

MENU



Le Bistro De Jan

INTERCONTINENTAL TABLE BAY CAPE TOWN

@janhendrikvanderwesthuizen

@lebistrodejanct

LBDJ@ictablebay.com



If our menu is flirting with your vision, just wink at your server for a magnifying glass.

ENTRÉES

WEST COAST OYSTERS

Mignonette dressing

R45 each

CHICKEN LIVER PARFAIT

Sherry and elderflower jelly with brioche

R160

NEW SEASON VELOUTÉ

Viccychoise and Pea

R120

MUSSELS

Pastis, bacon and parsley

R180

WHO'S YOUR DADDY BEEF TARTARE

R150

PICKLED OCTOPUS

Radicchio and hazelnut pesto

R175

SALT HAKE BEIGNETS

Romesco Sauce

R140

SALAD NIÇOISE

Home cured tuna, boiled egg and anchovy

R180

Chef's selection of 4 mixed starters

For 2 pax

R600

NAUGHTY NAUTICAL LUNCH SPECIAL

Salad Niçoise, frites, dry martini or pastis

R350

GRANDMOTHER'S FAVOURITES

Minimum for 2 people

Ahoy
Maatjie



FISH OF THE DAY

Choose one side dish

R680

OUR FAMOUS TOURTE AU POULET

With truffle sauce

Choose one side dish

R650

1.2 kg STEAK FLORENTINE

Wedge salad & frites

R2100



MAINS

Champignons on toast Confit leek and fromage frais	R220
Seabass Preserved lemon and aioli with beurre blanc	R280
Beef Cheek Braised in red wine served with creamy mielie pap and parmesan	R350
Sirloin 400g on the bone, roasted bone marrow, add side	R450

SIDE DISHES

Crunchy salad, bacon, croutons and pine nuts	R100
Lentils, crème fraiche and salsa verde	R100
Frites	R90

Enjoy a

TOUR DE FROMAGE

through our dedicated VIP cheese
and preserve room

Selection of cheeses served with condiments,
crackers, bread and butter

R420.00



DESSERTS

Malva Pudding R140

My mother's malva pudding with homemade bay leaf ice cream

Crème Caramel R120

Fruit and Almond Tart R140

Olive oil crust and crème fraîche

Rice Pudding R120

Salted caramel and pecan nut

Chocolate Mousse R150

Boozy fruit and shortbread

Madeleines à la Giles 6 / 12 R60 / R90

Allow 15 minutes

Crème Anglaise R60

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@lebistrotdeJANct



RESTAURANT JAN

@restaurant_jan

A Michelin-recognised establishment for over a decade, JAN is an intimate 20-seat restaurant in Nice's Old Port district that invites guests on a culinary journey rooted in the flavours of the Côte d'Azur and South Africa.

LE BISTROT DE JAN NICE

@lebistrotdejan.nice

Inspired by the adventurous spirit of Chef Jan's early culinary journey, Le Bistrot de JAN in Nice is Restaurant JAN's warm and welcoming more youthful counterpart. It captures the spontaneity and curiosity of the chef's formative years, a place where classic French bistro favourites meet a playful twist.

JAN FRANSCHHOEK

@jan_franschhoek

Surrounded by rolling vineyards, lavender fields and mountain views, this seasonal experience is an intimate communal dining occasion that blends the elegance of French techniques with the flavours of South African heritage.

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JANONLINE.COM



INTERCONTINENTAL 2025
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