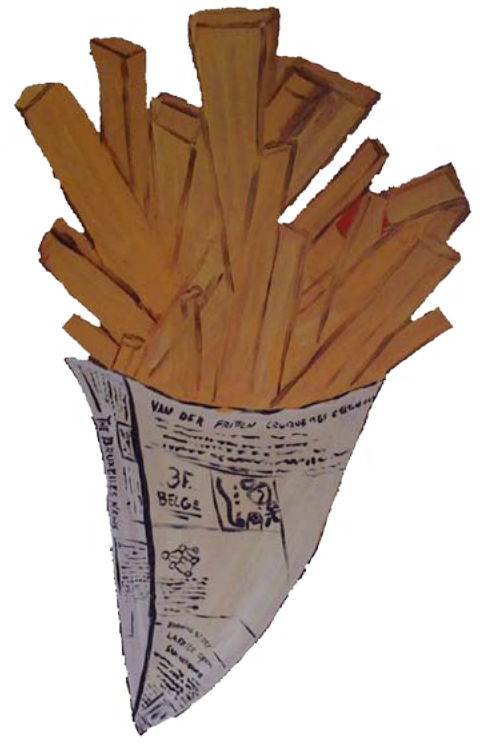


La Frite

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.