

AA



St Tropez Lounge
SEAFOOD AND FRENCH CUISINE
By Séverine et Frédéric



STARTERS

COMPLIMENTARY BAGUETTE, BUTTER AND HOME MARINATED OLIVES*

Fruits de Mer

FRESH BRITISH OYSTERS au naturel or tempura DF GF	£4.20 each
5 GIANT FRESH COLD-WATER PRAWNS with aioli shells on GF DF	£14.50
5 TEMPURA TIGER PRAWNS, Aioli GF DF	£14.50
4 LARGE SCALLOPS in Normandy garlic butter GF	£16.50
ROPE GROWN MUSSELS mariniere, crème fraiche GF	£13.75
CRAYFISH & PRAWN COCKTAIL Cognac Marie Rose sauce GF DF	£14.50
MINI BOUILLABaisse garlic and saffron rouille, cheesy croutons DF Can be GF	£12.50
WYE VALLEY BALIK TSAR SMOKED SALMON horseradish cream and caperberries GF	£15.50
STIR FRIED BABY SQUID with samphire, garlic, chillies, spring onion in seaweed butter GF	£15.50
WARM OCTOPUS SALAD chorizo, onion, roasted peppers, potatoes and octopus GF DF	£16.50

French Specialities

ESCARGOTS DE BOURGOGNE GF	x6	£11.50
	x12	£23.00
DOUBLE BAKED CHEESE SOUFFLÉ finished with cream Glazed with Epoisses	Add	£13.50 £6.00
GRILLED GOAT'S CHEESE with honey, thyme and cracked pepper, on a bed of tomatoes GF Veg		£11.95
FRENCH ONION SOUP gratinated with cheese and croutons Veg Can be GF DF		£12.50
VERITABLE FOIE GRAS TERRINE homemade chutney and brioche DF Can be GF		£18.00
CAFÉ DE PARIS STEAK TARTARE Raw fillet beef seasoned with gherkins, shallots, capers and tartare marinade. Can be prepared spicy DF Can be GF		£17.00

Frederic uses the safest method and freshest ingredients.
All our chefs are properly trained to manipulate raw products.

MAIN COURSES

From the Sea

COQUILLE ST JACQUES MORNAY Scallops, crab, prawns and mushrooms, glazed with Mornay sauce and cheese (may contain shells) GF	£26.95
POOLE SKATE WING roasted with olive oil, capers and tomatoes GF DF	£28.95
ROASTED THICK COD FILLET with mussels, cream and saffron velouté GF	£28.95
MONKFISH MEDALLIONS & GIANT TIGER PRAWNS in red Thai curry GF DF	£32.95
WHOLE LOCAL SEABASS flambéed with Pernod GF DF (can be filleted)	£33.95
LEMON SOLE FILLET IN TEMPURA mango, pineapple, plum and chilli salsa GF DF	£28.95
PAN FRIED FLAT SIDE OF TURBOT lemon butter GF	£42.95
2lb DOVER SOLE grilled on the bone Meuniere GF (can be filleted)	£45.95
POOLE BAY LOBSTER Cold with homemade mayonnaise and salad GF DF Grilled with Normandy garlic butter GF Glazed with Thermidor sauce	Half £40.00 Full £80.00
FRUITS DE MER PLATTER FOR 2 Large Local Crab OR Lobster of your choice plus 4 raw oysters, 4 scallops in garlic butter, 4 large prawns shell on, mussels GF	£100.00

From the Butcher

ROSE ROASTED DORSET LAMB NOISETTES Winter truffle butter, celeriac and fondant potatoes, lamb jus GF	£33.00
TRADITIONAL BOEUF BOURGUIGNON GF DF	£26.00
EIGHT OUNCE BEEF FILLET peppercorn sauce GF	£36.00
Foie gras and black truffle sauce	Add £12.00
CAFÉ DE PARIS AUTHENTIC STEAK TARTARE Raw fillet beef seasoned with gherkins, shallots, capers and tartare marinade. Can be prepared spicy DF Can be GF	£34.00

Vegan and Vegetarian Specialities

SEASONAL VEGETABLES IN TEMPURA mango, pineapple, plum and chili salsa GF DF	Main £24.00 Starter £12.00
STIR-FRIED PEPPERS, PEAS, ZUCCHINI AND ASPARAGUS and organic wild rice, spring onion and chillies DF GF	Main £24.00 Starter £12.00

Side Orders Choose one from the list below:

New potatoes	French fries	Dauphinoise potatoes
Rice	Garden salad	Mixed seasonal vegetables
If ordered individually or with a starter £5.50		

Matured French Cheeses

LIVAROT, EPOISSES, REBLOCHON, CAMEMBERT, PONT L'ÉVEQUE with grapes, homemade apricot chutney and celery	£14.50
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Les Enfants All served with a side order of your choice

FRESH FISH FINGERS	£9.50	PASTA IN TOMATO OR CREAM	£9.50
GRILLED FISH OF THE DAY	£9.50	GARLIC BREAD	£3.00
CHICKEN NUGGETS	£9.50		

Desserts & Patisserie Francaise - all homemade

VANILLA CRÈME BRÛLÉE GF	£9.50
HAZELNUT MERINGUE filled with Chantilly cream, raspberries and red fruits coulis GF DF	£12.50
BABA AU RHUM spiced rum, sponge cake and crème patissiere	£9.50
UPSIDE DOWN TARTE TATIN a la Normande, salted caramel ice cream	£9.50
PRALINE AND CRISPY CREPE DENTELLE FEUILLANTINE on a sablée biscuit topped with mousse au chocolat	£9.50
ST TROP' ULTIMATE CHOCOLATE SPHERE GF	£12.50
TROPICAL PAVLOVA Can be GF black coconut ice cream, fresh pineapple, mango & prosecco coulis	£12.50

Les Crêpes

CRÊPE AU CHOCOLAT	£6.95
CRÊPE ANGLAISE lemon and sugar	£6.95
CRÊPE SUZETTE orange segments, flambéed with Grand Marnier	£12.50
CRÊPE NORMANDE roasted apple wedges flambéed with Calvados	£12.50

Judes Ice Cream & Sorbets

ICE CREAM Very Vanilla, Truly Chocolate, Flat White Coffee, Salted Caramel, Ginger Spice, Clotted Cream, Honeycomb, Vegan Salted Caramel, Black Coconut	per scoop	£3.00
SORBET Blackcurrant, lemon	per scoop	£3.00
Add Frozen Vodka 25ml		£6.00

Breakfast

Served every day from 10am. Weekend sparkling bottomless breakfast

*With a main course order

1 High Street, Poole, Dorset BH15 1AB
Private car park available on request

GF - Gluten free DF - Dairy free Veg - Vegetarian
Prices are all inclusive of VAT and subject to 12.5% service charge

Open all day. Closed Sunday evening & Monday.
st-tropez-lounge.uk 01202 670769



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and join our exclusive
members only St Tropez Club



St Tropez Club
3 High Street
Poole BH15 1AB

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