MENU



Le Bistrot De Jan

INTERCONTINENTAL TABLE BAY CAPE TOWN

@janhendrikvanderwesthuizen
@lebistrotdejanct
LBDJ@ictablebay.com

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CAPE TOWN

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

ENTRÉES

BREAD AND BUTTER
Homemade sourdough
R45

WEST COAST OYSTERS
Mignonette dressing
R60 each

CHICKEN LIVER PARFAIT
Spiced Plum and toasted sourdough
R180

VELOUTÉ FROID DE COURGETTES
Amasi and mint
R140

WEST COAST MUSSELS
Smoked bacon, leeks and parsley
R180

WHO'S YOUR DADDY BEEF TARTARE
R220

HOME CURED SALMON
Celeriac rémoulade and pickled mustard seeds
R190

PICKLED OCTOPUS
Fennel, cucumber and dill
R220

HAKE BOKKOM BEIGNETS
Smoked red pepper and almonds
R170

SALAD NIÇOISE DU CAP
Home cured tuna, farm egg, anchovy and olives
R220

CRISPY DUCK
Radicchio, apple and mustard
R220

KAROO CRUMBLE CHEESE SOUFFLÉ
Herb salad and sourdough
R180

Chef's selection of 4 mixed starters
Great for sharing
R750

NAUGHTY NAUTICAL LUNCH SPECIAL
Salad Niçoise, frites, dry martini or pastis
R390

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GRANDMOTHER'S FAVOURITES

Great for sharing

OUR FAMOUS TOURTE AU POULET
With truffle sauce
Choose one side dish
R820

FISH OF THE DAY
Choose one side dish
MARKET PRICE

GRAND MOTHER'S SLOW BRAISED KAROO LAMB SHOULDER
Roast potatoes, carrots, lamb fat mosbolletjie and green salad
R3600 serves 4-6 Available by pre order



1.2 kg BISTROT STEAK FLORENTINE
Wedge salad & frites
R2400

MAINS

FORAGE AND FEAST MUSHROOMS ON TOAST **R240**
Confit leek and cultured cream

SEABASS **R420**
Preserved lemon, samphire and aioli with beurre blanc

PAP EN WANG **R380**
Slow-braised beef cheek, creamy *Lowerland fine grit Familiemeel* and Parmesan

NEW YORK STRIP ON THE BONE **R650**
400 g, roasted bone marrow and Béarnaise sauce, choice of 1 side

KAROO LAMB NECK **R400**
Tomato bredie, broccoli and anchovy

EAST COAST SOLE **R680**
Beurre noisette, capers, croutons and parsley

SIDE DISHES

Crunchy salad, bacon, croutons and pine nuts	R140
Lentils, cultured cream and salsa verde	R120
Double-fried chips	R120
Creamy *Lowerland fine grit Familiemeel* & parmesan	R120
Herb crusted bone marrow (each)	R45
Truffle sauce	R90

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Enjoy a

TOUR DE FROMAGE

through our dedicated cheese room

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



R320.00
Per person

DESSERTS

Malva Pudding My mother's malva pudding with homemade bay leaf ice cream	**R160**
Rooibos Crème Brulee	**R140**
Fruit and Almond Tart Olive oil crust and crème fraiche	**R160**
Rice Pudding Salted caramel and pecan nut	**R140**
Chocolate Mousse Boozy fruit and shortbread	**R180**
Madeleines à la Giles Allow 15 minutes	6 / 12 **R120 / R180**
Créme Anglaise	**R120**

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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.

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LE BISTROT DE JAN, CT

ROOTED HERE, INSPIRED BY FRANCE

JAN's story began in South Africa and found a home in France, where Restaurant JAN opened in Nice in 2013. Le Bistrot de JAN brings these two worlds together in a more relaxed, accessible way, a generous table and a place for everyone. French bistro cooking meets the ingredients and flavours of home, from the Cape and West Coast to the Karoo. French technique and South African soul.

A LAST NOTE ON THE WINES

Enjoy a JAN blend by the glass or bottle, crafted annually by Chef Jan with our winemakers in South Africa and poured at JAN tables around the world.

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