

# 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**



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

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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.

@janbendrikkvanderwesthuizen

@lebistrotdejannc

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