



L'ESCALE MENU - LUNCH

May 7 to October 10, 2025 - 12:30 to 3 p.m.

STARTERS

Razor clams, tomato, sarriette, parmesan	12 €
Fried baby squids	12 €
Grilled sardines with virgin sauce	12 €
✓ Crunchy salad - fennel, radish, red onion, frisée salad, parmesan cheese	17 €
✓ Carpaccio of zucchini, fresh goat cheese, pine nuts, basil	17 €
Ceviche of sea bream, coconut milk, granny apple, basil	20 €
Tuna tartar, mango, coriander, spring onion, combava	20 €
Sea bass tartar, radish, carrot, spring onion, hard-boiled egg	20 €
The "grand cru" : the two tartars and the ceviche	28 €

MAIN COURSES

✓ Vegetable aioli	20 €
✓ Gourmet gazpacho - cherry tomato, red onion, arugula, burrata	20 €
✓ Refreshing salad - peach, cucumber, red onion, arugula, feta, mint	22 €
Chicken supreme, piperade, thyme juice	25 €
Cut of beef, smoked mashed potatoes and thyme juice	32 €
Grilled squid, pan-fried zucchinis, parsley cream	26 €
Traditional aioli, cod and seafood	28 €
Barbecued bass fillet, grilled vegetables, virgin sauce	29 €
Rigatoni with prawns, shellfish bisque	30 €
Grilled fish, lobster, crayfish	Market price

DESSERTS

Cheese	10 €
Assortment of ice creams and sorbets : 3 scoops of your choice	10 €
Tart or dessert of the day	11 €
Chocolate - caramel rocher	12 €
Pavlova with fruits	12 €
Vanilla-citrus tropézienne tart	14 €
Seasonal fresh fruit	14 €

CHILDREN'S MENU (up to 11 years old)

Syrup + main (rigatoni bolognese OR fish fillet OR nuggets) + 1 scoop ice cream	15 €
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L'ESCALE MENU - DINNER

June 14 to September 13, 2025 - 7:30 pm to 10 pm

STARTERS

Razor clams, tomato, sarriette, parmesan	12 €
✓ Tartlet with grilled vegetables and feta bell pepper chantilly	16 €
Ceviche of sea bream, coconut milk, granny apple, basil	20 €
Tuna tartar, mango, coriander, spring onion, combava	20 €
Sea bass tartar, radish, carrot, spring onion, hard-boiled egg	20 €
The grand cru : the two tartars and the ceviche	28 €
Octopus and ombrine nems, sucrine, rouille sauce	24 €
Lobster salad - citrus, avocado, shellfish vinaigrette	33 €
Thinly sliced beef, anchovy caper mayonnaise, condiments	24 €

MAIN COURSES

✓ Basket of steamed vegetables, choice of sauce (virgin, aioli, lemon parmesan cream)	22 €
✓ Rigatoni with vegetables and a cream of parmesan cheese and lemon	22 €
Chicken supreme, piperade, thyme juice	25 €
Cut of beef, smoked mashed potatoes and thyme juice	32 €
Grilled lean fish fillet, zucchini, verbena pesto	27 €
Red mullet fillet, eggplant millefeuille, olive jus	28 €
Grilled octopus, mashed potatoes with spices, bell pepper and chorizo coulis	30 €
Bouillabaisse-style fisherman's pot	30 €
Grilled fish, lobster, crayfish	Prix du marché

DESSERTS

Cheese	10 €
Assortment of ice creams and sorbets : 3 scoops of your choice	10 €
Tart or dessert of the day	11 €
Chocolate - caramel rocher	12 €
Pavlova with fruits	12 €
Vanilla-citrus tropézienne tart	14 €
Seasonal fresh fruit	14 €

CHILDREN'S MENU (up to 11 years old)

Syrup + main (rigatoni bolognese OR fish fillet OR nuggets) + 1 scoop ice cream	15 €
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