds, Coriander, Lime Zest  
10

**Crispy Pork Belly**  
Apple, Pork Popcorn  
10

**Beetroot Cured Salmon**  
Cucumber, Foraged Sea Herbs, Beetroot Powder  
11

### DESSERT

**Blackberry And Lavender Pavlova**  
Smoked Almonds, Meringue, Lavender Sherbet  
8

**Classic Herd Farm Pannacotta**  
Grilled Fig, Walnut, Pear, Pain D'epice  
9

**Coconut Chia Pudding**  
Mango, Lime, Chilli, Coriander  
7

**Selection Of Local And French Cheeses**  
Palate Cleansers, Crackers, Truffle Honey  
12

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**Follow us**

@labastillejersey

@chef\_j.m\_baugh\_

**We'd Love To Hear From You**

There are nuts used in the Bastille kitchen.  
Please make staff aware if you have any allergies  
or special dietary requirements.



A discretionary 10% service charge  
will be added to your bill