

# LA PLAGE GOURMANDE

04,68,28,59,63

« Pourquoi chercher si loin lorsque le bon est si près »

At la «Plage Gourmande» we wish to put forward the work of the produces of the Languedoc Roussillon region

Taking into account the produce of the season, the chef offers you a cuisine in line with the work of the produces, Catalan traditions and nomadic influences , a mix of subtle regional dishes and world food rearranged La Plage Gourmande way,

For all the above, we thank all the passionate produces of our so beautiful region

Danièle et Elisabeth.

## Drinks

### Apéritifs avec alcool

Kir (Cassis, Pêche, Mûre, Framboise) /12CL

Kir Royal /12CL

Muscat de Rivesaltes 8CL

Banyuls Rouge/Blanc AOC «Clos st Sébastien»

Banyuls Rosé AOP « Cave L'étoile» /8CL

Maury AOC « Clos des Vins d'Amour »

Sangria Maison /25CL

Coupe«Première Bulle» Blanc/12CL

Coupe de Champagne/12CL

Mojito /Americano/ 25CL

Heineken/1664/25CL

4,00 €

10,00€

4,50€

5,00€

5,00€

5,00€

5,00€

7,00€

10,00€

8,00€

4,50€

### Apéritifs sans alcool

Coca Cola/ Coca Zéro/33CL

Orangina /25CL

Ice-Tea pêche /25CL

Perrier /33CL

Schweppes/25CL

Limonade/25CL

Diabolo/25CL

Sirop à l'Eau/25CL

Sup Sirop

San P., Vittel/ 1L

San P., Vittel/ 0,5L

3,50€

3,50€

3,50€

3,50€

3,50€

3,50€

3,50€

2,00€

0,50€

5,00€

3,50€



ACCÈS  
HANDICAPÉ





# TAPAS

## Land Side

Serrano Ham « Matured over 24 Months»	9
Pan Con Tomato	4
Patatas Bravas	4
Satey Chicken skewer	7
Manchego «ADP» (Sheep cheese)	7
Grilled Duck hearts with garlic parsley	7
Goat/Honey Spring Rolls	6

## Sea side

Salted Cod Accras	8
Fried squid with garlic salt and pepper «Thai Style»	6
Grilled Mussels with garlic mayonnaise	7
Razor Clams	8
Anchovy «Pinxos» (Toast)	6
Grilled shrimps with wasabi sesame	9

## Vegetable/ Vegan Side

Smoked eggplant Caviar	4	Pan Con Tomato	4
Focaccia Olives et Rosemary Bread	4	Hummus	4
Grilled and marinated peppers	6	Olive tapenade	4
Patatas Bravas	4		

### **Maxi Mix Tapas** : (Assortiment pour 2 personnes)

Fried Squid – Salted Cod Accras – Smoked eggplant Caviar – Grilled Duck hearts -Grilled Mussels – Pan Con Tomato - Serrano Ham - Patatas Bravas – Griled peppers	25 €
--	------

## Glass of Wine

### Red

<b>Chateau de Rey- Canet</b> AOC Côtes du Roussillon 40% Syrah 30% Carigan 30% Grenache Noir	16cl	3.50€
<b>Domaine Lafage – Canet</b> Côté Sud – IGP Côtes Catalanes 60% Syrah - 40% Grenache Noir		5.00€
<b>Domaine de L'Arca – Canet</b> Bodega – IGP Côtes Catalane 40% Carignan 60% Merlot		4.00€

### Rose

<b>Chateau de Rey- Canet</b> VDP Côtes Catalanes 40% Syrah 60% Grenache Noir		3.50€
<b>Domaine Lafage – Canet</b> Le Miraflores – AOP Côtes du Roussillon 70 % Mourvèdre - 30 % Grenache Gris		5.00€
<b>Domaine de L'Arca – Canet</b> Bodega – IGP Côtes Catalanes 40% Syrah - 60% Grenache Noir		4.00€

### White

<b>Chateau de Rey- Canet</b> VDP Côtes Catalanes Muscat d'Alexandrie et "Petits Grains		3.50€
<b>Domaine Lafage – Canet</b> Cadiretta - IGP Côtes Catalanes 100%Chardonnay élevé sur bourbes de Viognier		5.00€
<b>Château de Rey- Canet</b> C29- IGP Côtes Catalanes (100% Muscat d'Alexandrie – demi sec)		5.00€

<b>½ Pichet Rouge/Blanc/Rose</b> Château de Rey – Canet Côtes Catalanes		9.90€
---	--	-------

**Bouteilles de Vin 75 cl** (Carte consultable à l'intérieur) de 17€ à 35€

*Taxes and Service Included*

# CARTE

## Starters

<i>The chef's Fish Soup</i> : Croûtons, Gruyère and Homemade Rouille	11
<i>Smoked Salmon</i> Carpaccio, olive oil and Pink pepper	14
<i>Roasted Goat Cheese</i> and Bacon, marinated with honey and rosemary	12
<i>Collioure Anchovies Tart</i> , confit fennel and black olives coulis	12
<i>Organic Poached Egg</i> , vegetable crust , local asparagus and bacon mousse	12
<i>Cod ceviche</i> . Tai Style Marinade with pomegranate, olive oil and fresh herbs salad	14
<i>The Catalan Mussels</i> : Crunchy peppers and melting tomatoes	10

## The Fish

<i>Hake</i> : Roasted fillet, linguine with squid ink ,confit fennel and black olives coulis	19
<i>Bream «Mediterranean:»</i> Grilled Fillet ,cream of watercress ,vegetable tagliatelle sautéed with sesame oil	24
<i>Cod</i> : Poached with lemongrass verbena, Smoked eggplant Caviar,mashed sweet potatoes with vanilla	21
<i>Land and Sea</i> : confit pork belly and grilled Octopus with meat juice ,vegetables and mushroom cannelloni	22

## The Meat

<i>Lamb</i> : Candied over 6 hours at low temperature, Pita bread Hummus and oriental style vegetable,	19
<i>Veal «Saltimbocca»</i> : Serrano Ham « Matured over 24 Months», creamy parmesan polenta, arugula salad pesto	22
<i>Organic Chicken Breast</i> : poached with citrus , vegetable Shop Suey and coco soup Tai Style	21
<i>Beef Rating 550g</i> : (for 1 or 2 persons) French Fries and Arugula Salad with Parmesan Cheese and Tomatoes	38

---

# CARTE

## The Chef's Specials

***Grilled Fish and shellfish (1 person)*** Mussels, Shrimps, razor shells , squids, Bream fillet, Hake Fillet and fish fillet according to availability, garlic mayonnaise and saffron rice

27

***Zarzuella (1 person)*** like a « Catalan Bouillabaise»

Mussels, Shrimps, squids, Hake fillet , Cod and fish fillet according to availability : cooked in a fish juice with almonds, croutons and saffron potatoes

## «Bistros» Dishes

***Vegetarian and Vegan Dish:*** 16

***Pork Cheeks:*** Confit 6 hours with local wine for with potatoes 15

***Cod*** , with garlic mayonnaise gratin and mashed potatoes 17

***Fish and Chips:*** Tempura Cod ,with homemade bearnaise sauce 15

## Deserts 100% Homemade

***Crème Catalane,*** Traditional\* Gluten Free (Maizena) 6

***Black Chocolat Fondant,*** Coulant and vanilla ice cream «Bourbon» (10mn) 9

***Sablé Breton,*** with homemade salted butter 8

***Pineapple Tartar :*** Mint and Coco Mousse 8

***Café Gourmand,*** Assortment of our desserts shown above (to share or not...) (10mn) 12

***Profiteroles XXL*** with vanilla ice cream and hot chocolate sauce 10

***Cheese Plate:*** Assortment of three different cheeses «A,O,P» 10

## Menu « Midi » (Only for lunch)

Fromde 16,90€

Starter+Main Dish+Dessert+Cofee =18.90€

+2€

Starter+Main Dish ou Main Dish+Dessert+Cofee = 16.90€

w-end and bank holidays

### Starters

Pan Con Tomate with Serrano Ham

Or

Goat cheese springrolls with salad

Or

Starter of the day

### Main Dish:

Fish of the day

Or

Meat of the Day

Or

Fish and Chips

### Dessert

Café Gourmand

*Assortment of 3 three small  
deserts + Cofee*

## Menu Catalan 25 €

Serrano Ham «24Months» and French Toast with garlic

or

Catalan Mussels : Cunchy peppers and melting tomatoes

or

The Chef's Fish Soup ,Rouille and croutons

-----

Pork Cheeks confit with local wine and mashed potatoes

or

Cod , with garlic mayonnaise gratin and seasonal vegetables

-----

The Chef's Crème Catalane

or

Coupe Catalane : cup of ice cream

## 10,90€ For the Little Ones

( - 12years)

Hamburger

or

Cod « like the adults »

-----

Chips

or

Seasonal Vegetables

-----

1 scoop of your choice of ice cream

# Menu Plaisir 33€

## Starters

*Roasted Goat Cheese* and Bacon, marinated with honey and rosemary

*Organic Poached Egg*, vegetable crust, local asparagus and bacon mousse

*Cod ceviche*: Tai Style Marinade with pomegranate, olive oil and fresh herbs salad

## Dishes

*Bream «Mediterranean:»* Grilled Fillet, cream of watercress, vegetable tagliatelle sautéed with sesame oil

*Land and Sea*: confit pork belly and grilled Octopus with meat juice, vegetables and mushroom cannelloni

*Organic Chicken Breast*: poached with citrus, vegetable Shop Suey and coco soup Tai Style

*Hake*: Roasted fillet, linguine with squid ink, confit fennel and black olives coulis

## Deserts

*Crème Catalane*, Traditional\* Gluten Free (Maizena)

*Sablé Breton*, with homemade salted butter

*Pineapple Tartar*: Mint and Coco Mousse