



M E N U



Le Troquet de René



Booking : +33 (0) 4 67 01 07 69

Prices in € incl. VAT – Service included – Excessive alcohol consumption is dangerous for your health – please drink responsibly
Management reserves the right to deny entry



STARTERS



SALMON CARPACCIO

Thin slices of salmon marinated with dill, finished with a touch of lemon and olive oil

15€

SEAFOOD CASSEROLE

Seafood casserole on a bed of leeks, with Noilly Prat sauce

12€

FOIE GRAS & GINGERBREAD

Refined duo of semi-cooked duck foie gras and soft gingerbread, served with our homemade chutney

24€

BURRATA TOMATO SALAD

Seasonal tomatoes and creamy burrata, drizzled with olive oil and basil

14€

DUO OF FRESHNESS

Délicates tranches de jambon sec finement affinées, accompagnées de morceaux de melon gorgés de soleil

13€

TAPAS

Charcuterie board	20€
Mixed board	25€





SALADS

PÉRIGOURDINE

Mesclun salad with vegetables, confit gizzards, smoked duck breast, duck foie gras, golden croutons, and walnut vinaigrette

26€

CÉSAR SALAD

Romaine lettuce, heirloom tomatoes, croutons, crispy chicken, shaved parmesan, poached egg and Caesar dressing sauce

19€

GOAT CHEESE SALAD

Warm goat cheese wrapped in crispy pastry, oven-baked served hot on a bed of seasoned greens

16€



SEAFOOD

MUSSELS WITH ROQUEFORT

Mussels in a creamy Roquefort sauce with shallots

16€

MUSSELS WITH CREAM

Mussels in a creamy shallot and parsley sauce

16€

MUSSELS MARINIÈRE

Mussels in a traditional white wine broth with garlic, shallots and parsley

15€





FISH

SEA BREAM

Grilled sea bream
with Provençal vegetables
and saffron rice

22€

FLAMED PRAWNS

Prawns flambéed
with Pastis served with
vegetables and saffron rice

25€

CUTTLEFISH

Grilled cuttlefish
with sautéed vegetables
and saffron rice

23€



GRILLED FISH PLATTER 1 PERS

Grilled sea bream, prawns,
cuttlefish, tuna, mussels
for one person

29€

TUNA STEAK

Grilled tuna steak
with vegetables
and saffron rice

29€

GRILLED FISH PLATTER 2 PERS

Grilled sea bream, prawns,
cuttlefish, tuna, mussels
for two persons

59€

PASTA

SALMON LASAGNA

Salmon and spinach lasagna
with béchamel sauce

17€

Salad supplement 2€

LASAGNE DE BŒUF

Lasagna with slow-cooked beef
in tomato sauce, topped
with creamy béchamel

15€

Salad supplement 2€

PESTO PASTA

Tagliatelle with pesto,
cherry tomatoes
and parmesan

16€



MEAT DISHES

BUTCHER'S CUT

Tender grilled meat,
sauce of your choice*
Served with fries
and seasonal vegetables

26€

BEEF TARTARE

Fresh beef tartare
served with fries
and salad

21€

DUCK BREAST

Roasted duck breast
with honey sauce
fries and seasonal vegetables

28€

LAMB SHANK

Herb-crusted slow-cooked
lamb shank with mashed
potatoes

27€

CHICKEN SUPRÊME

Chicken breast served
with mashed potatoes
and mushroom sauce

19 €

BURGERS

L'OLTRA BURGER

Beef patty,
soft bun, lettuce,
tomato, onions

18€

L'OLTRA BURGER XL DOUBLE MEAT

27€

CHICKEN BURGER

Chicken patty, soft bun,
lettuce, tomato,
onions, St-Moret cheese
and chive sauce

18€

CHICKEN BURGER XL DOUBLE PATTY

27€

VEGETARIAN

SUNSHINE PLATE

Medley of fresh
seasonal vegetables

16€

* Green pepper or Roquefort sauce



PIZZAS

TOMATO BASE

MARGUERITA

Tomato sauce, mozzarella, emmental cheese, black olives

11€

QUEEN

Tomato sauce, mozzarella, emmental cheese, ham, mushrooms, black olives

13€

FOUR CHEESE

Tomato sauce, mozzarella, emmental, goat cheese, Gorgonzolla, parmesan black olives

14€

SEAFOOD

Tomato sauce, mozzarella, emmental cheese, seafood, parsley mix, black olives

15€

DIAVOLA

Tomato sauce, mozzarella, emmental, Spianata, peppers, onions, black olives

14€

ITALIAN

Tomato sauce, mozzarella, emmental, Serano ham, burrata, black olives

17€

CALZONE

Tomato sauce, mozzarella, emmental, ham, mushrooms, egg, arugula, parmesan

16€

PIZZAS

CREAM BASE

GOAT CHEESE & HONEY

Cream, mozzarella, emmental, goat cheese, honey

14€

SALMON

Cream, mozzarella, emmental, salmon, lemon

15€

FLAMMEKUECHE

Cream, mozzarella, emmental, bacon bits, onions, egg

15€

BERGÈRE

Cream, mozzarella, emmental, goat cheese, onion, bacon bits

15€



HOMEMADE DESSERTS

CHOCOLATE MOUSSE

Smooth chocolate mousse with crunchy hazelnut pieces

8€

FRUIT TART

Fruit tart on a custard base with vanilla ice cream

9€

RED FRUIT PAVLOVA

Light crunchy meringue topped with whipped cream and red berries

9€

CRÈME BRULÉE

Orange blossom custard with a caramelized sugar crust

8€

FLOATING ISLAND

Soft meringue floating on vanilla custard, topped with caramel

7€

CHOCOLATE FONDANT

Warm chocolate fondant cake with a lightly minty cream

9€

FRUIT SALAD

Fresh seasonal fruit mix

9€

CHEESE PLATTER

Assorted cheeses based on daily selection

12€

ICE CREAMS

BANANA SPLIT

Banana with vanilla, chocolate and strawberry ice cream, chocolate sauce, whipped cream, almond flakes

11€

LIEGEOIS

Three smooth scoops of coffee or chocolate ice cream, topped with light mousse and whipped cream, dusted with cocoa or coffee powder

10€

ICE CREAM CUP

1 scoop of your choice 3€
2 scoop of your choice 5€

DAME BLANCHE

3 scoops of vanilla ice cream with chocolate sauce, whipped cream, almond flakes

10 €

ALCOOLISÉES

AFTER EIGHT

3 mint chocolate scoops with hot chocolate sauce, whipped cream, mint leaves and a splash of Get 27

12€

COLONEL

3 scoop lemon green, Vodka

12 €

Gourmet: Salted butter caramel – Chocolate – Strawberry – Mint chocolate – Vanilla – Coffee – Amarena – Stracciatella – Pistachio

Alcohol-infused: Rum raisin – Chartreuse – Grand Marnier – Plombières (Kirsch) – Mojito – Piña Colada

Sorbets: Lime – Red berries – Coconut – Mango

Extras: Sauce and/or whipped cream +€1



LISTE DES ALLERGÈNES

- G** Céréales contenant du gluten (blé, seigle, orge, avoine, épeautre, kamut ou leurs souches hybrides) et produits à base de ces céréales
- C** Crustacés et produits à base de crustacés : Homard, crevettes, crabes, écrevisses...
- O** Œufs et produits à base d'œufs
- P** Poissons et produits à base de poissons
- A** Arachides et produits à base d'arachides
- SO** Soja et produits à base de soja
- L** Lait et produits à base de lait (y compris de lactose), fromage
- FC** Fruits à coques (amandes, noisettes, noix, noix de cajou, pécan, macadamia, pistaches et produits à base de ces fruits)
- CE** Céleri et produits à base de céleri
- M** Moutarde et produits à base de moutarde
- GR** Graines de sésame et produits à base de graines de sésame
- SE** Anhydride sulfureux et sulfites en concentration de plus de 10mg/l
- AS** Pommes de terre congelées, sirops, confitures
- L** Lupin et produits à base de lupin (Lupin - plante qui fait partie de la famille des arachides)
- MO** Mollusques et produits à base de mollusques : Moules, poulpe, palourdes, huîtres, seiche ...





BEVERAGE MENU



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SCAN HERE



Your menu 'Le Troqué de René' is
on the application



Part of the René Oltra Naturist Center ★★★★★

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DRINKS

COCKTAILS WITH ALCOOL

MOJITO Classic 9€

Dark rum, fresh mint, lemon, cane sugar, sparkling water

MOJITO Fraise / Strawberry 10€

Dark rum, mint, strawberry, lemon, cane sugar, sparkling water

MOJITO Passion / Passionfruit 10€

Dark rum, mint, passionfruit, lemon, cane sugar, sparkling water

CAÏPIRINHA 9€

Cachaça, lemon, brown sugar

CUBA LIBRE 9€

Dark rum, Coca-Cola, lemon wedge

EXPRESSO MARTINI 12€

Vodka, Kahlúa, espresso, cane sugar syrup

APEROL SPRITZ 10€

Aperol, Prosecco, sparkling water

ST GERMAIN SPRITZ 12€

St-Germain, Prosecco, sparkling water

PIÑA COLADA 10€

White rum, pineapple juice, coconut puree

TEQUILA SUNRISE 10€

Tequila, orange juice, grenadine syrup

SEX ON THE BEACH 12€

Vodka, peach liqueur, pineapple juice, cranberry juice

MARGARITA 10€

Tequila, lime, Cointreau

COCKTAILS SANS ALCOOL

MOCKTAIL

8€

VIRGIN MOJITO

Lime, cane sugar, apple juice, sparkling water

VIRGIN PIÑA COLADA

Pineapple juice, coconut purée

COCKTAIL DU MOMENT

The bar staff will be happy to assist you

APÉRITIFS

Pastis / Ricard 4 cl 5€

Martini (blanc/rouge) 5 cl 5€
(white/red)

Kir (cassis/pêche) 15 cl 6€
(Blackcurrant, peach)

Coupe Prosecco 10 cl 6€

Coupe Champagne 10 cl 10€

Kir Royal 15 cl 12€

Sangria 15 cl 5€

Sangria 1 litre 20€

TAPAS :

Charcuterie board 20€

Mixed board 25€



DRINKS

SOFT

Sirup	2,50€
Strawberry, grenadine, mint, lemon cordial, peach, orange, orgeat, passion fruit	
Diabolo	3,80€
Seven-up 33cl	3,80€
Fruit juice 25cl	4€
Tomato, ACE (orange, carrot, lemon), pineapple, strawberry and orange	
Orange/Citron fresh juice	6€
Ice tea 25cl	3,80€
Orangina 25cl	3,80€
Pepsi /Pepsi max 33cl	3,80€
Schweppes Tonic 25cl	3,80€
Badoit 50cl	3,50€
Red bull 25cl	5€

WATER

BADOIT	1 L 5€
EVIAN	1 L 5€

HOT DRINKS

Espresso	2,20€
Long coffee	2,20€
Décafeinated	2,20€
Double espresso	4€
Cream coffee	4€
Cappuccino	4€
Iced coffee	4€
Irish coffee	10€
Herbal tea	3€
Chocolat chaud	4€

DIGESTIFS 6 cl

Limoncello	6€
Baileys	7€
Get 27	6€
Armagnac	9€
Croqueuse apple liquor	7€
Cognac	9€

DRAUGHT BEERS

	25cl	50cl
San Miguel	3,50€	6€
1664 White	4€	7€
Grimbergen	4€	7€
Monaco / Panaché / Picon beer	4,50€	8€

Sirup Supplement : 0,50€

BOTTLE OF BEER

CORONA	6€
DESPERADOS	6€

SPIRITS

WHISKY	4 cl	
William Lawson's		8€
Jack daniel's		12€
Nikka		14€

RHUM	4 cl	
Bacardi		8€
Diplomatico		9€
Soft supplement : coca, apple, orange, pineapple 2€		

GIN	4 cl	
Gin tonic		10€
Gordon		8€
Bombay Sapphire		12€
Hendrick's		14€

VODKA	4 cl	
Grey goose		12€
Eristoff		8€
Vodka Red Bull		12€

Soft supplement : apple, orange, pineapple 2€



CHAMPAGNES

TAITTINGER CUVÉE PRESTIGE / ROSÉ
RUINARD BLANC DE BLANC / ROSÉ

La Coupe Cup

10€

10€

75 cl

79€

130€

WINES

WHITE WINE BOTTLE

CHARDONNAY MADELEINE ST JEAN
VIOGNIER MADELEINE ST JEAN
CHARDONNAY GREZAN
ARGALI PUECH-HAUT

IGP pays d'Oc

IGP Pays d'Oc

AOP Languedoc

AOP Languedoc

22€

23€

25€

33€

ROSÉ WINE BOTTLE

GRIS BLANC GERARD BERTRAND
HAUT-GLÉON VALLÉE DU PARADIS
ARGALI PUECH-HAUT

IGP pays d'Oc

IGP pays d'Oc

IGP pays d'Oc

21€

29€

33€

RED WINE BOTTLE

VERSANT PINOT NOIR
PIC SAINT-LOUP GERARD BERTRAND
GARRIGA TERASSE DU LARZAC BIO
LA MADELEINE ST JEAN

IGP pays d'Oc

IGP pays d'Oc

Domaine Souyris, Cuvée Garriga

IGP pays d'Oc

22€

23€

29€

39€

GLASS OF WINE

WHITE/ ROSÉ / RED

15cl 5€

MAGNUM ROSE

ROSÉ GREY WHITE

IGP d'Oc

48€