



AU PARC

SANDWICHES

All our bread is home-made.

SANDWICHES SERVED WITH TRI-COLOURED COLE SLAW

The Sicilian

Turkey, Mozzarella, pesto, lettuce
& home-roasted tomatoes on whole-wheat baguette

150K

Apollo

Roast beef, Parmesan shavings & rocket
with home-made paprika aioli on whole-wheat baguette

165K

Jerusalem

Roast chicken with Swiss cheese, avocado spread
& salad on whole-wheat baguette

130K

Cyprus

Lamb kebab wrap with baba ghannouj, fried eggplant & fresh mint

150K

Istanbul

Smoked salmon with garlic & herb labneh and tomatoes on bagel

145K

Athens

Chicken kebab wrap with salad & tzatziki

115K

Cleopatra

Falafel wrap with hummus & salad

115K

Country Club

Pulled pork, paprika aioli, bacon, egg salad, fried eggplant on sourdough

150K

SANDWICHES SERVED WITH GREEN SALAD

Napoli

Pressed baguette with mozzarella, artichokes, roasted peppers & basil

150K

Alexandria

Pressed whole wheat baguette with turkey & Swiss cheese rocket & home-roasted tomatoes

150K

Demeter

Open faced sourdough with melted goat's cheese, fried eggplant, tomato & a touch of basil mayonnaise

135K

ARTICHOKES

are packed with phytonutrients which help to protect against many health risks including cancer, heart disease, liver dysfunction, high cholesterol and diabetes.



AU PARC

SALADS

Served with home-made baguette & butter.

CLASSICS WITH A TWIST

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| Ilda's Caesar <i>Sautéed chicken with pesto, Parmesan shavings & a soft boiled egg</i> | 165K |
| Au Parc's Chef <i>Bresaola, chicken, cheese crostini & home-roasted tomatoes</i> | 175K |
| Nice Burning <i>Smoked sea bass Niçoise salad with quail eggs, green beans & potatoes</i> | 165K |
| Roasted Greek <i>Greek salad with home-roasted tomatoes, Feta & Kalamata olives</i> | 155K |
| Sweet Goat <i>Goat's cheese, thyme & honey tartine on a bed of greens, pomegranate dressing</i> | 180K |

ORIGINALS

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| Mama's Beef <i>Cumin and ginger beef, confit garlic, roasted tomatoes, snow peas, watercress & olive mint dressing</i> | 195K |
| Jericho <i>Pearl barley & red beans with roasted vegetables, beetroot, spinach, raisins, cranberries, chickpeas, labneh and pomegranate dressing</i> | 155K |
| Tel Aviv <i>Warm coriander chicken with avocado, cashews and creamy dressing</i> | 160K |
| Sea Mango <i>Salmon and mango on baby spinach and greens with citrus vinaigrette</i> | 215K |
| Nutty Avocado <i>Prawn, avocado, pomelo & hazelnut salad with citrus dressing</i> | 195K |
| Insalata di pasta <i>Pasta salad with goat cheese, walnuts & roasted red peppers</i> | 175K |
| Beirut <i>Lentils, roast pumpkin, bulgur, parsley, cucumber & pumpkin seeds, pomegranate dressing & herb labneh</i> | 155K |
| The Pulse <i>Lentil salad with artichokes, home-roasted tomatoes & Feta cheese</i> | 175K |

SIDE ORDERS

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| Baby potatoes sautéed in olive oil <i>with sweet onion & rosemary</i> | 50K |
| Skinny fries | 50K |
| Mashed potatoes | 50K |
| Salad <i>with feta, home roasted tomatoes and Kalamata olives</i> | 85K |

LABNEH

is a home made
cream cheese
typical of the
Eastern
Mediterranean



AU PARC

DIPS & STARTERS

Dips are served with crudités, grissini & flat bread. They are all vegetarian.

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| Tzatziki - Cucumber & greek yoghurt dip | 55K |
| Baba Ghannouj - Open fire roasted eggplant with tahini & cumin dip | 55K |
| Hummus - Chickpea & tahini dip | 55K |
| Home-roasted tomato & feta cheese dip | 55K |
| Dips with home-made grissini & crudités - choose 3 dips from selection above | 85K |
| Beef & Lamb Lahmacun - Turkish pizza rolled w/ chopped salad & herb labneh | 85K |

MAINS

Mains are served with home-made baguette & butter.

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| Chicken breast with mild pepper-chilli-cumin sauce, bulgur & spinach | 185K |
| Middle Eastern baked chicken with lemon confit, pumpkin, rosemary barley & labneh | 185K |
| Roasted duck breast with baked caramelised green apple, potatoes & cinnamon honey sauce | 265K |
| Pulled pork with barbecue sauce, potato mash & petits pois | 180K |
| Pork filet mignon with caramelised onion sauce & sautéed potatoes | 180K |
| Steak with green peppercorn sauce, skinny fries & salad | 295K |
| Tuscan marinated steak with red wine & rosemary sauce, sautéed potatoes & vegetables | 325K |
| Pan-fried salmon with mint, petit pois, spinach & mustard sauce | 295K |
| Grilled seafood with corn & red pepper relish on a bed of garlic rice | 215K |
| Marinated sea bass filet in fresh herb sauce with potatoes & vegetables | 185K |
| Mezze - Dips, falafel balls, olives & Middle Eastern salads with flat bread | 175K |

TURKISH KEBABS

Kebabs are served with salad, skinny fries, tzatziki & flat bread.

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| Chicken kebabs in garlic, lemon & parsley marinade | 185K |
| Argentinian beef kebabs in garlic, cumin & ginger marinade | 255K |
| Shish kebabs lamb in garlic, cumin & ginger marinade | 260K |

PASTA

Served with home-made baguette & butter.

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| Home-made fettucine with chicken home-roasted tomatoes, pesto & Parmesan | 175K |
| Fusilli with lamb cashews, pesto & Parmesan | 210K |
| Seafood spaghetti in rich tomato sauce | 195K |
| Home-made spinach & ricotta lasagna | 175K |



AU PARC

DESSERT

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| Home-made yoghurt <i>Plain with honey or brown sugar</i> | 45K |
| Home-made ice-cream - 2 scoops served with our caramel and sesame crisp <i>Marou dark chocolate - Tahitian vanilla bean</i> | 60K |
| Baked crème caramel | 45K |
| Dark chocolate mousse | 60K |
| Peanut butter & chocolate slice | 60K |
| Brownies <i>served warm with home-made ice-cream (choose from selection above)</i> | 85K |
| Plain New-York cheesecake - <i>The real thing</i> | 105K |
| Warm apple crumble <i>with home-made ice-cream (choose from selection above)</i> | 85K |
| Chocolate Nemesis cake | 85K |
| Fruit platter | 65K |

COFFEE & CHOCOLATE

Low fat milk, sugar substitute & water processed decaf available

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| Espresso | 40K |
| Long black | 40K |
| Macchiato | 40K |
| Double espresso | 50k |
| Long flat white | 50k |
| Cappuccino | 50k |
| Latte | 50k |
| Iced coffee | 50k |
| Cà Phê Sữa Đá | 40K |
| Iced macchiato, Cappuccino, Latte | 60K |
| Fresh mocha <i>Marou dark chocolate, milk, espresso & ice</i> | 60k |
| Hot Marou dark chocolate | 60K |

TEA

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| Black tea <i>Earl Grey, English breakfast</i> | 35K |
| Herb Tea <i>Camomile, Lemon and Ginger, Fresh mint</i> | 25K |
| Turkish tea (Çay) | 25K |
| Green tea <i>Trà Đá</i> | 15K |

GINGER TEA

improves digestion
and contains anti-inflammatory
properties that make it an ideal
home remedy for muscle
and joint problems.



AU PARC

100% FRESH

& natural ingredients only. Squeezed to order. Yoghurt & soya milk are home-made.

JUICES, SHAKES & SMOOTHIES

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| SH2 | Passion fruit, honey & coconut shake | 60K |
| SH3 | Raspberry, banana & yoghurt smoothie | 60K |
| SH4 | Strawberry lumpie with banana, yoghurt, honey & muesli | 60K |
| SH5 | Mango, passion fruit, pineapple & yoghurt smoothie | 60K |
| SH8 | Aloe vera, mango, lime & yoghurt smoothie | 60K |
| SH15 | Red berry dairy free smoothie <i>Fresh soya milk, berries, green tea, honey & banana</i> | 60K |
| SH16 | Banana cinnamon dairy free smoothie <i>Fresh soya milk, banana, coconut, vanilla & cinnamon</i> | 60K |
| J10 | Passion fruit, guava, banana, lime & apple shake | 60K |
| J12 | Carrot, fresh ginger & apple juice | 60K |
| J13 | Beetroot, pear, fresh ginger & apple juice | 60K |
| J16 | Strawberries, watermelon & mint juice | 60K |
| J17 | Home-made mint lemonade | 35K |
| J1 | Home-made lemonade | 30K |
| J2 | Whole coconut | 40K |
| J3 | Watermelon juice | 40K |
| J4 | Pineapple juice | 40K |
| J5 | Passion fruit juice | 40K |
| J6 | Carrot juice | 40K |
| J7 | Apple juice | 60K |
| J8 | Orange juice | 60K |
| J9 | Pomelo juice | 60K |

DRINKS

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|---|--------------|
| Alba water - still or sparkling 450 ml | 40K |
| <i>From Hue region, recyclable glass</i> | |
| La Vie | 500ml - 30K |
| <i>Plastic</i> | 1500ml - 50K |
| Vinh Hao sparkling water <i>Plastic - 500 ml</i> | 30K |
| San Pellegrino | 66K |
| <i>From Italy, non-recyclable glass - 500 ml</i> | |
| Fresh milk <i>hot or cold</i> | 30K |
| Lime soda | 35K |
| Schweppes soda - Schweppes tonic Coke - Diet Coke - Sprite | 30K |
| Hot lime juice with honey | 30K |
| Hot detox treat | 30K |
| <i>Lime juice, cayenne pepper, maple syrup</i> | |
| Virgin Mary | 50K |

CINNAMON

eliminates headaches and improves energy, vitality & circulation. Its smell boosts cognitive function & memory.

BEER

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| Saigon bottle 330 ml | 35K |
| Heineken bottle 330 ml | 45K |
| Sapporo bottle 330 ml | 50K |

PASTEUR STREET BREWING COMPANY

Draft Passion Fruit Wheat Ale 6%

American wheat ale brewed w/ locally sourced passion fruit

45K 95K 270K

Draft Saigon Saison 7.2%

Light bodied ale w/ lemongrass, ginger & Phu Quoc black pepper

45K 95K 270K



AU PARC

SPIRITS

VODKA

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|----------------------------|------|
| Absolut, Sweden | 75K |
| Smirnoff red, Russia | 80K |
| Grey Goose, France | 95K |
| Ketel one, The Netherlands | 110K |

RUM

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| Bacardi white, Cuba | 60K |
| Trois Rivières white, Martinique | 120K |
| Trois Rivières Oak Dore aged, Martinique | 120K |

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| Bombay Sapphire, England | 60K |
| Tanqueray, Scotland | 90K |

CACHAÇA

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| Sagatiba Cachaça, Brazil | 135K |
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TEQUILA

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| Jose Cuervo Especial Gold, Mexico | 70K |
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WHISKY & BOURBON

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| Jameson's | 80K |
| Johnnie Walker black label | 110K |
| Chivas Regal, aged 12 years | 110K |
| Jack Daniels | 100K |
| Wild Turkey Bourbon | 120K |

SINGLE MALTS

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| Glenlivet, Speyside, aged 12 years | 140K |
| Laphroaig, Islay, Singleton, aged 10 years | 155K |
| Talisker, Isle of Skye, aged 10 years | 185K |

APÉRITIFS

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| Kir | 110K |
| Kir Royal | 145K |

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| Ramos Pinto Collector Port wine | 140K |
| Ramos Pinto Lagrima White Port wine | 140K |

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| Mimosa - Torresella prosecco, orange juice | 95K |
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| Martini Bianco | 70K |
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| Martini Rosso | 70K |
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| Ricard - Pastis de Marseilles | 65K |
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| Mauresque - Ricard, orgeat syrup, ice, water | 80K |
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| Perroquet - Ricard, mint cordial, ice, water | 70K |
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| Tomate - Ricard, grenadine, ice, water | 70K |
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| Campari | 75K |
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| Campari orange | 95K |
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| Campari soda | 85K |
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DIGESTIFS

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| Ramos Pinto Collector Port wine | 140K |
| Ramos Pinto Lagrima White Port wine | 140K |

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| Delamain Pale XO Cognac | 215K |
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| Château Du Breuil, Fine Calvados | 190K |
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| Antinori Grappa | 215K |
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| Poire Williams | 140K |
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| Old Prune | 140K |
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