

Welcome to La Poêle Restaurant and Bar

La Poêle is based on an A La Carte menu and has a mixture of European flavours using seasonal produce with a French style cooking technique.

All dishes are freshly made to order with an extensive wine list to match. *Bon Appetit!*

Entrées

SOUTHERN ROCK LOBSTER BISQUE GF 22
Flambé with Hennessy cognac, Cognac cream, crispy sourdough, Lobster, chargrilled baby corn and dill

FRESHLY SHUCKED OYSTERS
Blackman Bay, Tas
- Natural 4 ea
- Limoncello granita 5 ea

MORETON BAY BUGS GF 24
Shark Bay, WA
Pan seared Bugs deglazed with chardonnay, Crusted with lemon pepper and herbs

LEMON MYRTLE CALAMARI DF 23
Port Phillip Bay, Vic
Squid ink tapioca & lemon myrtle mayonnaise

PAN SEARED SCALLOPS GF 20
Lakes Entrance, Vic
Roasted cauliflower puree, crushed walnuts
Purple cauliflower chips

BLUE SWIMMER CRAB VOL AU VENT 22
Yarra Valley Salmon caviar & dill

SPICY SPREADABLE CALABRIAN NDUJA 18
Chargrilled sourdough & olives

ROASTED BUTTERNUT & MAPLE ARANCINI 18
Pumpkin puree, kale powder, heirloom carrots

CHIPOTLE FRIED CHICKEN RIBS 20
Chipotle mayonnaise & micro coriander

JEAN LARNAUDIE FOIE GRAS 40
Pan seared foie gras, brioche French toast, micro herbs, cherry gel

From the Chargrill

• **250g TENDER GRASS FED EYE FILLET** GF 48
• **300g BLACK ANGUS SCOTCH FILLET** GF 44
• **250g WAGYU RUMP** MS6 GF 45
• **BBQ SPICED KING PRAWNS** 14 ea

• Served with a choice of chips or salad
• Sauces: Pink peppercorn sauce or garlic butter

Mains

• **LAMB SHOULDER** GF 44
• 18 hour slow cooked tender and juicy lamb shoulder
• Mashed potato, mushrooms, peas and baby carrots and rosemary glaze

• **FISH OF THE DAY** MP
• Pan seared market fish, sautéed artichokes hearts, sundried tomato, zucchini, eggplant, crispy bacon and citrus gel

• **DUCK BREAST** GF 40
• Sautéed Swiss chard, baby carrots, cherry gel and cherry sauce

• **SUCCULENT SOUS VIDE FREE RANGE CHICKEN BREAST** 38
• Mash Potato, kale, sautéed seasonal vegetables, thyme sauce

• **FRESH SEAFOOD LINGUINE** 39
• King prawns, calamari, mussels, clams tossed in a light prawn bisque

• **SAFFRON MORETON BAY BUGS RISOTTO** GF 44
• Peas, cherry tomato and lime zest

• **ROASTED CAULIFLOWER & CHEESE RAVIOLI** 35
• Cheese sauce, toasted pine nuts & roasted cauliflower

Sides

CHIPS 9
Tomato and basil salt

SAUTEED MARKET VEGETABLES 14
Pumpkin puree & toasted almonds

HEIRLOOM BEETROOT SALAD 14
Ricotta cheese, olive oil & macadamia praline

TOMATO AND BOCCONCINI SALAD 15
with rocket & basil pesto

MIXED GREEN SALAD 10

CAN'T DECIDE WHAT TO EAT?

Try the
Chef's Choice Tasting Menu
5 Courses - \$95pp

“One cannot think well,
love well, sleep well,
if one has not dined well”

VIRGINIA WOOLF

- Menu items may contain or come into contact with wheat, eggs, nuts, dairy. For more information please speak with our front of house manager

Desserts

• **THE PEACH** 20
• *Our signature dessert*
• Macadamia praline & peach gel

• **COCOA POD** 18
• Belgian chocolate mousse, mixed berries & madagascar vanilla ice cream

• **TIRAMISU SPHERE** 20
• Mascarpone, coffee liquor, cocoa powder

• **RASPBERRY THREE WAYS** 18
• Raspberry compote, Belgian chocolate mousse, fresh raspberries

• **ARTISAN CHEESE BOARD**
• Served with crispbreads, organic honey, Murray river dried sultanas, nuts
• Ask waiter for types of cheese available

• **ICE CREAM** 6 per scoop
• *Available flavours*
• - Vanilla
• - Pistachio
• - Coconut

*Desserts are the fairytales
in the kitchen*

Beverages

• **COFFEE** 4
• Black coffee, milk base, hot chocolate

• **TEA** 4
• English breakfast, earl grey, peppermint