

STARTERS

- Plate of whelks (home-cooked) homemade mayonnaise
- Plate of shrimps homemade mayonnaise
- Goat's cheese cream with slow-cooked tomatoes basil and toasted bread
- Plate of fries
- Plate of Ile de Ré potatoes

GOURMET SALADS

- Salade Cæsar**
Lettuce, tomatoes, chicken strips, croûtons, grilled bacon, parmesan shavings, olives, sun-dried tomatoes, delicious "Cæsar" dressing
- Burrata**
Lettuce, baby spinach, fresh tomatoes, whole burrata, dried tomatoes, dry ham, seed mix, balsamic vinegar cream

BUCKWHEAT PANCAKES

ORGANIC gluten-free buckwheat flour
Our savoury crepes are made to order on the premises

- Savoury pancake and butter
- La Complète egg, ham, emmental cheese
- La Complète bacon egg, emmental, bacon
- L'Américaine egg, emmental cheese, bacon, fries
- La Trois fromages Emmental, Morbier, Roquefort, fresh tomatoes
- La Printanière egg, emmental cheese, tomatoes, fresh mushrooms, ham, lettuce
- La Norvégienne Emmental cheese, marinated trout, fresh cream, fresh tomatoes, lettuce
- La Tartiflette potatoes, onions, diced bacon, mature reblochon cheese
- La Provençale egg, emmental cheese, bell pepper stew, fresh mushrooms, sun-dried tomatoes, pesto
- La Clochette emmental, goat cheese, cured ham, sundried tomatoes, honey from Ré
- Served with green side salad
- Additional ingredient

FOR CHILDREN

- Ham fries
- Nuggets fries

- La Crêpe Chamallows "homemade" hot chocolate, marshmallows
- La Crêpe Clown chocolate or Nutella, whipped cream, Smarties

WHEAT CREPES

- Sugar or butter
- Butter, sugar
- Sugar, lemon (sprinkled with freshly-squeezed lemon)
- Butter, sugar, lemon (sprinkled with freshly-squeezed lemon)
- Île de Ré honey "organically" produced by Mrs Chupin in Rivedoux
- Ré honey with fresh lemon
- Ré honey with walnuts or almonds
- Maple syrup
- Chestnut cream
- With your choice of homemade jam strawberry, preserved citrus, plum
- Homemade hot chocolate fudge or Nutella
- Chocolate, grated coconut
- Chocolate, homemade whipped cream
- Chocolate, vanilla ice cream
- Chocolate, almonds, whipped cream
- Pear or banana, chocolate
- Poire ou banane, chocolat, chantilly
- Choice of flambées Grand Marnier, Rum, Cognac, Calvados (apple brandy)
- Candied citrus fruit flambéed with Grand Marnier
- Homemade baked caramel apples
- Baked caramel apples served with vanilla ice cream
- Baked caramel apples served with walnuts and whipped cream
- Supplément composant

ORIGINAL PANCAKES

- La Belle Hélène hot chocolate fudge, canned pears, vanilla ice cream, toasted almonds, whipped cream
- La Martiniquaise banana, hot chocolate fudge, vanilla ice cream, flambéed with rum
- La Normande baked caramel apples flambéed in Calvados (apple brandy), served with whipped cream
- La Québec maple syrup, vanilla ice cream, toasted almonds, and whipped cream
- La Philippine homemade lemon cream, flambé with rum, Dom Papa Rum sorbet

- Homemade sea-salt caramel
- Homemade sea-salt caramel served with a scoop of crème brûlée ice cream

Our pancakes are made to order on the premises

DESSERTS

Desserts must be ordered at the beginning of the meal.

- Plate of three matured cheeses
- Classic fromage blanc
- Fromage blanc strawberry coulis or organic honey from Île de Ré, or sea-salted caramel
- Homemade rice pudding with vanilla pods & citrus peels
- pudding with chia seeds Mango coulis
- Panna Cotta white chocolate & almond
- Profiteroles hot chocolate fudge and whipped cream
- Coffee, decaf or tea with dessert selection & selection of 3 pastries



CIDERS	20cl	50cl	75cl	100cl
Cidre BIO Cru Breton	-	-	16,0	-
Val de Rance				
Cidre doux	4,0	7,5	-	14,5
Val de Rance				
Cidre brut pression	4,0	7,5	-	14,5
Val de Rance				

BEERS	25cl	33cl	50cl
Licorne pression	3,5	-	6,0
Dikkenek Belgian IPA pression	4,5	-	8,0
Hoegaarden blanche bouteille	-	5,0	-
Panaché pression	3,5	-	6,0
Jupiler 0,0%	3,0		
Supplément sirop	0,5		

WATERS	50cl	100cl
Evian, Badoit 100cl	4,0	6,5

HOT DRINKS	
Coffee, Decaffeinated coffee	2,0
Café crème ou déca crème	2,5
Dammann Teas & Herbal teas	3,5
Earl Grey, Ceylan, Darjeeling, Breakfast, Vert touareg, Vert jasmin, Verveine, Tilleul	
Chocolat chaud	4,0
Double café ou double déca	4,0
Double café ou déca crème	4,5
Chocolat, café viennois, capuccino	4,5
Irish Coffee, French Coffee 4cl	7,5

Net prices in euro, taxes and service included.

ICE CREAMS & SORBETS

1 scoop	3,0
2 scoops	5,5
3 scoops	7,5
Ice Cream	
coffee, salted butter caramel, chocolate, vanilla, crème brûlée, rum-raisin, coconut,	
Sorbets summer fruit, lime, red fruit, strawberries, mango, Dom Papa rum	
For all extras homemade chocolate fudge, homemade whipped cream etc...	2,0

OUR SUGGESTION

Coupe de la Route du Sel	8,5
2 scoops of crème brûlée ice cream, 1 scoop of salted caramel ice cream, homemade salted caramel topping, and whipped cream	

ICE CREAM SUNDAES

Le Colonel lemon sorbet, vodka	9,0
La Planteur summer fruit sorbet, Dom Papa rum sorbet, rum	8,5
L'Équinoxe rum-raisin ice cream, vanilla ice cream, marinated raisins, chantilly cream	8,5
La Dame Blanche vanilla ice cream, hot chocolate fudge, and whipped cream	8,5
Le Chocolat Liégeois chocolate ice cream, vanilla ice cream, hot chocolate, chantilly cream	8,5
Le Café Liégeois coffee ice cream, vanilla ice cream, coffee sauce, chantilly cream	8,5
Le Caramel Liégeois caramel ice cream, vanilla ice cream, sea-salted caramel, chantilly cream	8,5
La Bounty coconut sorbet, vanilla ice-cream, hot chocolate, whipped cream, grated coconut	9,0
La Melba du moment	9,0
Seasonal fruit, vanilla ice-cream, strawberry sorbet, strawberry coulis, grilled almonds, whipped cream	
La Douceur d'été	9,0
mango sorbet, tropical fruit sorbet, red fruit sorbet, strawberry coulis, whipped cream	

COLD DRINKS

our ice creams and sorbets are made by a master-craftsman ice cream maker "Glaces Artisanales"	
Jus de pomme BIO 33cl 5,0 50cl 8,0 100cl 14,0	
Organic seasonal multifruits 33 cl	5,0
Syrup-flavored water grenadine, fraise, pêche, menthe, cerise, cassis, citror 33cl	3,0
Citrons ou Oranges Pressés	5,5
Jus de tomates 20cl	4,5
Schweppes, Schweppes agrum, Orangina, Fuzetea, 25cl	4,0
Badoit rouge, Limonade, Pepsi, Pepsi Max 33cl	4,0
Oasis tropical 25cl	4,0
extra syrup or slice of lemon	0,5

GLASSES & PITCHERS

Rouge "Conditionné par les Vignerons de l'île de Ré"	4,5	5,5	9,5
Rosé "Conditionné par les Vignerons de l'île de Ré"	4,5	5,5	9,5
Blanc "Conditionné par les Vignerons de l'île de Ré"	4,5	5,5	9,5
Chambre d'amour Vin doux 2020/2021	5,5	-	-

menuonline.fr / Droits Réservés



GLACES ARTISANALES - DESSERTS - BOISSONS

LA ROUTE DU SEL

RESTAURANT CRÊPERIE
DEPUIS 1999 LOIX ÎLE DE RÉ

LX17

LA ROUTE DU SEL
0km

RÉSERVATION PAR TÉLÉPHONE
05 46 29 06 83