

Champagnes/Sparkling

Veuve Du Vernay \$10
France (187 ml)

Monmosseau Brut Etoile \$38
Loire Valley, France

Deus Brut Des Flanders 2009 \$40
(750 ml)

Roederer Estate Brut \$40
Anderson Valley, California

Lucien Albrecht Rose \$45
Alsace, France

Heidsieck Monopole Brut \$65
Champagne, France

Veuve Clicquot NV Yellow Label \$95
Champagne, France

Perrier Jouet Fleur \$185
Champagne, France

Dom Perignon \$225
Champagne, France



Vins Rosés

Domaine Ott Les Domaniers \$40
Provence, France

La Vielle Ferme Rose \$6gl/25
Rhone Valley, France

Vins Blancs

listed from light and floral, to full, rich and buttery, then sweet

Ragotiere Muscadet
Sur Lie \$9gl/34
Loire Valley, France

Chrochet Sancerre,
Vielles Vignes \$48
Loire Valley, France

Girardin Macon-Fuisse \$40
Burgundy, France

Zenato Pinot Grigio \$8gl/30
Delle Venezie, Italy

Macon Lugny, Les Charmes
Vineyard \$9gl/34
Burgundy, France

JJ Vincent Pouilly Fuisse \$45
Burgundy, France

Pierre Sparr Gewurztraminer \$36
Alsace, France

Latour Chardonnay \$8gl/30
Ardeche, France

Matrot Meursault \$65
Burgundy, France

Dourthe La Grande Cuvee
Sauvignon Blanc \$8gl/30
Bordeaux, France

B Cellars Blend 23 \$60
Napa Valley

Olivier Leflaive Puligny
Montrachet \$85
Burgundy, France

Trimbach Pinot Gris \$42
Alsace, France

Chateau St. Jean Chardonnay \$34
Sonoma, California

Miner Viognier,
Simpson Vineyard \$10gl/35
Madera, California

Pascal Jolivet Sancerre \$29
Loire Valley, France (375 ml)

Latour Chablis \$45
Northern Burgundy, France

Chateau Moncontour Vouvray \$32
Loire Valley, France

Silver Lake Riesling \$8gl/30
Washington State

Vins Rouges

listed from light and fruity, to full, rich and dry

Georges Duboeuf Moulin-A-Vent \$30
Beaujolais, France

Coutale Clos La Cahors \$35
Languedoc, France

Latour Pinot Noir Valmoissine \$9gl/34
Verdan, France

Chanteleuserie "Cuvee Alouettes"
Cab Franc \$40
Loire Valley, France

Michel Lynch Merlot \$8gl/30
Bordeaux, France

Los Vascos Cabernet Sauvignon \$8gl/30
Colchagua, Chile

Thivin Cote de Brouilly \$45
Beaujolais, France

Chateau Pey de la Tour \$40
Bordeaux, France

Perrin Cotes Du Rhone Villages \$8gl/30
Rhone Valley, France

Alexander Valley Cabernet Sauvignon \$50
Sonoma, California

Coudoulet de Beaucastel \$54
Cotes du Rhone, France

Guigal Chateauneuf Du Pape \$88
Rhone Valley, France

Faiveley Merceurey Rouge 1er Cru
Clos Myglans \$95
Côte Chalonnaise, France

Ridge Three Valleys \$45
Sonoma, California

Temptation Zinfandel \$8gl/30
Sonoma, California

Chateau Beynant \$40
Cotes de Castillon, France

Liger-Belair Nuits St Georges Charmotte \$85
Côte-d'Or, France

Chateau Grand Maison \$48
Cotes de Bourg, France

Emeritus Pinot Noir \$60
Russian River, California

Chateau Reysson Reserve du Chateau \$49
Haut Medoc, France

Chateau St. Georges \$60
St. Emillion, France (375 ml) \$33

Chateau Herve Laroque \$65
Fronsac, France

Chateau Loudenne 2005 \$60
Medoc, France

Napanook, Dominus Estate \$95
Napa Valley

Paul Jabolet Crozes Hermitage
Domaine Raymond Roure \$120
Northern Rhone, France

Chateau De Pez \$80
St. Estephe, France

Far Niente Cabernet \$160
Oakville, California

Bière

Deus, 750ml \$40

Bottled

Kronenbourg \$5

Duvel \$7

Maredsous \$7

Fisher \$5.5

Lindemans Framboise \$10

Wittekerke \$5

Belgium Bock \$8

Omer \$9

Crapists

Dubbel \$8

Quad \$10

Triple \$8

Chimay \$10

(Red, White or Blue)

Draft

Stella Artois \$5

Kwak \$9

Hoegaarden, 22 oz. \$8

Lefse \$6

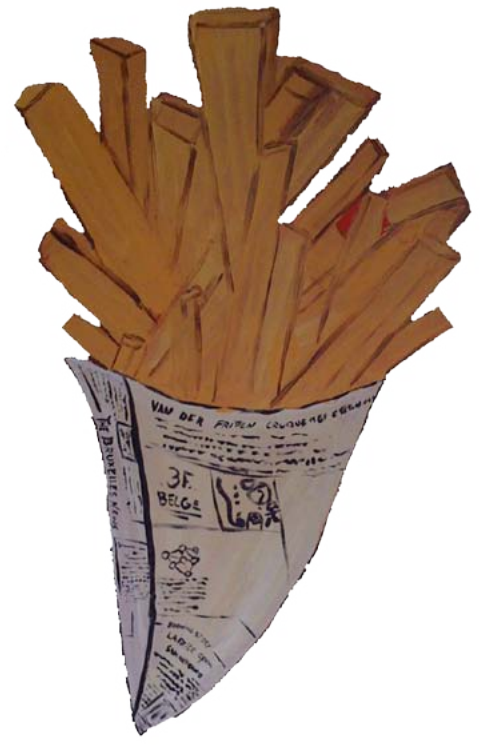
Sünner \$6

Karmeliet \$9

Belgium Seasonal mkt.

La Frite

Belgian Bistro



Lunch

Soupe du Jour \$6
ask your server about today's soup

Quiche Lorraine et Salade Verte \$11.5
savory egg tart with bacon and gruyere cheese served with a green salad

Crêpe Monsieur et Salade Verte \$11.5
crusty bread filled with french ham, gruyere cheese and bechamel sauce, grilled panini-style served with a green salad

Omelette et Frites \$11.5
soft-cooked french omelette filled with gruyere cheese and served with frites

Vol-au-Vent avec Fruits de Mer ou Poulet \$12.5
puff pastry shell filled with a cream sauce and seafood or chicken

Spaghetti Carbonara \$14
spaghetti with a cream and bacon sauce with parmesan cheese

Salade de Poulet La Frite \$14.5
la frite's specialty chicken salad

Salade La Mer \$14.5
mixed greens served with mixed seafood and a house vinaigrette

Crêpe au Jambon et Fromage \$12
freshly made crepe filled with french ham, gruyere cheese and mushrooms

Crêpe au Crab \$12.5
freshly made crepe filled with lump crab meat and mushrooms

Erevettes Provençales \$12.5
spaghetti with a tomato basil sauce and shrimp

Pole Meunière \$14.5
flounder filet lightly breaded and sauteed with a lemon-butter sauce

Salmon Dijonnaise \$16
salmon filet broiled with a lemon beurre blanc sauce

Poisson Bruxelloise \$16
trout filet in beurre blanc sauce

Poulet Picatta \$14.5
chicken with a lemon caper sauce

Onolet Frites \$17.5
hanger steak & frites

Moules

Our Mussels are Served with
Your Choice of Sauce

Served with frites \$14

Marinières white wine, cream, shallots, garlic

Thai red curry, coconut milk

Provençale tomato, garlic, onion, white wine

Pesto basil, garlic, herb butter, white wine

Bavarian bacon, beer, whole grain mustard

Add Bleu Cheese \$2

Asian sake, ginger, garlic, scallion

Basque white wine, Spanish chorizo, red pepper,
chili, smoked paprika

Vin Ragotiere Muscadet
\$9 gl / 34

We recommend pairing mussels with Muscadet wine by the glass or bottle from Ragotiere Muscadet in the Loire Valley. Served cool, its bright, lemony flavor pairs perfectly with this dish.

Champagnes/Sparkling

Veuve Du Vernay \$10
France (187 ml)

Monmousseau Brut Etoile \$38
Loire Valley, France

Deus Brut Des Flanders 2009 \$40
(750 ml)

Roederer Estate Brut \$40
Anderson Valley, California

Lucien Albrecht Rose \$45
Alsace, France

Heidsieck Monopole Brut \$65
Champagne, France

Veuve Clicquot NV Yellow Label \$95
Champagne, France

Perrier Jouet Fleur \$185
Champagne, France

Dom Perignon \$225
Champagne, France



Vins Rosés

Domaine Ott Les Domaniers \$40
Provence, France

La Vielle Ferme Rose \$6gl/25
Rhone Valley, France

Vins Blancs

listed from light and floral, to full, rich and buttery, then sweet

Ragotiere Muscadet
Sur Lie \$9gl/34
Loire Valley, France

Chrochet Sancerre,
Vielles Vignes \$48
Loire Valley, France

Girardin Macon-Fuisse \$40
Burgundy, France

Zenato Pinot Grigio \$8gl/30
Delle Venezie, Italy

Macon Lugny, Les Charmes
Vineyard \$9gl/34
Burgundy, France

JJ Vincent Pouilly Fuisse \$45
Burgundy, France

Pierre Sparr Gewurztraminer \$36
Alsace, France

Latour Chardonnay \$8gl/30
Ardeche, France

Matrot Meursault \$65
Burgundy, France

Dourthe La Grande Cuvee
Sauvignon Blanc \$8gl/30
Bordeaux, France

B Cellars Blend 23 \$60
Napa Valley

Olivier Leflaive Puligny
Montrachet \$85
Burgundy, France

Trimbach Pinot Gris \$42
Alsace, France

Chateau St. Jean Chardonnay \$34
Sonoma, California

Miner Viognier,
Simpson Vineyard \$10gl/35
Madera, California

Pascal Jolivet Sancerre \$29
Loire Valley, France (375 ml)

Latour Chablis \$45
Northern Burgundy, France

Chateau Moncontour Vouvray \$32
Loire Valley, France

Silver Lake Riesling \$8gl/30
Washington State

Vins Rouges

listed from light and fruity, to full, rich and dry

Georges Duboeuf Moulin-A-Vent \$30
Beaujolais, France

Coutale Clos La Cahors \$35
Languedoc, France

Latour Pinot Noir Valmoissine \$9gl/34
Verdan, France

Chanteleuserie "Cuvee Alouettes"
Cab Franc \$40
Loire Valley, France

Michel Lynch Merlot \$8gl/30
Bordeaux, France

Los Vascos Cabernet Sauvignon \$8gl/30
Colchagua, Chile

Thivin Cote de Brouilly \$45
Beaujolais, France

Chateau Pey de la Tour \$40
Bordeaux, France

Perrin Cotes Du Rhone Villages \$8gl/30
Rhone Valley, France

Alexander Valley Cabernet Sauvignon \$50
Sonoma, California

Coudoulet de Beaucastel \$54
Cotes du Rhone, France

Guigal Chateauneuf Du Pape \$88
Rhone Valley, France

Faiveley Mercurey Rouge 1er Cru
Clos Myglans \$95
Cote Chalonnaise, France

Ridge Three Valleys \$45
Sonoma, California

Temptation Zinfandel \$8gl/30
Sonoma, California

Chateau Beynant \$40
Cotes de Castillon, France

Liger-Belair Nuits St Georges Charmotte \$85
Cote-d'Or, France

Chateau Grand Maison \$48
Cotes de Bourg, France

Emeritus Pinot Noir \$60
Russian River, California

Chateau Reysson Reserve du Chateau \$49
Haut Medoc, France

Chateau St. Georges \$60
St. Emillion, France (375 ml) \$33

Chateau Herve Laroque \$65
Fronsac, France

Chateau Loudenne 2005 \$60
Medoc, France

Napanook, Dominus Estate \$95
Napa Valley

Paul Jabolet Crozes Hermitage
Domaine Raymond Roure \$120
Northern Rhone, France

Chateau De Pez \$80
St. Estephe, France

Far Niente Cabernet \$160
Oakville, California

Biere

Deus, 750ml \$40

Bottled

Kronenbourg \$5

Duvel \$7

Maredsous \$7

Fisher \$5.5

Lindemans Framboise \$10

Wittekerke \$5

Belgium Bock \$8

Omer \$9

Crapists

Dubbel \$8

Quad \$10

Triple \$8

Chimay \$10

(Red, White or Blue)

Draft

Stella Artois \$5

Kwak \$9

Hoegaarden, 22 oz. \$8

Lefse \$6

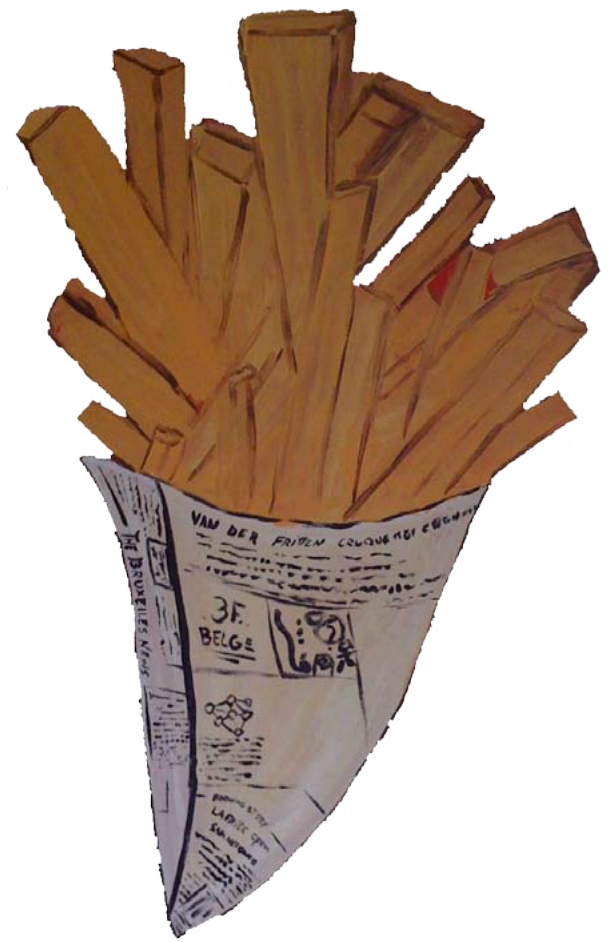
Sünner \$6

Karmeliet \$9

Belgium Seasonal mkt.

La Frite

Belgian Bistro



de la Mer

Homard Franco \$26

belgian style battered lobster tail served with frites and mixed vegetables

Vol-au-Vent Fruits de Mer \$19

puff pastry shell filled with mixed seafood with a white wine cream sauce served with a green salad

Salmon Dijonaise \$21

salmon filet broiled to medium (unless otherwise requested) with a lemon beurre blanc sauce*

du Ciel

Poulet Waterzoi \$21

chicken breast sauteed in cream sauce served with seasonal vegetables

Vol-au-Vent de Poulet \$18

puff pastry shell filled with chicken with a white wine cream sauce served with a green salad

Magret de Canard \$24

duck breast pan sauteed to medium rare (unless otherwise requested) with berry demi-glaze*

de la Terre

Onolet avec Frites \$22

hanger steak served medium rare (unless otherwise requested) served with frites and mixed vegetables*

Steak au Poivre \$29

beef tenderloin served medium rare with green peppercorn sauce served with frites and mixed vegetables*

Steak Tartare \$22

a traditional french preparation of raw, beef with capers, mustard, cornichon pickles and shallots served with toast*

à Côté

Frites \$5

our specialty! hand cut belgian-style fries with dipping sauces

Légumes de Saison \$5

sauteed seasonal vegetables

Asperges \$7

sauteed asparagus

Sorry, No Substitutions
Split plate charge \$4
Seating stops at 10 nightly.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.



La Frite

Belgian Bistro



Welcome to La Frite, San Antonio's premier (and only) Belgian Bistro. Our specialty -Moules Frites- are sold on the street all over Belgium with a combination of steaming sauces and dips for the thick, freshly fried potatoes. We take pride in using the best ingredients available.

All of our seafood is purchased fresh daily, we use Angus beef and seasonal and Texas-grown ingredients whenever possible.

Salades

Salade Verte \$6
mixed greens with house vinaigrette

Endives Belges \$9.75
belgian white endive salad with walnuts, apples, and morbier cheese

Frisée aux Lardons \$9.75
frisee lettuce sprinkled with bacon and soft poached egg

Salade de Fruit et Fromage \$9.75
mixed green salad with roasted pear, gorgonzola cheese and a balsamic reduction

Soupes

Soupe du Jour \$6
ask your server about today's soup

Petits Plats

Crêpe au Crab \$12.75
freshly made crepe filled with lump crab meat

Ecroquettes aux Crevettes \$10
traditional shrimp fritters

Pâté de Saumon Fumé \$12.5
house made smoked salmon pate

Crevettes Franco \$13.5
belgian-style battered shrimp

Crêpe au Jambon et Fromage \$12
freshly made crepe filled with french ham and gruyere cheese

Escargots Bourguignon \$9.5
snails in the burgundy style with herb butter sauce

Carte à l'Onion \$10
a savory tart filled with caramelized onions and brie cheese

Assiette de Charcuterie \$19
chef's selection of cold cuts

Assiette de Fromages \$17
chef's selection of cheeses

Prix Fixe

Three Course Dinner Menu, Changes Nightly
\$38

Moules

Our Mussels are Served with Your Choice of Sauce

Petit with an appetizer-sized portion \$11

Grand with a big bowl served with frites \$19

Marinières white wine, cream, shallots, garlic

Chai red curry, coconut milk

Provençale tomato, garlic, onion, white wine

Pesto basil, garlic, herb butter, white wine

Bavarian bacon, beer, whole grain mustard
Add Bleu Cheese \$2

Asian sake, ginger, garlic, scallion

Basque white wine, Spanish chorizo, red pepper,
chili, smoked paprika

Ragotiere Muscadet \$9 gl/34

We recommend pairing mussels with Ragotiere Muscadet from the Loire Valley, France by the glass or bottle. Served cool its bright lemony flavors pair perfectly with this dish.