

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
green salad, leaves and herbs <i>we often start with a salad</i>	12€
barbouiado <i>stuffed artichoke à la barigoule, called berigoulo in Provence</i>	16€
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€
aigo-boulido <i>a broth of garlic and bay leaf to pour on bread</i>	14€
choupin <i>a fish and herb soup, rouille and croutons</i>	19€
pissaladière <i>olive oil and herbs</i>	16€



illustrations by Mas-Felipe Delavouët

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



la capilotade* <i>John Dory in raito, a regional sauce with tomatoes, red wine, olives and capers</i>	27€
aigo-sau* <i>Henri IV fish soup with monkfish filets</i>	36€
touteno* <i>grilled squid, tomato, garlic and herbs</i>	24€
la chouïo* <i>flame grilled lamb with thyme, bay leaf, salt and pepper and a couple of hot chilli peppers</i>	30€
la grillade* <i>grilled beef with anchovies</i>	32€
galino coupado* <i>large chunks of flamed-seared poultry with tomato</i>	24€
monsieur Bardoux’s catch of the day* <i>Olivier Bardoux delivers his fresh catch to us every morning</i>	day market price
ailloli, vegetables and fish <i>ailloli, those who like it are always welcome in Provence...</i>	25€
ratatouille <i>with rosemary honey, served hot or cold</i>	18€
la bohémienne or estrassaire aubergines <i>hot or cold, la bohémienne is eaten in Avignon</i>	15€
potato gratin <i>with whole garlic cloves and bay leaf</i>	12€
vegetable tian	14€

*dishes are served with your choice of accompaniment : green salad, pommes d’amour, ratatouille, potato gratin, bohémienne, vegetable ailloli and vegetable tian

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

french toast with strawberries and lemon	15€
fruit tartlet	14€
faisselle cheese from La Pastourelle dairy, <i>strawberry coulis and thyme shortbread</i>	12€
fruits from Provence, <i>honey from Draguignan</i>	12€
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,
DINNER