



PETIT-DÉJEUNER

Breakfast

LES FAVORIS TRADITIONNELS *Traditional Favorites*

Pain au chocolat

Chocolate croissant

1.20€

Croissant

Croissant

1.20€

1/4 de baguette, beurre

1/4 baguette, butter

1.50€

Supplément confiture ou Nutella

Extra jam or Nutella

1.00€

FORMULES *Formulas*

Café + Viennoiserie

Coffee + pastries

2.50€

Jus de fruits + Viennoiserie

Fruit juice + pastries

4.00€

Complet (café + jus de fruits + viennoiserie)

Full lunch (coffee + fruit juice + pastries)

6.00€



Tous nos plats sont faits maison et réalisés, pour la plupart, à base de produits locaux et de saison.
All our dishes are home-made and mostly made from local and seasonal products.



MENU DU JOUR

Menu of the day

FORMULES *Formulas*

Plat Unique

Single dish

11.90€

Entrée + Plat ou Plat + Dessert

Starter + main course or Main course + dessert

14.90€

Entrée + Plat + Dessert

Starter + main course + dessert

17.90€

ENTRÉES

Starters

Salade de la semaine

Salad of the week

Tarte salée de la semaine

Savoury pie of the week

Entrée du Chef

Chef's starter

PLATS

Main courses

Poulet rôti

Poulet rôti, servi avec sa sauce du jour.

Roast chicken with sauce of the day

Poisson de la semaine

Poisson du jour, crumble et sauce poivron.

Fish of the day, crumble and bell pepper sauce

Plat végétarien

Plat du jour végétarien en fonction de l'inspiration du chef.

Vegetarian dish of the day, according to Chef's inspiration

Plat du jour

Dish of the day

DESSERTS

Dessert du jour

Dessert of the day

Café Gourmand +2€

Gourmet coffee +2€



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PIZZAS



MARGHERITA

Sauce tomate, mozzarella, origan
Tomato sauce, mozzarella, oregano

10.50€

REINE

Sauce tomate, mozzarella, oignons, champignons, jambon, olives
Tomato sauce, mozzarella, onions, mushrooms, ham, olives

12.50€

CHORIZO

Sauce tomate, mozzarella, oignons, poivrons, chorizo, spianatta, pickles
Tomato sauce, mozzarella, onions, peppers, chorizo, spianatta, pickles

13.00€

VÉGÉTARIENNE

Sauce tomate, mozzarella, poivrons confits, aubergines et courgettes, grillées
Tomato sauce, mozzarella, candied peppers, eggplant and zucchini, grilled

13.50€

QUATRE FROMAGES

Sauce tomate, mozzarella, chèvre, gorgonzola, Curé Nantais
Tomato sauce, mozzarella, goat cheese, gorgonzola, Curé nantais cheese

14.00€

CHÈVRE—MIEL

Crème fraîche, mozzarella, chèvre, miel
Crème fraîche, mozzarella, goat cheese, honey

14.50€

BIVOUAC

Sauce tomate, tomates, oignons, mortadelle, pickles, olives, Burrata
Tomato sauce, tomatoes, onions, mortadella, pickles, olives, burrata

14.50€

GLACES CRÊPES

GLACES *Ice cream*

1 boule

1 scoop

2.80 €

2 boules

2 scoops

3.80 €

3 boules

3 scoops

4.80 €

Cornet ou pot - *Cornet or pot*

Supplément chantilly

Extra whipped cream

1.00 €

CRÊPES *crepes*

Nature

Plain crepe

2.00 €

Sucre

Sugar

3.00 €

Nutella

Nutella

3.00 €

Caramel au beurre salé

Salted butter caramel

3.00 €

Confiture

Jam

3.00 €

Supplément chantilly

Extra whipped cream

1.00 €





EVENING MENU

STARTERS

Mini Salad Bowl

€3.00

- Melon, cucumber, Vendée ham
- Tomato, mozzarella, pesto
- Candied peppers, chorizo

Charcuterie Bowl

€4.00

Chorizo, andouille sausage, Vendée ham

PLATES

L'Étape

€9.90

- 1 ficelle* with chorizo, peppers, cheese
- 4 Mexican chicken drumsticks
- 4 squid fritters

The Veggie

€9.90

- 1 ficelle* of goat's cheese, pesto
- Hummus, crushed tomatoes, olives

* Small baguette

SALADS

The Vegetarian

€13.50

Green salad, quinoa, roasted carrots, tomatoes, local cheese, red onions, coriander

The Greek

€13.50

Green salad, tomatoes, coloured olives, mint, tzatziki, feta, candied peppers, red onions

Chicken extra + €2

La Nantaise

€15.90

Lamb's lettuce, smoked eel, tomatoes, red onions, beetroot, crayfish, Nantes cheese

KIDS MENU (-12 YEARS)

€9.90

Roast chicken, fries or
Mini pizza (tomato mozzarella)

—
1 water syrup (grenadine, lemon or mint) or
1 glass of apple juice

—
1 ice cream

BACK FROM THE MARKET

Round of Beef 200g

€16.90

With homemade tartar sauce, chips and salad

Fish fillet of the day

€15.00

With crumble and beurre blanc sauce, roasted carrots and jacket potato

Roast chicken, potatoes

Quarter (for 1)

€13.00

Half (for 2)

la part

€12.00

Whole (for 4)

la part

€11.00

BRETON GALETTES

Ham Cheese

€7.50

The Complete

€8.90

Egg, ham, Emmental cheese, mushrooms in persillade

The Breton

€12.00

Andouille sausage, Emmental cheese, apples, red onions

The Vegetarian

€12.00

Emmental cheese, grilled vegetables, tomatoes, pesto

Additional ingredient + €1

HOMEMADE DESSERTS

Strawberry rhubarb crumble

€5.00

Gâteau Nantais

€5.00

Chocolate tart

€5.00

Red fruit clafoutis

€5.00

Strawberry and whipped cream verrine

€5.00

Gourmet coffee

€7.00

Espresso or long coffee, accompanied by three mignardises



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APÉRITIFS

Pastis Combiar (Local distillery)	2cl	2.00€
Martini Rosso / Bianco	6cl	3.50€
Porto red / white	6cl	3.50€
Kir Muscadet	12.5cl	3.00€
Kir Authentique Bulle Nantaise	12.5cl	3.00€
Liqueur: blackcurrant, blackberry, cherry, peach, raspberry		

DRAFT BEERS

	25cl	50cl
Jupiler (Belgium) Lager	3.00€	5.50€
Leffe (Belgium) Pale Ale	3.50€	6.00€
Bière nantaise (France) IPA	4.00€	7.00€

BOTTLED BEERS AND CIDER

Brasserie Mélusine (local) (White, Blonde, IPA, Amber, Red beer, Brown)	33cl	4.90€
Desperados	33cl	4.90€
Dremmel Bio 0.0°	25cl	3.50€
Cider brut Appie bio	33cl	5.00€

SOFT DRINKS

Plancouët water and syrup	50cl	2.10€
Diabolo (soda with syrup) (Strawberry, grenadine, cherry, peach, lemon, mint...)	25cl	2.00€
Limonade flavored Mona bio (Peach-apricot, Strawberry-raspberry, Lemon-lime)	33cl	4.00€
Granini Juice	25cl	3.00€
Sodas (Coca, Coca Zéro, Orangina, Fuze Tea, Schweppes Tonic or Agrum)	33cl	3.50€
Perrier	25cl	3.20€
Plancoët (still water / gently sparkling)	50cl	2.00€
Plancoët (still water / gently sparkling)	1l	3.50€

HOT DRINKS

Expresso / Americano	1.50€
Decaf / Americano	1.70€
White coffee	2.00€
Cappuccino	3.00€
Hot chocolat	3.00€
Tea / Infusion	3.50€

COCKTAILS

Normandy Smash (Gin Beefeater, apple juice, lemon juice, fresh basil, vanilla syrup, cider)	7.00€
Hiver nantais (Vodka, limoncello, raspberry juice, lemon juice, lemon syrup, fresh mint, Bulle Nantaise)	7.00€
Winter Mule (Bourbon, Cointreau, apple juice, lemon juice, cinnamon syrup, ginger beer la French)	7.00€
Amaretto Sour (Amaretto, bourbon, lemon juice, orange blossom syrup, Angostura bitter)	7.00€

THE CLASSICS

Caïpirinha, Mojito, Moscow Mule, Old-fashioned, Americano/Negroni Espresso Martini'	6.00€
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SPRITZ

Aperol Spritz	7.00€
Hugo Spritz (Elderflower liqueur, Bulle Nantaise, Badoit)	
Bivouac Spritz (Limoncello, raspberry juice, Bulle Nantaise, Badoit)	

THE MOCKTAILS (ALCOHOL-FREE)

Snow White (Almond milk, pear juice, bitter chocolate, orange blossom syrup)	6.00€
Fraîcheur d'hiver (Raspberry juice, apple juice, lemon juice, cherry syrup, fresh mint, ginger beer la French)	6.00€
Virgin Mojito	5.00€

SPIRITS AND DIGESTIVES

Gin Beefeater	4cl	5.00€
Gin Seizh (local)	4cl	7.00€
Bourbon Bulleit/Wild Turkey	4cl	6.00€
Whisky Galaad Single Malt (local)	4cl	8.00€
Cognac Hennessy	4cl	8.00€
Bas Armagnac Laubade VSOP	4cl	8.00€
White Rhum Speakeasy (local)	4cl	7.00€
Amber Rhum Speakeasy (local)	4cl	8.00€
Calvados La Flaguerie, out of age	4cl	8.00€
Juice/soda supplement	4cl	1.00€
Digestives	4cl	4.00€
(Menthe Pastille, Get 27, Limoncello, Bailey, Manzana)		
Shot	2cl	2.00€

WHITE

Glass 12.5cl
Bottle 75cl

Muscadet bio, 2022 4.50€ 22.50€

AOC, Ménard-Gaborit 1^{ère} escale, Melon de Bourgogne

Masset de Lumet, 2022 5.00€ 25.00€

IGP, Domaine de la Coume, Chardonnay / Chenin

Reuilly, 2022 6.00€ 30.00€

AOP, Bigonneau, Sauvignon blanc

Malvoisie (Moëlleux), 2022 4.50€ 22.50€

AOC, Domaine Champ Charpron, Pinot Gris

ROSÉ

Glass 12.5cl
Bottle 75cl

Val de Loire, 2022 3.00€ 15.00€

IGP, Privilèges Pichon, Cabernet franc / Pinot noir

RED

Glass 12.5cl
Bottle 75cl

Saint Nicolas de Bourgueil, 2022 4.00€ 20.00€

AOP, Domaine des Valettes, Cabernet Franc

Marselan, 2022 4.00€ 20.00€

IGP, Méditerranée, Les Grains, Marselan

Lussac-Saint-Emilion, 2022 5.00€ 25.00€

AOP, Roc Giraudon, Merlot / Cabernet Franc

Pic Saint Loup, 2021 6.00€ 30.00€

AOP, Gérard Bertrand Grand Terroir, Syrah / Grenache

Côte du Rhône Village bio, 2021 6.00€ 30.00€

AOP, Les Jarlotiers, Grenache / Syrah

CHAMPAGNE & CRÉMANT

Glass 12.5cl
Bottle 75cl

Bulle Nantaise 3.50€ 17.00€

Méthode traditionnelle brut, Chardonnay / Folle blanche

Champagne

Nicolas Feuillatte Exclusive reserve Brut

45.00€