



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

155K

#### **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

135K

#### **Cyprus**

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

155K

#### **Istanbul**

Smoked salmon with garlic & herb labneh and tomatoes on bagel

150K

#### **Athens**

Chicken kebab wrap with salad & tzatziki

125K

#### **Cleopatra**

Falafel wrap with hummus & salad

125K

#### **Country club**

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

160K

### SANDWICHES SERVED WITH GREEN SALAD

#### **Napoli**

Pressed baguette with mozzarella, artichokes, roasted peppers & basil

160K

#### **Alexandria**

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

160K

#### **Demeter**

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

140K

## ARTICHOKES

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



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## SALADS

Served with home-made baguette & butter.

### CLASSICS WITH A TWIST

<b>Ilda's caesar</b> <i>Sautéed chicken with pesto, Parmesan shavings &amp; a soft boiled egg</i>	175K
<b>Au Parc's Chef</b> <i>Bresaola, chicken, cheese crostini &amp; home-roasted tomatoes</i>	185K
<b>Nice burning</b> <i>Smoked sea bass Niçoise salad with quail eggs, green beans &amp; potatoes</i>	175K
<b>Roasted greek</b> <i>Greek salad with home-roasted tomatoes, Feta &amp; Kalamata olives</i>	175K
<b>Sweet goat</b> <i>Goat's cheese, thyme &amp; honey tartine on a bed of greens, pomegranate dressing</i>	185K

### ORIGINALS

<b>Mama's beef</b> <i>Cumin and ginger beef, confit garlic, roasted tomatoes, snow peas, watercress &amp; olive mint dressing</i>	205K
<b>Jericho</b> <i>Pearl barley &amp; red beans with roasted vegetables, beetroot, spinach, raisins, cranberries, chickpeas, labneh and pomegranate dressing</i>	175K
<b>Tel aviv</b> <i>Warm coriander chicken with avocado, cashews and creamy dressing</i>	175K
<b>Sea mango</b> <i>Salmon and mango on baby spinach and greens with citrus vinaigrette</i>	215K
<b>Nutty avocado</b> <i>Prawn, avocado, pomelo &amp; hazelnut salad with citrus dressing</i>	210K
<b>Beirut</b> <i>Lentils, roast pumpkin, bulgur, parsley, cucumber &amp; pumpkin seeds, pomegranate dressing &amp; herb labneh</i>	165K
<b>The pulse</b> <i>Lentil salad with artichokes, home-roasted tomatoes &amp; Feta cheese</i>	175K
<b>Powerhouse</b> <i>Quinoa salad with kale, roast pumpkin &amp; walnuts</i>	225K add Feta <b>260K</b>

### SIDE ORDERS

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

### LABNEH

is a home made cream cheese typical of the Eastern Mediterranean



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## DIPS & STARTERS

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

<b>Tzatziki</b> - Cucumber & greek yoghurt dip	65K
<b>Baba Ghannouj</b> - Open fire roasted eggplant with tahini & cumin dip	65K
<b>Hummus</b> - Chickpea & tahini dip	65K
<b>Home-roasted tomato &amp; feta cheese dip</b>	65K
<b>Dips with home-made grissini &amp; crudités</b> - choose 3 dips from selection above	95K
<b>Beef &amp; Lamb Lahmacun</b> - Turkish pizza rolled w/ chopped salad & herb labneh	95K

## MAINS

*Mains are served with home-made baguette & butter.*

<b>Chicken breast</b> with mild pepper-chilli-cumin sauce, bulgur & spinach	195K
<b>Middle Eastern baked chicken</b> with lemon confit, pumpkin, rosemary barley & labneh	195K
<b>Roasted duck breast</b> with baked caramelised green apple, potatoes & cinnamon honey sauce	265K
<b>Pulled pork</b> with barbecue sauce, potato mash & petits pois	190K
<b>Pork filet mignon</b> with caramelised onion sauce & sautéed potatoes	190K
<b>Steak peppercorn</b> sauce with skinny fries & salad	325K
<b>Tuscan marinated steak</b> with red wine & rosemary sauce, sautéed potatoes & vegetables	325K
<b>Pan-fried salmon</b> with mint, petit pois, spinach & mustard sauce	295K
<b>Grilled seafood</b> with corn & red pepper relish on a bed of garlic rice	225K
<b>Marinated sea bass filet in fresh herb sauce</b> with potatoes & vegetables	195K
<b>Mezze - Dips, falafel balls, olives &amp; Middle Eastern salads</b> with flat bread	180K

## TURKISH KEBABS

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

<b>Chicken kebabs</b> <i>in garlic, lemon &amp; parsley marinade</i>	195K
<b>Argentinian beef kebabs</b> <i>in garlic, cumin &amp; ginger marinade</i>	265K
<b>Shish kebabs</b> <i>lamb in garlic, cumin &amp; ginger marinade</i>	270K

## PASTA

*Served with home-made baguette & butter.*

<b>Home-made fettucine with chicken</b> home-roasted tomatoes, pesto & Parmesan	185K
<b>Fusilli with lamb</b> cashews, pesto & Parmesan	220K
<b>Seafood spaghetti in rich tomato sauce</b>	195K
<b>Home-made spinach &amp; ricotta lasagna</b>	185K



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## DESSERT

<b>Home-made yoghurt</b> <i>Plain with honey or brown sugar</i>	50K
<b>Home-made ice-cream</b> - 2 scoops served with our caramel and sesame crisp <i>Marou dark chocolate - Tahitian vanilla bean</i>	65K
<b>Baked crème caramel</b>	60K
<b>Dark chocolate mousse</b>	65K
<b>Peanut butter &amp; chocolate slice</b>	65K
<b>Brownies</b> <i>served warm with home-made ice-cream (choose from selection above)</i>	90K
<b>Plain New-York cheesecake</b> - <i>The real thing</i>	105K
<b>Apple Tart Tatin</b>	105K
<b>Warm apple crumble</b> <i>with home-made ice-cream (choose from selection above)</i>	90K
<b>Chocolate Nemesis cake</b>	95K
<b>Fruit platter</b>	70K

## COFFEE & CHOCOLATE

*Low fat milk, sugar substitute & water processed decaf available*

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

## TEA

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



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## 100% FRESH

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

### JUICES, SHAKES & SMOOTHIES

SH2	Passion fruit, honey & coconut shake	65K
SH3	Raspberry, banana & yoghurt smoothie	65K
SH4	Strawberry lumpie with banana, yoghurt, honey & muesli	65K
SH5	Mango, passion fruit, pineapple & yoghurt smoothie	65K
SH8	Aloe vera, mango, lime & yoghurt smoothie	65K
SH15	Red berry dairy free smoothie <i>Fresh soya milk, berries, green tea, honey &amp; banana</i>	65K
SH16	Banana cinnamon dairy free smoothie <i>Fresh soya milk, banana, coconut, vanilla &amp; cinnamon</i>	65K
J10	Passion fruit, guava, banana, lime & apple shake	65K
J12	Carrot, fresh ginger & apple juice	65K
J13	Beetroot, pear, fresh ginger & apple juice	65K
J16	Strawberries, watermelon & mint juice	65K
J17	Home-made mint lemonade	40K
J1	Home-made lemonade	35K
J2	Whole coconut	45K
J3	Watermelon juice	45K
J4	Pineapple juice	45K
J5	Passion fruit juice	45K
J6	Carrot juice	45K
J7	Apple juice	65K
J8	Orange juice	65K
J9	Pomelo juice	65K

### DRINKS

Alba water - still or sparkling 450 ml <i>From Hue region, recyclable glass</i>	40K
La Vie <i>Plastic</i>	500ml - 30K 1500ml - 50K
Vinh Hao sparkling water <i>Plastic - 500 ml</i>	30K
San Pellegrino <i>From Italy, non-recyclable glass - 500 ml</i>	66K
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 <i>Lime juice, cayenne pepper, maple syrup</i>	30K
Virgin Mary	50K

## CINNAMON

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

### PASTEUR STREET BREWING COMPANY

#### Draft Passion Fruit Wheat Ale 4%

American wheat ale brewed w/ locally sourced passion fruit

45K 95K 270K

#### Draft Spice Island Saison 7,2%

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

45K 95K 270K

#### Draft Jasmine IPA 6,5%

"West Coast" India pale ale, fruit & floral w/ jasmine

45K 95K 270K

### BEER

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



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## SPIRITS

### VODKA

Absolut, Sweden	100K
Smirnoff red, Russia	80K
Grey Goose, France	130K
Ketel one, The Netherlands	120K

### RUM

Bacardi white, Cuba	80K
Trois Rivières white, Martinique	130K
Havana Club 7years, Cuba	160K
Captain Morgan Gold, Jamaica	100K
Brugal 1888, Dominican Republic	235K

### GIN

Bombay Sapphire, England	90K
Tanqueray, Scotland	110K
Tanqueray No. 10, Scotland	200K
The Hendrick's, Scotland	200K
No.3 London Dry Gin, England	210K

### CACHAÇA

Sagañiba Cachaça, Brazil	135K
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### TEQUILA

Jose Cuervo Especial Gold, Mexico	70K
Tequila 1800 Silver, Mexico	160K

### WHISKY & BOURBON

Jameson's	90K
Johnnie Walker black label	110K
Jack Daniels	110K
Chivas Regal, aged 12 years	130K
Wild Turkey Bourbon	120K
Maker's Mark Bourbon	150K

### SINGLE MALTS

Glenlivet, Speyside, aged 12 years	190K
Laphroaig, Islay, Singleton, aged 10 years	260K
Talisker, Isle of Skye, aged 10 years	230K
Macallan 12 Years old	210K

## APÉRITIFS

Kir	120K
Kir Royal	150K
Ramos Pinto Collector Port wine	140K
Ramos Pinto Lagrima White Port wine	140K
Mimosa - <i>Torresella prosecco, orange juice</i>	95K
Martini Bianco	80K
Martini Rosso	80K
Ricard - <i>Pastis de Marseilles</i>	75K
Mauresque - <i>Ricard, orgeat syrup, ice, water</i>	80K
Perroquet - <i>Ricard, mint cordial, ice, water</i>	80K
Tomate - <i>Ricard, grenadine, ice, water</i>	80K
Campari	80K
Campari orange	95K
Campari soda	85K

## DIGESTIFS

Ramos Pinto Collector Port wine	140K
Ramos Pinto Lagrima White Port wine	140K
Antinori Grappa	190K
Poire Williams	160K
Old Prune	160K
Delamain Pale XO Cognac	215K
Château Du Breuil, Fine Calvados	200K