

OUR DESSERTS

THE FAMOUS LITTLE POT GOURMAND FROM ERNEST 7€

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

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

FARMHOUSE YOGURT CREAM, HOMEMADE COULIS OF YOUR CHOICE 5€

(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)



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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 11€

LE GRILLON CHARENTAIS 9€
Pork rillettes

LES RILLETES OU VERRINES DE LA MER DU CHEF 10€
homemade recipe

SHARING PLATTER 28€
Sharing Platter: oysters, shrimp, langoustines, whelks, periwinkles, seafood terrine, pork rillettes, and country terrine.

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 PREMIUM OYSTERS WITH BACON JUS AND ONION COMPOTE	18€
6 BEAUTIFUL OYSTERS MARINATED IN CITRUS	17€
6 BEAUTIFULLY PREPARED OYSTERS (CHEF'S SUGGESTION)	18€

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 16€

BOWL OF WHELKS – 250 G 10€

PERIWINKLES – 200 G 8€

8 LARGE LANGOUSTINES 25€

A PLATTER OF A LITTLE BIT OF EVERYTHING: 20€

oysters, langoustines, shrimp, periwinkles, whelks, and clams.

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 20€
OR PREPARED ACCORDING TO TODAY'S SPECIALS

PAN-FRIED PINK SHRIMP FLAMBÉED WITH PINEAU 20€
OR PREPARED ACCORDING TO TODAY'S SPECIALS

LA COCOTTE DE SOPHIE 24€
Mussels, clams, cockles... and others depending on the day's catch, all coated in a herb cream sauce.

MUSSELS WITH FRESH FRIES

MOUCLADE CHARENTAISE 19€
Cream | Pineau | Curry

MARINIÈRES 17€
Shallots and Island White Wine

À L'ESPAGNOLE 19€
Chorizo, shallots, and bell peppers

AU ROQUEFORT 19€
cream, Roquefort...

TODAY'S SUGGESTION 19€

OUR SHELLFISH & CRUSTACEAN PLATTERS

LE PETIT CHALAND 1/PERS 41€

4 Oysters • 4 Shrimp • 4 Langoustines • Periwinkles (150 g) • Whelks (200 g) • 6 Clams

LE GRAND CHALAND 2/PERS 82€

8 Oysters • 8 Shrimp • 8 Langoustines • Periwinkles (300 g) • Whelks (400 g) • 12 Clams

LA PETITE PLAGE 1/PERS 60€

6 Oysters • 6 Shrimp • 6 Langoustines • Periwinkles (150 g) • Whelks (200 g) • 8 Clams

LA GRANDE PLAGE 2/PERS 120€

12 Oysters • 12 Shrimp • 12 Langoustines • Periwinkles (300 g) • Whelks (400 g) • 16 Clams

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

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

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