

Once upon a time, there was a poet, René Jouveau, who wrote a book about Provence, titled *La cuisine provençale de tradition populaire* [Provençal cuisine of popular tradition]. We dedicate all of our menus to the author.

“ Provençale cuisine is like a great lady who, through extreme vanity, never takes her apron off. ”

Dishes to be shared.

Our dishes are meant to be shared, between a few people or the whole table, and can also be ordered as individual portions

anchovy puree and/or tapenade
and/or olives and/or fresh crunchy crudités 6 € each
22 € all

green salad, leaves and flowers 14 €
we often start with a salad

barbouiado 15 €
stuffed artichoke à la barigoule, called berigoulo in Provence

les pommes d'amour 15 €
a simple tomato salad with spring onions and basil

ensalado niçoise 18 €
a salad containing ingredients from the South of France

aigo-boulido 14 €
a broth of garlic and bay leaf to pour on bread

choupin 19 €
a fish and herb soup

faire bouiroun 18 €
eel salad

pan-bagna 22 €
southern-style bread rubbed with garlic and filled with tomatoes, egg and anchovies



illustrations by Mas-Felipe Delavouët

Net prices in euros, taxes and service included. A list of allergens is available upon request.

Madame Fleury's fromage frais, toasted bread 15 €



la capilotade* 26 €
monkfish in raito, a regional sauce with tomatoes, red wine, olives and capers

aigo-sau* 36 €
Henri IV fish soup with John Dory filets

touteno* 24 €
grilled squid, tomatoes, garlic and herbs

la chouio* 30 €
flame grilled lamb with thyme, bay leaf, salt and pepper and a couple of hot chilli peppers

la grillade* 32 €
grilled beef with anchovies

galino coupado* 24 €
large chunks of flamed-seared poultry with tomato

ventresco* 26 €
lightly grilled salt pork

ailloli, vegetables and fish 25 €
ailloli, those who like it are always welcome in Provence...

ratatouille 18 €
with rosemary honey, served hot or cold

la bohémienne or estrassaire aubergines 15 €
hot or cold, la bohiémienne is eaten in Avignon

potato gratin 12 €
with whole garlic cloves and bay leaf

vegetable tian 14 €

french toast with strawberries
and lemon 14 €

fruit tartlet 14 €

le riz à l'amelo, 10 €
rice pudding with almonds

fruits from Provence, 12 €
honey from Draguignan

ice creams and sorbets 1 scoop for 4 €



LA CARTE DE LA PLAGES, SUMMER 2018

open from 12h30 to 14h30
and from 19h30 to 22h00,
everyday from may to october

LA PLAGES

*served with the vegetable dish or salad of your choice.

