

OUR DESSERTS

THE FAMOUS LITTLE POT GOURMAND FROM ERNEST 7€

The Gourmet Trio: chocolate brownie - Cara'sel - vanilla & pecan

The Fresh Trio: strawberry - raspberry - mango & passion fruit

FARMHOUSE YOGURT CREAM, HOMEMADE 5€

COULIS OF YOUR CHOICE

(red berries, salted butter caramel)

FOR THE LITTLE ONES (FROM 3 TO 12 YEARS OLD)

SMALL MUSSELS AND FRIES OR PEELED SHRIMP NUGGETS 12€

A SMALL ICE CREAM POT

(vanilla/strawberry or vanilla/chocolate)

A SYRUP WITH WATER OR A FLAVORED

LEMONADE (DIABOLO)



Follow us @sophie.alaplage



SOPHIE

À LA PLAGE



Bar à Huîtres - Dégustation

WELCOME TO SOPHIE À LA PLAGE

Oyster farmers by trade on the Île de Ré, we offer you a simple and authentic tasting of seafood, right by the ocean.

Take the time to savor the moment... we'll take care of the rest.

THE MENU

A LITTLE TREAT WITH A DRINK?
AN APPETIZER – FOR ONE OR TO SHARE BEFORE YOUR MEAL?

LA TERRINE DES COPAINS A unique recipe made with foie gras	10€
LE GRILLON CHARENTAIS Pork rillettes	9€
LES RILLETES OU VERRINES DE LA MER DU CHEF homemade recipe	9€
AND OF COURSE... Our plates of shellfish and crustaceans, to discover a little further on the menu.	

A Word from the Chef: "With the exception of our specialties – terrine and grillon, entrusted to trusted artisan partners... – all our small bites are homemade, prepared with fresh seafood."

FRESH OYSTERS FROM THE OPEN SEA

	6 PIECES	12 PIECES
OPEN SEA N°2	11€	20€
OPEN SEA N°3	10€	18€
OPEN SEA N°4	9€	16€

A Word from the Owners: "Carefully raised around the Island, these oysters are crisp, refreshing, and full of sea flavor."

SPECIAL OYSTERS

	6 PIECES	12 PIECES
SPECIALS N°2	14€	26€
SPECIALS N°3	12€	22€

A Word from the Owner: "Since oyster refining is a delicate art, our special oysters from the open sea or from our marshes are offered according to what Mother Nature has decided as well..."

COOKED OYSTERS

6 GENEROUS COOKED OYSTERS	17€
----------------------------------	-----

A Word from the Chef: "Check out today's specials board, as each dish is prepared with the ingredients and seasonings that inspired me today."

Whether served cold as tartare or marinated, or hot and au gratin, these oyster creations are sure to delight your taste buds and surprise you.

FRESH SHELLFISH AND CRUSTACEANS – NATURAL

A Word from the Chef: "Served on ice with homemade mayonnaise and aioli, accompanied by good bread... We choose products we love, but depend on what arrives fresh each day."

8 GENEROUS PINK SHRIMP	15€
BOWL OF WHELKS – 250 G	10€
PERIWINKLES – 200 G	8€
8 LARGE LANGOUSTINES	25€

OUR COOKED SHELLFISH AND CRUSTACEANS

A Word from the Chef: "Years of experience have taught us to select the finest raw ingredients and highlight them simply, whether pan-cooked or oven-baked to perfection. Our homemade sauces, made in the style of our grandmothers, are generous and full of flavor..."

PAN-FRIED RAZOR CLAMS WITH PARSLEY AND GARLIC OR PREPARED ACCORDING TO TODAY'S SPECIALS	20€
PAN-FRIED CLAMS IN HERB CREAM OR PREPARED ACCORDING TO TODAY'S SPECIALS	20€
PAN-FRIED PINK SHRIMP FLAMBÉED WITH PINEAU OR PREPARED ACCORDING TO TODAY'S SPECIALS	20€

MUSSELS WITH FRESH FRIES

MOUCLADE CHARENTAISE Cream Pineau Curry	19€
MARINIÈRES Shallots and Island White Wine	17€
À L'ESPAGNOLE Cream Chorizo Shallots	19€
TODAY'S SUGGESTION	19€

OUR SHELLFISH & CRUSTACEAN PLATTERS

LE PETIT CHALAND 1/PERS 4 Oysters • 4 Shrimp • 4 Langoustines • Periwinkles (150 g) • Whelks (200 g) • 6 Clams	39€
LE GRAND CHALAND 2/PERS 8 Oysters • 8 Shrimp • 8 Langoustines • Periwinkles (300 g) • Whelks (400 g) • 12 Clams	75€
LA PETITE PLAGÉ 1/PERS 6 Oysters • 6 Shrimp • 6 Langoustines • Periwinkles (150 g) • Whelks (200 g) • 8 Clams • 1/2 Crab	68€
LA GRANDE PLAGÉ 2/PERS 12 Oysters • 12 Shrimp • 12 Langoustines • Periwinkles (300 g) • Whelks (400 g) • 16 Clams • 1 Whole Crab	129€

Create Your Own Platter – Reservation Only
For Dine-In or Takeaway

Ask for our full product menu and build your own seafood platter.

DON'T FORGET OUR FRIDAY SPECIALS!!

A Word from the Chef and the Owners:
"For the enjoyment of seafood lovers, we wanted to offer a small all-you-can-eat oyster buffet in sizes 4, 3, or 2, followed by a dish prepared by us."

When sharing this idea, friends told us that one or two plates could feed an entire table... to which we said: our guests wouldn't dare! **So go ahead and enjoy!**

OYSTER BUFFET WITH MUSSELS & FRIES OF YOUR CHOICE	49€
OYSTER BUFFET WITH TODAY'S PAN-FRIED RAZOR CLAMS	49€
OYSTER BUFFET WITH TODAY'S PAN-FRIED CLAMS	49€
OYSTER BUFFET WITH TODAY'S PAN-FRIED PINK SHRIMP	49€

Please inform our team of any allergies or intolerances – they will be happy to assist you.