

LES FONTAINES
La Route du Nord, St John, JE3 4AJ

OCTOBER

FEAST 4 LESS

2 COURSE £15.00
3 COURSE £17.50

Lunch:

Mon - Closed

Tue - Thu 12:00pm - 2:00pm

Sun 12:00pm - 4:00pm

Dinner:

Tue - Thu 5:30pm - 8:00pm

(Available Menu Times Only)

FEAST 4 LESS WINE

VISTAMAR BRISA
MERLOT OR SAUVIGNON BLANC

CHILE

£12.50



TO BOOK

(01534) 862707

lesfontaines@randalls.je

STARTERS

**Butternut Squash
Soup** ^{1,5,8,7}

Fresh baguette, toasted almonds

**Duck Liver Pâté Mousse
on Ciabatta Flutes** ^{1,3,9,10,13}

*Caramelised onion, chutney,
salad garnish*

**Crispy Battered
King Prawns** ^{1,2}

*Guacamole, confit cherry tomato,
French baguette*

Seasonal Salad ^{1,8,10} *vg*

*Sundried tomatoes, olives, artichokes,
garlic croutons, balsamic vinaigrette*

MAINS

6oz Sirloin Steak ⁷

(Supplement £2.50)

*Farmhouse fries, creamed forest
mushrooms, salad garnish*

**Grilled Chicken Breast
on Mediterranean
Tomato Risotto** ⁷

*Bell peppers, aubergines,
courgettes, artichokes,
shaved parmesan*

Poached Salmon ^{4,7,13}

*Horseradish foam, herb rice,
garden vegetables*

Linguini Arrabiata ^{1,13} *vg*

*Roasted vegetables, tomatoes,
chilli, vegan cheese*

DESSERTS

Chocolate Meringue ^{3,7}

Jersey Dairy vanilla ice cream

Baked Vanilla Ice Cream ^{7,8}

*Coated in almonds, rhubarb compôte,
whipped cream*

Cheesecake ¹ *vg*

Raspberry sorbet

Profiteroles ^{1,3,7}

*Salted caramel sauce,
cream*

VIEW ALL MENUS AT FEAST4LESS.JE

SCAN HERE TO VIEW OR



#FEAST4LESS

Allergen Key - 1 - Wheat | 2 - Crustaceans | 3 - Eggs | 4 - Fish | 5 - Peanuts | 6 - Soya | 7 - Dairy | 8 - Nuts | 9 - Celery | 10 - Mustard | 11 - Sesame Seeds | 12 - Sulphur / Alcohol | 13 - Lupin Flour | 14 - Molluscs