



THE MENU

OF VERY TASTY FRESHLY PREPARED INGREDIENTS
&
NO BODY DOES IT BETTER

TO BEGIN

BISTRO'S CREAM OF VEGETABLES SOUP WITH GARLIC CROUTON V
OR
LIGHTLY ROASTED TOMATOES AND PIMENTO SOUP WITH BASIL FOAM V
OR
MELON WITH PORT WINE V OR CURED HAM OR FRIUT BERRIES V
OR
COUNTRY STYLE PATE WITH TOASTED BRIOCHE
OR
TOMATO AND MOZZARELA SALAD, DRESSED WITH BALSAMIC V
OR
WARM GOAT CHEESE SALAD WITH CRISPY PANCETTA, BALSAMIC VINIGRETTE
OR
BAKED "TOURTE" OF GOAT'S CHEESE IN PUFF PASTRY, SPRING SALAD LEAVES
DRESSED WITH BEETROOT DRESSING
OR
GLAZED POACHED EGGS FLORENTINE OR BENEDICT V
OR
ROSETTE OF SMOKED SALMON WITH PRAWNS & CORNISH CRAB IN CHIVES AND HORSRADISH "SAUCE PUDEUR"
OR
SPRING LEAF SALAD WITH GUCAMOLE AND COCKTAIL PRAWNS "MARIE ROSE"
OR
THAI FISH CACKES WITH SALAD GARNISH AND SWEET CHILLI SAUCE
OR
HOME MADE FISH CAKE WITH SMOKED HADDOCK, SALMON & FRESH HERBS CHILLI MAYO DEEP
OR
GRILLED SARDINES WITH TOMATO, OLIVES AND FRESH HERB LEMON SALSA
OR
TEMPURA PRAWNS WITH MANGO AND CHILLI DEEP
OR
LINGUINE WITH FRESH WATER PRAWNS A'LA "PROVENCALE"
(SUITABLE AS MAIN COURSE – OMIT PRAWNS FOR VEGETARIAN) V
OR
GRILLED SCEWERED SCALLOPS & SWEET WATER PRAWNS
ON CHIFFONADE OF CREAMED LEEKS & CHIVES SAUCE
OR
TIMBALE OF WARM SMOKED HADDOCK AND SPINACH MOUSSELINE, DILL SAUCE VELOUTE
OR
PAUPIETTE OF SMOKED SALMON MOUSSELINE, SHALLOTS & ESTRAGON BUTTER SAUCE

Bistro on the Beach 2007 Ltd

Solent Promenade, Southbourne Coast Road, Bournemouth BH6 4BE
Tel: 01202 431473 Fax: 01202 434606 Email: bistro_on_the_beach@yahoo.co.uk

VAT NO. 904 4382 38 Company No. 6126100 Registered in England
Registered Office: 7 Dryden Close, Ashley Heath, Ringwood, Hampshire BH24 2JB



MAIN DISHES

- HOME MADE FISH CAKE WITH FRESH & SMOKED HADDOCK, SALMON & FRESH HERBS, CHILLI MAYO DEEP
2 COURSES £ 18.50 3 COURSES £ 23.50
OR
BEER BATTERED HADDOCK WITH CHIPS AND MUSHY PEAS OR SIDE SALAD
2 COURSES £ 18.50 3 COURSE £ 23.50
OR
GRILLED SARDINES A'LA PORTUGESE
2 COURSES £ 18.00 3 COURSES £ 23.00
OR
POT-ROASTED JERSEY PLACE WITH ROOT VEGETABLES AND PARSLEY VELOUTE
2 COURSES £ 24.00 3 COURSES £ 29.00
OR
GRILLED HALIBUT STEAK ON WILTED SPINACH WITH MUSSELS AND VEGETABLE NAGE
2 COURSES £ 26.00 3 COURSES £ 31.00
GRILLED MONK FISH MEDALLIONS WITH RATATTOULLE AND NEW POTATOES, SIDE SALAD
2 COURSES £ 27.50 3 COURSES £ 32.50
OR
LINGUINE WITH GAMBAS A'LA PROVENCALE
2 COURSES £ 22.00 3 COURSES £ 27.00
OR
SEARED FILET OF SEA BASS WITH ANTIPASTI VEGETABLES, TOMATO, BASIL AND OLIVES VINIGRETTE, NEW POTATOES
2 COURSES £ 21.50 3 COURSES £ 26.50
OR
TOURNEDO OF BEEF "GASTRONOME" SAUCE MADIERA, FROU-FROU OF VEGETABLES
ROASTEDSMALL POTATOES WITH MUSHROOMS & ARTICHOKE
2 COURSES £ 28.00 3 COURSES £ 34.50
OR
MEDALIONS OF VENISON WITH SAUCE DIABLE, POTATO AND CELERIAC MASH, CABBAGE CHARLOTTE
2 COURSES £ 23.50 3 COURSES £ 28.50
OR
POT- ROASTED RACK OF LAMB WITH MINTED CELERY SAUCE, POTATO CAKE, SEASONAL VEGETABLES
2 COURSES £ 26.00 3 COURSES £ 31.00
OR
MEDALLIONS OF PORK IN CREAMY MUSHROOM SAUCE WITH CRUSHED SAUTED POTATO CAKE
CARROTS AND PEAS
2 COURSES £ 22.50 3 COURSES £ 28.00
OR
GRILLED CHICKEN BREAST WITH CHIFFONADE OF AROMATIC VEGETABLES, THYME & ROSEMARY JUS
ROASTED NEW POTATOES
2 COUSES £ 21.00 3 COURSE £ 26.00
OR
POT-ROASTED FREERANGE CHICKEN, SEASONAL VEGETABLES, ROAST POTATOES (2 PERSONS MINIMUM)
2 COURSES £ 24.50 3 COURSES £ 29.00
OR
VEGETABLE FRITTATA, TOMATO & BASIL SAUCE AND A SIDE SALAD V
2 COUSES £ 18.50 3 COURSE £ 23.50
OR
ROASTED MEDITERRANEAN VEGETABLES TART, TOMATO AND CHIVES FONDUE SAUCE V
(With goat cheese - optional add £ 2.50)
2 COURSES £ 18.50 3 COURSES £ 23.50

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PUDDINGS

TIRAMISU
OR
DARK CHOCOLATE FUDGE CAKE WITH SEASONAL BERRIES
OR
RICH CHOCOLATE PUDDING WITH VANILLA CUSTARD
OR
CHEESE CAKE WITH FRESH FRUIT BERRIES
(THIS MAY VARY)
OR
PANACOTA WITH RASPBERRIES COMPOTE
OR
ESPRESSO & CHOCOLATE CRÈME BRULLE
OR
STICKY TOFFEE PUDDING
OR
BREAD & BUTTER PUDDING
OR
APPLE AND BLACKBERRY CRUMBLE
WITH VANILLA ICE-CREAM
OR
APPLE TART-TATIN WITH VANILLA ICE CREAM
OR
FRESH FRUIT COCKTAIL LACED WITH GRAND MARNIER
SERVED WITH CREAM OR A VANILLA ICE CREAM
OR
FRESH FRUIT PLATTER WITH YOGHURT & HONEY
OR
SELECTION OF NEW FOREST ICE CREAMS
OR
CHEESE PLATTER
(SUPPLEMENT CHARGE £ 2.50)

EXTRA CHARGE

COFFEE £ 2.50

AMERICANO, ESPRESSO, CAPPUCCINO, LATTE, LATE MACHIATO, CHOCOCHINO, HOT CHOCOLATE
OTHER COFFEES ON REQUEST £ ?

TEA / INFUSIONS £ 2.20

MINT CHOCOLATES £ 0.80 each

PLEASE NOTE:

PLEASE CHOOSE ANY COMBINATION OF DISHES YOU LIKE TO CREATE YOUR OWN MENU
THE PRICE OF MAIN COURSE IS THE PRICE OF THE 2 OR 3 COURSE MENU.

SHOULD YOU REQUIRE ANY FURTHER EXPLANATION OR ALTERNATIVES TO THE ABOVE MENU, THEN PLEASE CONTACT
ME DIRECTLY.

UPON CONFIRMATION OF THE MENU NO CHANGES OR SWAPS WILL BE POSSIBLE ON THE DAY.

VEGETARIAN OPTIONS ARE DENOTED BY " V "

YOU MUST ADVISE US OF ANY ALLERGIES IF KNOWN TO YOU AND YOUR GUESTS AT THE TIME OF BOOKING

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Mario Lesnik
Director

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