

# 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 fraîche 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><br>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><br>Olive oil crust and crème fraîche                  | <b>R140</b>                 |
| <b>Rice Pudding</b><br>Salted caramel and pecan nut                                | <b>R120</b>                 |
| <b>Chocolate Mousse</b><br>Boozy fruit and shortbread                              | <b>R160</b>                 |
| <b>Madeleines à la Giles</b><br>Allow 15 minutes                                   | 6 / 12<br><b>R90 / R140</b> |
| <b>Crème Anglaise</b>                                                              | <b>R90</b>                  |

\*

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.

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# *Le Bistrot De Jan*

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



## STARTERS

Green Bean Vinnaigrette  
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



## DINNER PRIX FIX MENU

Starters & Mains: R470 per person  
Mains & Desserts: R470 per person  
Starters, Mains & Dessert: R670 per person

### ENTRÉES

**GRILLED GREEN BEAN VINAIGRETTE**

Roasted shallot and mustard

or

**BOULLAIBAISE**

Aioli and sourdough

or

**CRISPY DUCK**

Radicchio and apple

### MAINS

**LE BISTROT DE JAN PRAWN BIB PASTA**

Tomato, chilli, basil and bib

or

**KURI SQUASH GNOCCHI**

Sage beurre Noisette

or

**LAMB SWEATBREADS**

Brased Peas, min and bacon

or

**SEA BASS**

Braised Lentils and green sauce

or

**BRAISED BEEF CHEEK**

Creamy mielie pap and parmesan

### DESSERTS

**LEMON POSSET**

Lemon compote

or

**CHOCOLATE MOUSSE**

Boozy fruit and shortbread

or

**MADELEINES AND CRÈME ANGLAISE**



**BRING THE AESTHETIC HOME**

Bakeware | Glassware | Kitchen Tools | Linen | Crockery  
Cutlery | Candles | Décor | Journals | Cookbooks | Wine & More  
Browse online at [www.janonline.com](http://www.janonline.com) under 'shop'.



## 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 BRULÉE

#### 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

Forage 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 Gravlax,  
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





INTERCONTINENTAL 2025  
TABLE BAY CAPE TOWN

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