

MENU



Le Bistrot De Janz

INTERCONTINENTAL TABLE BAY CAPE TOWN

@janhendrikvanderwesthuizen
@lebistrotdejanct
LBDJ@ictablebay.com



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

ENTRÉES



BREAD AND BUTTER

Homemade sourdough

R25

WEST COAST OYSTERS

Mignonette dressing

R45 each

CHICKEN LIVER PARFAIT

Quince jelly with sourdough

R160

NEW SEASON VELOUTÉ

Vichyssoise and Pea

R120

MUSSELS

Pastis, bacon and parsley

R180

WHO'S YOUR DADDY BEEF TARTARE

R180

PICKLED OCTOPUS

Radicchio and hazelnut pesto

R185

SALT HAKE BEIGNETS

Romesco Sauce

R150

SALAD NIÇOISE

Home cured tuna, boiled egg and anchovy

R180

CRISPY DUCK

Green beans and mustard

R185

Chef's selection of 4 mixed starters

Great for sharing

R650

NAUGHTY NAUTICAL LUNCH SPECIAL

Salad Niçoise, frites, dry martini or pastis

R350



GRANDMOTHER'S FAVOURITES

Great for sharing

FISH OF THE DAY

Choose one side dish

R680

1.2 kg STEAK FLORENTINE

Wedge salad & frites

R2100

OUR FAMOUS TOURTE AU POULET

With truffle sauce

Choose one side dish

R720



MAINS



Forage and Feast Mushrooms on Toast

Confit leek and fromage frais

R240

Seabass

Preserved lemon and aioli with beurre blanc

R380

Beef Cheek

Braised in red wine served with creamy mielie pap and parmesan

R350

Sirloin

400g on the bone, roasted bone marrow, add side

R480

SIDE DISHES

Crunchy salad, bacon, croutons and pine nuts

R120

Lentils, crème fraiche and salsa verde

R100

Frites

R100

Truffle sauce

R60



Enjoy a
TOUR DE FROMAGE
through our dedicated cheese room

Selection of local and international cheese
served with homemade condiments, crackers,
bread and butter

R280.00
Per person

DESSERTS



Malva Pudding My mother's malva pudding with homemade bay leaf ice cream	R140
Crème Caramel	R120
Fruit and Almond Tart Olive oil crust and crème fraiche	R140
Rice Pudding Salted caramel and pecan nut	R120
Chocolate Mousse Boozy fruit and shortbread	R160
Madeleines à la Giles Allow 15 minutes	6 / 12 R90 / R140
Crème Anglaise	R90

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Please inform your waiter of any allergies or dietary requirements prior to ordering. Our kitchen handles common allergens, every care is taken in the preparation of your dishes, we cannot guarantee the complete absence of cross-contamination.

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.

@janhendrikvanderwesthuizen

@lebistrotdejanct

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JANONLINE.COM

Lunch Prix Fixe
Starters & Mains 450
Mains & Dessert 450
Starters, Mains and Dessert 650



STARTERS

Green Bean Vinaigrette
Roasted onion and Mustard
Or

Boullaibaise
Aioli and Sourdough
Or

Seared Chicken Liver Parfait
Fig and Sourdough

MAIN COURSE

Kuri Squash Gnochì
Sage Beurre Noisette
Or

Sea bass
Braised Lentils and Green Sauce
Or

Lamb Sweetbreads
Braised Peas, Mint and Bacon

DESSERT

Lemon Posset
Lemon Compote and shortbread
Or

Madeleines and Crème Anglaise
Or

Walsh Rarebit



FEASTING MENU

This menu is designed to be enjoyed family-style, with dishes served to the table for guests to share. This style of dining creates a warm, interactive atmosphere, encourages conversation, and allows guests to experience a wider variety of flavours throughout the meal.

We believe every event is unique, and we are happy to tailor our menus to suit your occasion, guest preferences and dietary requirements. Whether you're planning an intimate celebration, corporate gathering, or special occasion, we can help create a menu that perfectly fits your event.

Our Feasting Menu is recommended for groups of 8 or more. It is designed to showcase the best of Le Bistrot de JAN while creating a convivial dining experience around the table.

R1250 per person

ENTREES

A selection of sharing starters served to the table, select 3 to share

CHICKEN LIVER PARFAIT

Quince jelly and sourdough

WHO'S YOUR DADDY BEEF TARTARE

PICKLED OCTOPUS

Radicchio and hazelnut pesto

SALT HAKE BEIGNETS

Romesco sauce

CRISPY DUCK

Radicchio and apple

GREEN BEAN VINAIGRETTE

Roast shallots, watercress and mustard

MAINS

Your choice of 2 of our signature dishes, accompanied by your choice of 2 sides and salads

OUR FAMOUS TOURTE AU POULET

With truffle sauce

ROAST BEEF FILLET

Roast bone marrow and bearnaise sauce

BRAISED BEEF CHEEK

Creamy mielie pap and parmesan

BRAISED LAMB SHOULDER

Carrots and green sauce

EAST COAST SOLE

Beurre noisette, capers, croutons and parsley

SIDE DISHES

Salad Verte
Crunchy salad
Roast potatoes
Chips and homemade ketchup

DESSERTS

Your choice of 2 desserts to share

MALVA PUDDING

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

CHOCOLATE MOUSSE

Boozy fruit and shortbread

SEASONAL FRUIT PAVLOVA TOWER

Chantilly cream and coulis

-Or your choice of 1 Individual plated dessert-

LEMON POSSET

Lemon compote and shortbread

CRÈME BRULEE

RICE PUDDING

Salted caramel and pecan nut

MIGNARDISE

MADELEINES À LA GILES

Crème Anglaise





CURATED A LA CARTE MENU

For guests who prefer individual menu choices, we offer a curated à la carte selection featuring some of our most popular dishes.

To ensure a seamless dining experience for groups between 12 and 24, guests are invited to select from a reduced menu designed specifically for group dining. This allows us to maintain the highest standards of food quality and service while still offering flexibility and choice.

If there is a specific Le Bistrot de JAN favourite you would like to include, please ask and we can quote accordingly.

R950 per person

ENTRÉES

CHICKEN LIVER PARFAIT

Quince Jelly and sourdough

or

CRISPY DUCK

Raicchio and Apple

or

SALT HAKE BEIGNETS

Romesco Sauce

or

GREEN BEAN VINAIGRETTE

Roast shallots, watercress and mustard

MAINS

SIRLOIN

400g on the bone, roasted bone marrow and bearnaise sauce

or

SEA BASS

Preserved lemon and rouille with beurre blanc

or

FORAGE AND FEAST MUSHROOMS ON TOAST

Confit leek and fromage frais

All mains served with chips and seasonal green salad

DESSERTS

LEMON POSSET

or

CHOCOLATE MOUSSE

Boozy fruit and shortbread

or

CRÈME BRULEE



ENHANCE YOUR EXPERIENCE

Elevate your event with any of the following additions:

FRESH OYSTERS

Natural oysters served with lemon and mignonette

ARRIVAL SNACKS

Choose from a selection of snacks served on arrival

Anchovy Toast

Marinated Olives

Wagyu Biltong

Warm Nuts

WELCOME DRINKS

A great way to get your party started and the ice breaker, preselecting wines and cocktails is a great way to ensure guests feel immediately welcome and service runs smoothly from start to finish. Please find an attached copy of wine list and cocktail menus for your perusal. Depending on party size, drinks can be accommodated in our elegant bar area, and the option for a light nibble while you wait for everyone to arrive. Popular options are..

Glass of sparkling wine or Champagne

Jan's Citrus Sour

Jan's Citrus Sour non-alcoholic

TOUR DE FROMAGE

A tour through our dedicated cheese room, followed by a plated selection of local and international cheese, served with homemade condiments, crackers, bread and butter.
R280 per person

MADELEINES À LA GILES

No Le Bistrot de JAN experience is complete without at least one madeleine dipped in crème anglaise, if you feel the need for more, please feel welcome. Great as a parting gift and takeaway. Madeleine towers can also be accommodated on enquiry.

Half dozen R120 (madeleines & crème anglaise)

Dozen R150 (madeleines & crème anglaise)

DIETARY REQUIREMENTS

We are pleased to accommodate vegetarian, vegan, gluten-free, and other dietary requirements with advance notice.

BOOKING INFORMATION

Minimum guests: 8

Maximum guests: 50 depending on seating arrangement

A 50% deposit is required to secure the booking, with the balance due 7 days prior to the event. All beverages to be settled on the day.

Menu selections to be confirmed 5 working days in advance, and subject to seasonality and availability.

12.5% gratuity will be included.

This menu is a guideline, and what we feel works best. We look forward to creating a memorable dining experience for you and your guests.

BAR MENU



FRENCH 75

Malfy limone Gin, grapefruit &
lime oleo, brut bubbles 175

HONEY BUSH HIGHBALL

Caperitif, honey bush cordial, soda
140

CAPE CUP

Inveroché amber gin, raspberry,
citrus, cucumber, soda 110

SLIGHTLY DIRTY MARTINI

Tanqueray No. 10, aframisia cap dry
vermouth, olive oil, forage & feast
prosecco vinegar 135

SIDECAR

Martell VSOP, lemon, sugar, Ricard
pastis 145



JAN'S CITRUS SOUR

Forge And Feast Mandarin
Marmalade, orange liqueur, whey,
Boplaas single grain whiskey 120

NEGRONI

Wilderer fynbos gin, cocchi amaro,
Campari, orange 150

CITRUSDAL

Abstinence Cape fynbos, citrus,
passion fruit, whey (non-alcoholic)
105

COLMANT CAP CLASSIQUE

BLANC DE BLANCS

Glass/Bottle 140/850

DRAPPIER BRUT NATURE NV

1900



BAR MENU



Bread And Butter 25

Oysters Mignonette (each) 45

Anchovy toast 90

Marinated Olives 100

Warm Nuts 100

Forge and Feast
Wagyu Biltong 120

Green Bean Vinaigrette 140

Seared Chicken Liver Parfait,
Fig and Sourdough 180

Salt Hake Beignets 150

House Cured Gravlox,
Cucumber
And Dill 180

Wedge Salad 120

Chips 100

Truffle Sauce 60

Madeleines 6/12 90/140

Crème Anglaise 90

Ice Cream (per scoop) 60





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