

# Lou Restaurant

FOOD *and* PLEASURE.

CONTIS  
PLAGE



LOUS  
SEURROTS



Prices in euros, VAT & service included.

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## Sharing Boards & Small Pots

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TO ENJOY SOLO OR TO SHARE

Our Sharing Boards .....	19
<i>Selection of cured meats, cheeses or mixed board</i>	
Sautéed Baby Squid (Cassolette).....	12
<i>With garlic &amp; parsley</i>	
Fritto Misto .....	11
<i>Crispy fried prawns, baby squid, courgettes &amp; aubergines</i>	
<i>Sweet &amp; sour dipping sauce</i>	

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## Starters

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 Burrata & Heirloom Tomatoes	
<i>Fleur de sel, olive oil &amp; balsamic glaze</i>	
50g option.....	12
100g option .....	15
Italian-style Beef Carpaccio .....	13
<i>Capers, Parmigiano Reggiano, walnuts &amp; rocket</i>	
Smoked Trout.....	15
<i>Fresh cream cheese, chives, toasted bread &amp; mixed salad</i>	

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## Salads & Poke Bowls

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- Landaise Salad..... 19  
*Asparagus, duck gizzards, smoked duck breast, cherry tomatoes, sweetcorn, croutons & house vinaigrette*
- Chicken Caesar Salad..... 18  
*Chicken, crispy bacon, mixed crudités, egg, garlic croutons, Parmesan shavings & homemade Caesar dressing*
-  Buddha Bowl ..... 20  
*Mesclun leaves, carrots, caramelised red onions, red cabbage, grilled courgettes, avocado, soft-boiled egg, sun-dried tomatoes, pumpkin seeds, goji berries, cranberries & soy dressing*

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## Fresh Pasta

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-  Truffle Pasta (Tartufata)..... 23  
*Truffle & mozzarella filled pasta, creamy mushroom sauce & truffle sauce*
- Duck Carbonara..... 21  
*Creamy pasta, duck breast lardons & egg*
- Beef Lasagne..... 17  
*Chef's recipe*

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## Burgers

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ALL BURGERS ARE SERVED  
WITH FRENCH FRIES & SEASONAL SALAD

- Classic Cheeseburger..... 18  
*Burger bun, lettuce, tomato, red onion, pickles, double Cheddar, beef patty & house sauce*
- Classic Chicken Burger ..... 19  
*Burger bun, lettuce, tomato, crispy chicken tenders, bacon & Cheddar*

- Extra Cheddar: 1,5 €
- Extra Cheddar & crispy onions: 2 €

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# Land & Sea

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## Eggs Benedict

*2 eggs, English muffin, Hollandaise sauce & salad*

With bacon .....16.5

With trout.....18

### FROM THE SEA

Grilled King Prawn Skewers ..... 26

*Chorizo & peppers*

Catch of the Day..... 24

*With seasonal vegetables*

### FROM THE LAND

Butcher's Cut Steak ..... 24

*French fries & sauce of your choice: peppercorn or chimichurri*

Chicken with Forestière Sauce ..... 19

*Cream & mushroom sauce, served with fries*

- Side of fries or green salad: 4 €
- Large fries (XXL): 8 €



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# Kids Menu

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UP TO 10 YEARS OLD

Of your choice ..... 10

*Drink (squash or soda with syrup)*  
+  
*Homemade chicken tenders & fries*  
*or Beef steak & fries or Pasta Bolognese*  
+  
*1 scoop of ice cream with whipped cream*

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## Homemade Desserts

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Chocolate Lava Cake ..... 8

*Homemade chocolate sauce & Madagascar vanilla ice cream*

Crème brûlée ..... 7

Seasonal Fruit Tart ..... 8

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## Cheese

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Cheese Selection ..... 8

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## Ice Cream Sundaes

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8,5 €

### Dame Blanche

*Madagascar vanilla ice cream, whipped cream, hot chocolate sauce & wafer roll*

### Everest

*Salted caramel ice cream, chestnut cream, homemade meringue, whipped cream, cookie crumble & flaked almonds*

### Brownie mania

*Madagascar vanilla ice cream, brownie pieces, Nutella, whipped cream & flaked almonds*

### Summer Garden

*Passion fruit & local raspberry ice cream, homemade crumble, passion coulis, fresh strawberry, whipped cream & wafer roll*

## Liège Coffee Sundae

*Coffee & Madagascar vanilla ice cream topped with espresso, whipped cream & wafer roll. Also available as chocolate or caramel Liège*

## Baileys Sundae

*Madagascar vanilla ice cream topped with Baileys, whipped cream, caramel sauce & crushed hazelnuts*

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# Ice Creams & Full Fruit Sorbets

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1 Scoop .....	3
2 Scoops.....	5,5
3 Scoops.....	7,5

### ICE CREAM



Madagascar Vanilla (with whole vanilla pods)



Rich Chocolate



Salted Caramel



Intense Coffee



Peanut (Soustons)



Mint Chocolate (fresh local mint infusion & chocolate chips)



Stracciatella



Caramelised Vanilla Pecan



Amarena (candied cherry pieces)



Farmhouse Yogurt



### FULL FRUIT SORBETS



Local Strawberry



Passion Fruit



Local Raspberry



Lemon



# Lous Seurrots

Hôtel de plein air 5\*



Open 7 days a week  
12:00 – 2:30 pm & 6:30 pm – 10:00 pm

Bookings: +33 (0)5 25 34 90 25