

## STARTERS

Goat's cheese cream with slow-cooked tomatoes basil and toasted bread	9,5
Fish soup served with croutons, rouille sauce, and grated cheese	11,0
Plate of whelks (home-cooked) homemade mayonnaise	13,0
Plate of shrimps homemade mayonnaise	14,0
6 Oysters n°3	11,5
9 Oysters n°3	16,0
12 Oysters n°3	20,0
Seafood plate oysters, whelk, prawns, homemade mayonnaise	26,5
Plate of fries	4,5
Plate of Ile de Ré potatoes	5,0

## GOURMET SALADS

Salade Thai Lettuce, carrots, white cabbage, soybean sprouts, marinated chicken strips, shrimps, Thai dressing, peanuts	17,0
Salade Cæsar Lettuce, tomatoes, chicken strips, croûtons, grilled bacon, parmesan shavings, olives, sun-dried tomatoes, delicious "Cæsar" dressing	17,0
Warm crispy pastry filled with Saint-Marcellin cheese Lettuce, grilled bacon strips, croûtons, walnuts	17,0
Burrata Lettuce, baby spinach, fresh tomatoes, whole burrata, dried tomatoes, dry ham, seed mix, balsamic vinegar cream	17,0
Périgourdine salad <b>NEW</b> Lettuce, baby spinach, fresh tomatoes, warm potatoes, corn, preserved chicken gizzards, slices of smoked duck magret, hard boiled egg, red onions, raspberry vinaigrette	19,5

## OCEAN-FARMED MUSSELS (STARTING FROM MID-JUNE)

Moules marinières (mussels cooked with onions, white wine, fresh thyme)	14,0
Mussels marinière in a creamy roquefort sauce fries	15,5



Net prices in euro, taxes and service included.

## BUCKWHEAT PANCAKES

Savoury pancake and butter	4,5
La Complète egg, ham, emmental cheese	10,0
La Complète bacon egg, emmental, bacon	10,0
La Paysanne egg, emmental cheese, onions, smoked streaky bacon	10,5
L'Américaine egg, emmental cheese, bacon, fries	11,5
La Trois fromages Emmental, Morbier, Roquefort, fresh tomatoes	11,5
La Printanière egg, emmental cheese, tomatoes, fresh mushrooms, ham, lettuce	12,0
La Guéméné egg, emmental cheese, Guéméné andouille sausage, fresh cream	12,5
La Provençale egg, emmental cheese, bell pepper stew, fresh mushrooms, sun-dried tomatoes, pesto	12,5
La Norvégienne Emmental cheese, marinated trout, fresh cream, fresh tomatoes, lettuce	13,5
La Clochette emmental, goat cheese, cured ham, sundried tomatoes, honey from Ré	13,0
La Super complète egg, emmental, fresh tomatoes, salad, minced steak	14,0
La Tartiflette potatoes, onions, diced bacon, mature reblochon cheese	13,5
Additional ingredient	2,5
Served with green side salad	3,5
ORGANIC gluten-free buckwheat flour Our savoury crepes are made to order on the premises	

## MEAT

Grilled 5A chitterlings sausage mustard sauce fries, lettuce, seasonal vegetables	19,0
Hand-chopped Steak Tartare 180gm fries and lettuce	20,0
Whole duck breast approx. 300gm, honey-lime sauce potatoes from Île de Ré, salad	24,0
The butcher's cut approx. 300gr (Limousin beef, France) fries, lettuce, seasonal vegetables maitre d'hôtel butter or roquefort sauce	29,0

## FISH

Grilled cuttlefish fillets with herbs	22,0
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## FOR CHILDREN

Ham fries	6,5
Nuggets fries	7,0
Mussels marinière fries (starting from mid-June)	9,0

Viande bovine d'origine française "LIMOUSIN"

## WHEAT CREPES

### OUR SUGGESTIONS

Homemade sea-salt caramel	6,5
Homemade sea-salt caramel served with a scoop of crème brûlée ice cream	8,0
Sugar or butter	4,0
Butter, sugar	4,5
Sugar, lemon (sprinkled with freshly-squeezed lemon)	5,0
Butter, sugar, lemon (sprinkled with freshly-squeezed lemon)	5,5
Maple syrup	5,0
Île de Ré honey "organically" produced by Mrs Chupin in Rivedoux	5,5
Ré honey with fresh lemon	5,5
Ré honey with walnuts or almonds	5,5
Chestnut cream	5,5
With your choice of homemade jam strawberry, preserved citrus, plum	5,5
Homemade hot chocolate fudge or Nutella	5,5
Chocolate, grated coconut	7,0
Chocolate, homemade whipped cream	7,0
Chocolate, vanilla ice cream	7,0
Chocolate, almonds, whipped cream	7,5
Pear or banana, chocolate	7,5
Poire ou banane, chocolat, chantilly	8,5
Marshmallow crepe homemade hot chocolate with marshmallows	6,5
Clown crepe chocolate or Nutella, whipped cream, Smarties	7,5
Choice of flambées Grand Marnier, Rum, Cognac, Calvados (apple brandy)	7,0
Candied citrus fruit flambéed with Grand Marnier	7,0
Homemade baked caramel apples	7,0
Baked caramel apples served with vanilla ice cream	8,5
Baked caramel apples served with walnuts and whipped cream	8,5
Supplément composant	2,0

## ORIGINAL PANCAKES

La Belle Hélène hot chocolate fudge, canned pears, vanilla ice cream, toasted almonds, whipped cream	9,0
La Martiniquaise banana, hot chocolate fudge, vanilla ice cream, flambéed with rum	9,0
La Normande baked caramel apples flambéed in Calvados (apple brandy), served with whipped cream	9,0
La Québec maple syrup, vanilla ice cream, toasted almonds, and whipped cream	9,0
La Philippine homemade lemon cream, flambé with rum, Dom Papa Rum sorbet	9,0

Our pancakes are made to order on the premises

Net prices in euro, taxes and service included.

## DESSERTS

### DESSERTS MUST BE ORDERED AT THE BEGINNING OF THE MEAL.

Plate of three matured cheeses	9,5
Classic fromage blanc	6,5
Fromage blanc strawberry coulis or organic honey from Île de Ré, or sea-salted caramel	8,0
Homemade rice pudding with vanilla pods & citrus peels	8,5
pudding with chia seeds Mango coulis	9,0
Panna Cotta white chocolate & almond	9,0
Profiteroles hot chocolate fudge and whipped cream	9,0
Coffee, decaf or tea with dessert selection & selection of 3 pastries	10,0

## ICE CREAM SUNDAES

### OUR SUGGESTION

Coupe de la Route du Sel 2 scoops of crème brûlée ice cream, 1 scoop of salted caramel ice cream, homemade salted caramel topping, and whipped cream	8,5
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 Seasonal fruit, vanilla ice-cream, strawberry sorbet, strawberry coulis, grilled almonds, whipped cream	9,0
La Douceur d'été mango sorbet, tropical fruit sorbet, red fruit sorbet, strawberry coulis, whipped cream	9,0

Our ice creams and sorbets are made by a master-craftsman ice cream maker "Glaces Artisanales"

## ICE CREAMS & SORBETS

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

Net prices in euro, taxes and service included.

## COCKTAILS

L'Apple cider, calvados, strawberry cream liqueur 20cl 4,5

## APERITIFS

Kir 12cl balckcurrant, blackberry, raspberry, peach, strawberry	3,5
Campari, Martini, Suze, Pineau Île de Ré 5cl	4,0
Whisky Ballantines 4cl	6,0
Whisky-Coca, Gin-Tonic, Cognac-Schweppes 4cl	6,5
Ricard ou Pastis de Ré 2cl	3,5
Glenmorangie (écosse) 4cl, Kir Royal 12cl, Américano 7cl	7,5
Glass of Champagne 12cl	7,0
Bottle of Champagne 75cl	39,0

## RED WINES

■ Château de vileneuve Aoc Saumur Champigny 2020	37,5cl	50cl	75cl	24,0	AB
■ Chateau Romanin Aoc Les Baux de Provence 2019	-	-	-	33,0	AB
■ Château de Fonségugne Aoc Côtes du Rhône 2019	-	-	-	29,0	
■ Grappe Diem Ch. La Rose Bellevue Aoc Blaye-Côtes de Bordeaux 2020	15,0	-	-	26,0	

## ROSÉ WINES

■ Le Rosé des Dunes (Île de Ré)	50cl	75cl	14,0	19,0
■ Chateau Lauzade Aoc Côtes de Provence 2021/2022	-	-	-	30,0
■ Dom Arica IGP île de Ré 2022	-	-	-	23,0

## WHITE WINES

■ Soif d'Évasion (Île de Ré) Chardonnay	37,5cl	75cl	-	17,5
■ Ch. La Gde Métairie Aoc Entre Deux Mers 2019/2022	14,0	-	-	21,0
■ Dom ARICA IGP île de Ré 2022	-	-	-	23,0
■ Macon-Chardonnay Dom. Talmard Aoc Macon Villages 2021/2022	-	-	-	27,0
■ Viogner (Cuilleron-Villard-gaillard) IGP Collines Rhodanines 2020/2022	-	-	-	32,0
■ Chambre d'amour Vin doux 2020/2021	-	-	-	22,0

## GLASSES & PITCHERS

■ Rouge "Conditionné par les Vignerons de l'île de Ré"	12cl	25cl	50cl	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	-	-			

## BEERS

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

## CIDERS

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

## COLD DRINKS

Jus de pomme BIO	33cl	50cl	100cl	5,0	8,0	14,0	AB
Citrons ou Oranges Pressés	-	-	-	5,5			
Organic seasonal multifruits 33 cl	-	-	-	5,0			AB
Jus de tomates 20cl	-	-	-	4,5			
Badoit rouge, Limonade, Pepsi, Pepsi Max 33cl	-	-	-	4,0			
Syrup-flavored water grenadine, fraise, pêche, menthe, cerise, cassis, citror 33cl	-	-	-	3,0			
Schweppes, Schweppes agrum, Orangina, Fuzetea 25cl	-	-	-	4,0			
Oasis tropical 25cl	-	-	-	4,0			
extra syrup or slice of lemon	-	-	-	0,5			

## WATERS

Evian, Badoit 100cl	50cl	100cl	4,0	6,5
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# LA ROUTE DU SEL

RESTAURANT CRÊPERIE  
DEPUIS 1999 LOIX ÎLE DE RÉ

LX17

LA ROUTE DU SEL  
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RÉSERVATION PAR TÉLÉPHONE  
05 46 29 06 83

