

SANDWICHES

Trois oeufs	7.00
<i>Three eggs any way you like it, served with toasted whole wheat or white bread.</i>	
Add: ham, cheese, bacon, tomato or mushrooms	1.00
Ocean Club	14.50
<i>Crab salad, eggs, lettuce, tomatoes, cucumber and mozzarella on toast served with pita chips.</i>	
L'Antipasto Sandwich	13.50
<i>French bread topped with thinly sliced Serrano ham, rocket lettuce, tomatoes, pesto and pine nuts.</i>	
D'Azur Pita Pocket	12.00
<i>Pita pocket filled with grilled chicken, feta, olives, lettuce, cucumber, tomatoes, bacon and tzatziki.</i>	
Medito Burger	10.50
<i>An 8 oz. grilled and seasoned beef patty on a sesame bun served with French fries.</i>	
Le Bistro style - Lettuce, tomatoes, onions, bacon and cheese	13.50
Cannes style - Lettuce, tomatoes, pesto, mozzarella and salami	13.50
Viande Tapas Wrap	13.50
<i>Flour tortilla stuffed with chorizo, spicy beef, aioli, lettuce, tomatoes, cucumber, mozzarella and red onions.</i>	
Ocean Tapas Wrap	13.50
<i>Flour tortilla stuffed with seared tuna, lettuce, tomatoes, cucumber, wasabi mayonnaise and served with a soy dip.</i>	
Peanut Wrap	11.00
<i>Marinated pork tenderloin with onions, peppers and mozzarella wrapped tightly in a flour tortilla and served with sweet and sour cucumber and a peanut dip.</i>	

SOUPS

Parisian Mushroom Soup	6.50
<i>Creamy soup with lots of mushrooms topped with croutons sprinkled with blue cheese.</i>	
Tomato Serrano	6.50
<i>Tomato soup topped with croutons and Serrano ham.</i>	
French Onion Soup	6.50
<i>Powerful bouillon with lots of onions and traditionally topped with a cheese crouton.</i>	

COLD APPETIZERS & SALADS

Carpaccio des Artistes	14.75
<i>Thinly sliced rare beef tenderloin served with Romaine lettuce, Parmesan cheese, pine nuts and pesto.</i>	
Salmon Bomb	15.50
<i>Mixed greens, capers, red onions and tomatoes wrapped in thinly sliced smoked salmon with a herb dressing and a crispy egg.</i>	
Salad Niçoise	13.50
<i>Traditional salad from Nice with tuna, black olives, green beans, red onions, boiled new potatoes and eggs served with extra virgin olive oil and balsamic vinegar.</i>	
Ahi Tuna Tartare	13.50
<i>Cubes of rare tuna mixed with capers, onions, black pepper and sesame oil served with wasabi mayonnaise and toast.</i>	
Antipasto De Nice	15.50
<i>Thick garlic crouton topped with thin slices of Serrano ham, chorizo and rucicola with Parmesan cheese, pine nuts, melon and herb oil.</i>	
Les Champs Caprese	13.00
<i>Red tomatoes, mozzarella, olive oil, fresh pepper and fresh basil. Simply delicious!</i>	

Tapas Caesar Salad	9.50
<i>Romaine lettuce with Parmesan cheese, croutons, eggs, anchovies and a Caesar dressing.</i>	
Caesar salad garlic chicken: <i>Slices of chicken breast fried in garlic herbs and olive oil</i>	13.50
Caesar salad calamari fritti: <i>Crispy rings of squid with a lime marinara</i>	14.50
Caesar salad grouper strips: <i>Breaded strips of the white fish</i>	14.50
Caesar salad Serrano ham: <i>Thinly sliced Serrano ham</i>	16.50
Caesar salad olives & chorizo: <i>Mix of marinated olives and slices of chorizo</i>	17.50
Salad Le Bistro	12.50
<i>Mixed greens with tomatoes, cucumber, bacon bits, croutons, marinated olives, onions, blue cheese and a crispy egg.</i>	

HOT APPETIZERS

Mushrooms & Snails au Gratin	12.50
<i>Garlic mushrooms and escargots gratinated with mozzarella served with toast.</i>	
Crispy Shrimps & Veggies	15.50
<i>Shrimps and fresh vegetables in a batter served with a sesame-soy sauce and red chili sauce.</i>	
Menton's Citron Strips	11.75
<i>Marinated strips of chicken sautéed in a creamy lemon-lime sauce, served on herb pasta.</i>	
Quiche Légumes	10.50
<i>French quiche puff pastry filled with vegetables, herbs, truffle and blue cheese.</i>	
Quiche St. Tropez	11.50
<i>French quiche puff pastry hot from the oven, filled with eggs, broccoli, salmon, herbs and mozzarella.</i>	

PASTAS

Lasagna au Français	17.25
<i>Layers of pasta, ground beef, a béchamel and tomato sauce, topped with mozzarella cheese.</i>	
Fruits de la Mer	19.50
<i>Seafood penne pasta with shrimps, mussels and calamari in a creamy white wine sauce.</i>	
French Riviera Pasta	21.50
<i>Fettuccini with pan-fried chicken, olive oil, tomatoes, herbs and vegetables topped with Serrano ham.</i>	
Pasta Niçoise	19.50
<i>Fettuccini in a creamy sauce with green beans, black olives, green peppers, red onions, capers and tomatoes topped with seared tuna.</i>	

SEAFOOD

Medi Mahi	23.25
<i>Grilled and seasoned mahi-mahi with a tomato-Parmesan risotto and vegetables.</i>	
Bastia's Tuna Steak	23.75
<i>Grilled and seasoned tuna steak with a mushroom risotto, vegetables, aioli and pesto.</i>	
Almond Grouper	19.50
<i>Almond-breaded, fried grouper, served with vegetables, oven-roasted potatoes and a tartar sauce.</i>	
Ocean Duo	24.50
<i>Mahi-mahi and grouper, served with a white wine sauce, mixed vegetables and oven-roasted potatoes.</i>	
Shrimp L'Espagne	24.50
<i>Pan-fried shrimps, marinated in Spanish herbs and spices, with garlic and lemon served on a vegetable risotto.</i>	

PRICES ARE IN US DOLLARS. NO SERVICE CHARGE INCLUDED.

MEAT

Ragoût Méditerrané	21.50
<i>A stew of beef tips, chorizo, onions, bell peppers and zucchini served on St. Tropez mashed potatoes with aioli.</i>	
Garlic Rib Eye	27.50
<i>A grilled 12 oz. rib eye steak with mixed vegetables served with oven-roasted potatoes, garlic butter and aioli.</i>	
Steak au Champignon	25.50
<i>Grilled beef tenderloin with a mushroom sauce, vegetables and St. Tropez mashed potatoes.</i>	
Brochette du Sur	17.50
<i>Grilled marinated chicken on a skewer with oven-roasted potatoes and sprinkled with tomatoes, cucumber, feta and olives, served with tzatziki.</i>	
Cochon Colore	23.25
<i>Pork tenderloin topped with chorizo, bruschetta and mozzarella served with vegetables and bell pepper mashed potatoes.</i>	

KIDS

Grouper Strips	11.00
<i>White fish served with apple sauce, fries, a salad and ketchup.</i>	
Croquette	9.00
<i>Fried meat croquette served with apple sauce, fries, a salad, ketchup and mustard.</i>	
Grilled Steak	14.00
<i>Grilled steak served with apple sauce, fries, a salad and ketchup.</i>	
Pasta Penne	9.00
<i>Pasta topped with tomato sauce and grated Parmesan cheese.</i>	
Chicken and Fries	12.00
<i>Grilled chicken served with apple sauce, fries, a salad and ketchup.</i>	

SIDES

St. Tropez Mashed Potatoes	4.00
<i>Mashed potatoes mixed with slices of Spanish chorizo and bell pepper.</i>	
Oven-roasted Potatoes	5.00
<i>Potato wedges roasted in the oven in olive oil, rosemary and garlic.</i>	
Batatas Bravas	5.00
<i>Fried potato cubes topped with tomato salsa and aioli.</i>	
Parmesan Risotto	6.00
<i>Creamy Italian risotto with Parmesan cheese</i>	
French Fries	3.00
<i>French fries served with mayonnaise or ketchup.</i>	
Vegetables	5.00
<i>Stir-fried seasonal vegetables.</i>	
Mixed Salad	5.00
<i>Crispy greens topped with onions, tomato, cucumber and herb dressing.</i>	
Pasta	3.00
<i>Penne pasta with olive oil.</i>	

ASK YOUR WAITER ABOUT OUR SPECIALS DU JOUR.
WE SERVE DAILY SANDWICH, SOUP, SALAD AND ENTRÉE SPECIALS.

DESSERTS

*The word "dessert" comes from the French word "desservir" which means "to clear the table."
The word was first used during the 17th century to describe the offering of sweets
(usually fruit or cheese) after the main course. Over time, the custom of eating
dessert became more popular. The French developed a multitude of delightful pastries,
cakes and confections that are still celebrated today.*

Fried Banana Split <i>Crispy fried banana with chocolate sauce and vanilla ice cream.</i>	7.50
Roasted Fruit d'Or <i>Roasted, caramelized pineapple with rum served with caramel ice cream and whipped cream.</i>	8.75
Rivière Pastry <i>Puff pastry with honey nuts and custard with pistachio ice cream.</i>	6.75
L'été Sherbet Trio <i>Strawberry, lemon and mango sherbet with fresh watermelon.</i>	6.75
The Eighth Sin <i>Moist homemade dark chocolate cake with dark chocolate canache and vanilla ice cream.</i>	6.25
Dame Blanche <i>Vanilla ice cream with dark chocolate sauce and whipped cream.</i>	8.00
Plateau du Fromage <i>Brie, blue cheese, Parmesan and feta with toast, grapes and nuts.</i>	11.00