

Our Champagnes:

| | |
|---|----------|
| Glass of champagne (brut) 12 cl..... | 14,00 € |
| Piscine of champagne (brut) 15 cl..... | 15,00 € |
| Champagne - Bottle (brut) 75 cl..... | 89,00 € |
| Ruinart Champagne - Magnum(brut) 150 cl | 195,00 € |
| Constant Champagne - Bottle (brut) 75 cl..... | 72,00 € |
| Prosecco 75 cl..... | 48,00 € |
| Glas of Prosecco 12 cl | 6,00 € |

Our Cocktails:

| | |
|--|---------|
| Tonnelle Spritz | 13,00 € |
| <i>Peach Juice, Tangerin Liqueur, Prosecco, perrier, grenadine</i> | |
| Mojito Lérina | 13,00 € |
| <i>Green Lérina, white rum, fresh mint, lime, sugar, Perrier</i> | |
| Mojito Framboise | 13,00 € |
| <i>White rhum, fresh mint, Raspberry, lime, sugar, Perrier</i> | |
| Negroni | 13,00 € |
| <i>Lérincello, Gin, red Martini, Campari,</i> | |
| Sunshine (non-alcoholic) | 7,60 € |
| <i>Grapefruit, pineapple, orange, strawberry cordial</i> | |
| Apérol Spritz | 13,00 € |
| <i>Apérol, prosecco, Perrier, Yellow Lérina</i> | |
| Lemonade ☼ 42 cl..... | 6,00 € |
| <i>Fresh Lemon, Cane Sugar, Water</i> | |

Beer:

| | |
|--|--------|
| Local Craft Beer "Colgan's" 33 cl..... | 7,50 € |
| <i>Draught Beer</i> | |
| Draft 25 cl..... | 5,00 € |
| Draft 50 cl..... | 9,50 € |

Soft Drinks and Mineral Water:

| | |
|---|---------|
| Soft drinks 33cl..... | 5,00 € |
| <i>Coca, Coca Light, Coca Zéro, Fuze Tea (Peach, Mango), Orangina, Sprite, Schweppes, Perrier, San Pellegrino (limonata),</i> | |
| Fruit juice "Alain Millat" 25 cl | 6,00 € |
| <i>Orange, pineapple, grapefruit, apple, peach, strawberry, tomato</i> | |
| Cordial with water 25 cl..... | 2,80 € |
| Supplement for cordial 2cl | 0,80 € |
| Vittel, San Pellegrino, 100cl | 7,00 € |
| Lemonade Carafe, Fresh Lemon, Cane Sugar, Water 100cl..... | 16,00 € |

Tea bio Pakka:

| | |
|---|--------|
| Earl Grey, Apple Cinnamon Ginger, green tea, Green tea with mint, Detox | 6,10 € |
|---|--------|

Hot Drinks:

| | |
|---|--------|
| Espresso / decaffeinated espresso | 3,20 € |
| Noisette / decaffeinated noisette | 3,30 € |
| Double espresso / decaffeinated double espresso | 4,60 € |
| Long black coffee | 3,85 € |
| White coffee, Cappuccino | 4,80 € |
| Organic verbena infusion | 5,60 € |

Net price, all our products contain allergens Céréales contenant du gluten (blé, seigle, orge, avoine, épeautre, kamut, Fruits à coque, Crustacés, Céleri, Œufs, Moutarde, Poissons, Soja, Lait et lactose, Anhydride sulfureux et sulfites, Graines de sésame, Lupin, Arachides, et Mollusques.

Sharing platters:

| | |
|------------------------------------|---------|
| Provençale stuffed vegetables ☺ | 23,00 € |
| Fritto misto with lemon ☺ | 24,00 € |
| Zucchini Flower Tempura (6 pieces) | 19,00 € |

Salads and Starters:

| | |
|--|---------|
| Burrata mozzarella and wild tomato, Pine nuts, basil, Focaccina ☺ | 22,00 € |
| Tonnelle Salad , Mozzarella Smoked, entrusted tomato, fried onions, Serrano Ham, Mesclun salad, pesto sauce, Shavings of Parmesan ☺ | 20,00 € |
| Roquette Salad , sliced mushrooms and aged Parmesan salad ☺ | 14,00 € |
| Quinoa Salad , Granny Smith Apple, beet coulis, Pumpkin seeds ☺ | 14,00 € |
| Fish soup with rouille sauce, crispy bread and cheese ☺ | 19,00 € |

Pastas :

| | |
|---|---------|
| Trofie pasta with Chorizo and red pesto ☺ | 18,00 € |
| Trofie pasta with mussels and green curry "spicy dishes" ☺ | 22,00 € |
| Gnocchis "provençale" , Olive, Zucchini, tomato, "Roquette" salad, aged parmesan ☺ | 21,00 € |

Fish and meat dishes:

| | |
|---|---------|
| Mediterranean Sea Bass filet at Celery oil ☺ , | 32,00 € |
| Seasonal vegetables (tomatoes, onions, Zucchini), Polenta at Cuttlefish ink. | |
| Salmon Paved Nori Algae , | 28,00 € |
| Seasonal vegetables (tomatoes, onions, Zucchini), Polenta at Cuttlefish ink. | |
| Cod back at ginger oil , | 27,00 € |
| Seasonal vegetables (tomatoes, onions, Zucchini), Polenta at Cuttlefish ink. | |
| "Simmental" Filet of beef , ☺ | 35,00 € |
| Thyme juice, "Ratte" potatoes and Zucchini with Mushrooms | |
| Italian Style raw beef tartare , French fries and salad ☺ | 22,00 € |
| Cheeseburger with barbecue sauce, salad, caramelized onions and French Fries ☺ | 22,00 € |

Whole Mediterranean fish * roasted in the oven, rich olive oil *(catch of the day)

Dessert and Ice creams:

| | |
|---|---------|
| Pastry of the day | 12,00 € |
| Classic Coffee Liegeois (coffee and vanilla ice cream, espresso coffee, whipped cream) | 13,00 € |
| Chocolate Liegeois (chocolate and vanilla ice cream, chocolate sauce, whipped cream) | 13,00 € |
| Lerincello (lemon sorbet with liquor) ☺ | 13,00 € |
| Peppermint (mint-chocolate ice cream, Get 27) ☺ | 13,00 € |
| Bounty (coconut ice cream, chocolate sauce, whipped cream) | 13,00 € |
| Dame Blanche (vanilla ice cream, chocolate sauce, whipped cream) | 13,00 € |
| Colonel (lemon sorbet, vodka) | 13,00 € |
| Melba fraise (vanilla ice cream, fresh strawberries, red berry sauce, whipped cream) | 14,00 € |
| "Fraisilic" (yoghurt ice cream, fresh strawberries, basil juice, whipped cream) | 14,00 € |

Net price, all our products contain allergens Céréales contenant du gluten (blé, seigle, orge, avoine, épeautre, kamut, Fruits à coque, Crustacés, Céleri, Œufs, Moutarde, Poissons, Soja, Lait et lactose, Anhydride sulfureux et sulfites, Graines de sésame, Lupin, Arachides, et Mollusques

Our Wines:

The white wines made on Saint Honorat island

| | |
|--|---------|
| Saint Pierre Chardonnay/Clairette 2016, 75 cl IGP Méditerranée | 54,00 € |
| Saint Césaire Chardonnay 2016, 75 cl IGP Méditerranée | 85,00 € |

The red wines made on Saint Honorat island

| | |
|---|---------|
| Saint Honorat 2014, 75 cl IGP de Méditerranée | 57,00 € |
| Saint Eucher 2015, 75 cl IGP Méditerranée | 49,00 € |
| Saint Sauveur 2013, 75 cl IGP Méditerranée | 85,00 € |

Our exceptionnel red wines

| | |
|---|----------|
| Saint Lambert Mourvèdre 2013, 75 cl IGP Méditerranée | 175,00 € |
| Saint Salonus Pinot Noir 2013, 75 cl IGP Méditerranée | 198,00 € |

Rosé wines

| | |
|---|----------|
| Château de l'Escarelle 2017, 75 cl AOP Coteaux Varois | 36,00 € |
| Figuière 2017, AOP Côtes de Provence 75cl | 47,00 € |
| Magnum château de l'Escarelle 2017, 150cl AOP Côtes de Provence | 75,00 € |
| Whispering Angel 2016, 75cl Côtes de Provence | 58,00 € |
| Magnum Whispering Angel 2016, 150 cl Côtes de Provence | 110,00 € |
| Jeroboam Whispering Angel 2016, 300cl Côtes de Provence | 210,00 € |

Wines from Saint Honorat island by the glass

| | |
|--|---------|
| Saint Pierre Chardonnay/Clairette 2016, 12 cl IGP Méditerranée | 12,00 € |
| Saint Césaire Chardonnay 2016, 12 cl IGP Méditerranée | 14,90 € |
| Saint Honorat rouge 2014, 12 cl IGP de Méditerranée | 13,90 € |
| Saint Eucher rouge 2015, 12 cl. IGP Méditerranée | 12,00 € |

Rosé wine Château La Castille in glass

| | |
|--|--------|
| La cuvée « Le Rouët » 2018. 12 cl IGP Méditerranée | 9,00 € |
|--|--------|

Liqueurs made on Saint Honorat:

Green Lerina, Yellow Lerina, Mandarine, Marc, Lérincello

| | |
|------------|--------|
| 4 cl | 5,50 € |
|------------|--------|



Abbaye de Lérins



MONTH'S SELECTION



Saint Eucher 2015

Wine tasting notes made by **Brother Marie, Cellar master.**

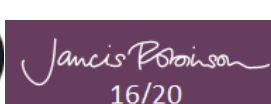
Bright, medium light ruby with a pink rim. Ripe black cherry on the nose but also notes of fruit in alcohol and wild herbs. Supple and smooth on the palate. The palate is medium light with a red berry finish

Glass of wine 12cl The bottle 75 cl

10 € TTC

49 € TTC

www.excellencedelerins.com



NET PRICE, ALL OUR PRODUCTS CONTAIN ALLERGENS CEREALES CONTENANT DU GLUTEN (BLE, SEIGLE, ORGE, AVOINE, EPEAUTRE, KAMUT, FRUITS A COQUE, CRUSTACES, CELERI, ŒUFS, MOUTARDE, POISSONS, SOJA, LAIT ET LACTOSE, ANHYDRIDE SULFUREUX ET SULFITES, GRAINES DE SESAME, LUPIN, ARACHIDES, ET MOLLUSQUES

Menu (Not available on weekends and bank holidays)

Starter and main course or main course and dessert (From the Chef's selection) 29,00 €
Starter, main course and dessert (From the Chef's selection) 34,00 €

Children's Menu: (Up to Twelve years):

Grilled beef burger, pasta, grated cheese, 2 scoops of ice cream ☺ 13,90€
Fresh fish of the day, pasta and vegetables, 2 scoops of ice cream ☺ 19.90€

The « pilgrim's menu » :

« Main course », 2 scoops of ice cream ☺15,00€

Abbaye de Lérins – île Saint-Honorat - Cannes



XVI centuries of monastic life have shaped the island of Saint Honorat. We invite you to discover the beauty of the island and lifestyle of the community.

The Church is open to visitors. Visitors can participate in daily prayers with the monastic community during the day or may also enjoy a time of personal meditation or prayer, taking advantage of the silence and peaceful setting. It is also possible to organise a retreat on the island staying in the monastic guesthouse.

Masse is usually celebrated weekdays at 11:25 am and Sunday at 9:50 am, however times may vary depending on the feasts and religious calendar. Hours of prayer open to day visitors: Sexte at 12:35 pm & None at 2.30 pm (Sundays and religious holidays at 2:45 pm)

You may walk freely on the island to contemplate the natural beauty of the site: the faune, flora and meandering paths... The island is maintained, cultivated and ecologically preserved. You may also visit the Tower of the monastery, which dates from 11th Century and juts out into the sea..

For enquiries for youth groups, please contact : www.amitielerinsfondacio.fr

If you would like to make a group booking or arrange a guided tour, or wine tasting, please contact the sales department: Tel + 33 (0) 4.92.99.54.24 & tonnelle@abbayedelerins.com

Net price, all our products contain allergens Céréales contenant du gluten (blé, seigle, orge, avoine, épeautre, kamut, Fruits à coque, Crustacés, Céleri, Œufs, Moutarde, Poissons, Soja, Lait et lactose, Anhydride sulfureux et sulfites, Graines de sésame, Lupin, Arachides, et Mollusques