

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.

“Provençal 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 aubergine caviar and/or fresh crunchy crudités	7€ each 22€ all
cese et pourpre <i>chickpea salad with octopus and herbs</i>	15€
la courgette <i>courgette salad with pine nuts and olives</i>	14€
les pommes d’amour <i>a simple tomato salad with spring onions and herbs</i>	16€
ensalado niçoise <i>a salad containing ingredients from the South of France</i>	18€
cambajoun pais <i>regional cured ham</i>	16€
melon <i>“sweet as sugar” as the locals say</i>	13€
lico roustido, d’aco bouen... <i>a dressed slice of farmhouse bread</i>	18€



illustrations by Mas-Felipe Delavouët

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



l’agneu <i>grilled lamb and vegetable with Spéracèdes olives</i>	29€
beef <i>grilled with parsley butter, potato gratin</i>	32€
touteno <i>grilled squid and ratatouille</i>	26€
les sardo <i>sardines simply grilled with olive oil, green salad</i>	24€
castadello <i>sea bass with olive oil and seasoning, Provençal rice</i>	24€
ailloli, vegetables and fish <i>ailloli, those who like it are always welcome in Provence...</i>	25€
monsieur Bardoux’s catch of the day <i>green salad and ratatouille</i>	day market price
troucho mourre de gat <i>artichoke and herbs omelette, green salad</i>	22€
pan-bagna <i>southern-style bread rubbed with garlic and filled with tomatoes, egg and anchovies</i>	22€
lieumes <i>Provençal vegetables</i>	19€
gnocchi <i>tomatoes and basil</i>	18€

Madame Fleury’s goat’s cheese, toasted bread 15€

fruits from Provence,
honey from Draguignan 12€

Tropeziennne tart, a slice 14€

faisselle cheese from La Pastourelle dairy,
strawberry coulis and thyme shortbread 12€

fruit tartlet 14€

ice creams and sorbets 1 scoop for 4€



LA CARTE DE LA PLAGES, SUMMER 2019

open from 12.30pm to 2.30pm
and from 7.30pm to 10.00pm,
every day from May to October

LA PLAGES



LA PLAGE,
LUNCH