



We would like to inform you that our dishes are made from local products (and of course homemade ...)

Menu at 39€ (excluding supplement)  
( Starter + main course + dessert ) or "à la carte"

## STARTERS

12 €

Lettuce, anchovies, parmesan, rye bread

Saithe sashimi, rhubarb, tarragon

Small stuffed vegetables

Artichokes & pancetta terrine

## FISH

24 € (EXCLUDING SUPPLEMENT)

Sea bass filet, asparagus, green peas, Nilly Prat sauce

Niçoise style cod fish

Fresh calamari in persillade, fennels, chorizo

(+5 €)

Sole meunière

(+15€)

Bank cards are not accepted.

## MEAT

24 € (EXCLUDING SUPPLEMENT)

Beef chuck, cauliflower, black garlic, shiitake, carrots

Toulouse' sausage, mashed potatoes, shallots

Black pudding of Christian Parra, roasted apple and celery

Veal kidneys, mustard sauce, cognac, mashed potatoes

## DESSERTS

11 €

Forville Market cheese plate

Rum baba & whipped cream

Chocolate cream, buckwheat

Lemon curd, lime, shiso

Caramelized apple, vanilla, caramel, crumble

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*To my courageous great-grandmother and strong woman who, surrounded by her husband Constant, gave birth to "Aux Bons Enfants" in 1935.*

*To my grandparents Josette and Romain who, from 1967 to 1998, masterfully ran the restaurant.*

*To my father Luc, who since 1998 and to this day perpetuates family values.*



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