



Alba Plage

RESTAURANT • BAR • PLAGE PRIVÉE

MENU

140 Quartier Deï, Quai de Caravello, 83600 Fréjus • Tel. +33(0) 7 65 22 02 12
restaurant@albaplage.fr • www.albaplage.fr





SHARING PLATTERS

Chicken spring rolls (6 pieces), served with sweet chili sauce.....	12€
Gourmet platter (Focaccia, tapenade, guacamole and tomatoes)	16€
Italian platter (Selection of 3 to 4 cured meats)	25€
Pistachio mortadella, coppa, Serrano ham, chorizo, grilled focaccia, pistachio cream, olives, marinated piquillo peppers, gherkins, pickles and breadsticks	
Cheese platter (Pont-l'Évêque, Tomme, Comté and goat cheese)	20€
Served with focaccia, red apple, dried fruits and cherry jam	
Mixed platter	35€

STARTERS

Heirloom tomato trio, creamy burratina from Puglia & fresh basil pesto	16€
Zucchini flower fritters	16€
Vintage sardines, semi-salted butter & toasted brioche "Micheline"	16€
Pink shrimp carpaccio, raw vegetables & citrus dressing	16€
Authentic Niçoise salad, seared tuna & crunchy vegetables.....	19€
Tuna poke bowl, rice, mango & raw vegetables, sesame dressing	22€

PASTA DISHES

Ricotta & spinach ravioli with Grana Padano cream.....	22€
Truffle "velette" pasta with truffle cream & parmesan, Serrano ham.....	24€
Spaghetti vongole with garlic.....	26€



MEAT & FISH MAIN COURSES

Chicken skewers with peanut sauce, Thai rice with caramelized onions.....	23€
Pork tenderloin stew (French-style “blanquette”) with mushrooms	25€
Served with mashed potatoes	
Salmon tartare, French fries and salad.....	25€
Simmental ribeye steak (220g), French fries and salad	28€
Beef tataki with black sesame, mashed potatoes & glazed vegetables.....	27€
Whole grilled sea bream, mashed potatoes & roasted vegetables	29€
Served with beurre blanc sauce	
Mediterranean-style seared octopus.....	30€

DESSERTS

Red berry pavlova with light vanilla cream.....	9€
Warm skillet cookie, served with vanilla sorbet.....	9€
Caramelized apple crumble with vanilla sorbet	9€
Frozen Grand Marnier soufflé	13€
Gourmet coffee	13€
[Selection of mini desserts: tiramisu, pistachio panna cotta, red berry pavlova, whipped cream, chocolate fondant, vanilla sorbet]	

KIDS MENU

Tomato & mozzarella ravioli with tomato sauce.....	15€
Beef steak (150g), French fries, barbecue or ketchup	15€
Chicken tenders, French fries, barbecue sauce	15€



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ROSE WINES



WHITE WINES



Tasquier	23,50€
<i>AOP Côtes de Provence, 75 cl</i>	
Domaine de la Maurette	23,50€
<i>AOP Côtes de Provence, 75 cl</i>	
Marie-Antoinette	24,50€
<i>IGP Terres du Midi, 75 cl</i>	
Mirati	27,50€
<i>IGP Méditerranée, 75 cl</i>	
Château de l'Aumérade Cru Classé	33,50€
<i>AOP Côtes de Provence, 75 cl</i>	
Roseline Prestige	36,50€
<i>AOP Côtes de Provence, 75 cl</i>	
Lampe de Méduse (Organic)	39,90€
<i>AOP Côtes de Provence, 75 cl</i>	

Marie-Antoinette	24,50€
<i>IGP Terres du Midi, 75 cl</i>	
Mirati	27,50€
<i>IGP Méditerranée, 75 cl</i>	
Roseline Prestige	36,50€
<i>AOP Côtes de Provence, 75 cl</i>	
Lampe de Méduse Bio	41,50€
<i>AOP Côtes de Provence, 75 cl</i>	

CHAMPAGNES

Rémy Massin	75,00€
<i>Blanc de Noirs - Champagne, 75 cl</i>	
Iconic Léonie - Canard-Duchêne	85,00€
<i>Champagne Brut, 75 cl</i>	
Canard-Duchêne	100,00€
<i>Blanc de Blancs - Champagne, 75 cl</i>	

RED WINES

Marie-Antoinette	24,50€
<i>IGP Terres du Midi, 75 cl</i>	
Château de l'Aumérade Cru Classé	32,50€
<i>AOP Côtes de Provence, 75 cl</i>	
Roseline Prestige	36,50€
<i>AOP Côtes de Provence, 75 cl</i>	



* Prix nets en euros, taxes et services compris. L'Alba plage n'accepte pas les chèques. L'abus d'alcool est dangereux pour la santé. A consommer avec modération. Net prices in euros, taxes and services included. Alba plage does not accept check. Alcohol abuse is dangerous for your health. Drink responsibly.



HOT DRINKS



FRESH JUICES



Espresso, Americano, Macchiato	3,00€
Decaffeinated coffee.....	3,00€
Cappuccino, Latte.....	5,00€
Hot chocolate	5,00€
Viennese coffee or Viennese hot chocolate....	5,50€
Tea	5,00€
Herbal tea.....	5,00€

Softs

*Coca-Cola, Coca-Cola Zéro, Coca-Cola Cherry,
Orangina, Perrier, Fuze Tea, Schweppes Citrus,
Schweppes Tonic*

Syrups

*Lemon, Strawberry, Grenadine, Mint, Peach,
Passion fruit, Orgeat (almond), Violet, Raspberry*

Diabolo (Syrup with lemonade)

*Lemon, Strawberry, Grenadine, Mint, Peach,
Passion fruit, Orgeat, Violet, Raspberry*

Fruit juices

*Pineapple, Strawberry, Orange, Apple, Grapefruit,
Passion fruit, Cranberry, ACE (orange, carrot &
lemon)*

Morning Boostn

Orange, carrot, lemon, ginger

Sport Boost

Kiwi, lemon, strawberry, ginger

Tropical Kick.....

Pineapple, apple, lemon, mint

Green Juice

Apple, kiwi, carrot

DRAFT BEER

25 cl - 50 cl

St-Omer Blonde

La Goudale Amber.....

La Goudale White

BOTTLED BEERS – 33 CL

Corona.....

Desperados

La Chouffe

Cherry Chouffe

Non-alcoholic beer

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APERITIFS



COCKTAILS



Pastis	4,50€
Ricard.....	4,50€
Mauresque, Perroquet	5,00€
Kir	7,50€
Kir Royal	12,00€
Martini (Red or White)	6,50€
Campari.....	6,50€

OUR SPRITZ

Aperol Spritz	12,00€
<i>Aperol, Prosecco, sparkling water</i>	
Limoncello Spritz.....	12,00€
<i>Limoncello, Prosecco, fresh lime</i>	
Hugo Spritz	13,00€
<i>Elderflower, lime, mint, Prosecco, sparkling water</i>	
L'Alba Spritz.....	13,00€
<i>Prosecco, lime, mint, secret liqueur</i>	

Mojito - 33cl	13,00€
<i>White & amber rum, fresh mint, lime, brown sugar, sparkling water (Passion fruit or red berries option)</i>	
Daiquiri - 20cl	13,00€
<i>White rum, lime, sugar syrup (Passion fruit or red berries option)</i>	
Caipirinha - 25cl	13,00€
<i>CCachaça, lime, brown sugar (Passion fruit or red berries option)</i>	
Caipi Black - 25cl	13,00€
<i>Smirnoff Black, lime, brown sugar</i>	
Ti-Punch - 12cl.....	13,00€
<i>Agricultural white rum, lime, brown sugar</i>	
Piña Colada - 40cl	13,00€
<i>Amber rum, coconut milk, pineapple juice, vanilla syrup</i>	
Margarita - 20cl.....	13,00€
<i>Tequila, triple sec, lime</i>	
Cuba Libre - 33cl.....	13,00€
<i>Amber rum, Coca-Cola, lime</i>	
Moscow Mule - 40cl	13,00€
<i>Vodka, lime, ginger beer</i>	
Pornstar Martini - 20cl.....	15,00€
<i>Vodka, passion fruit liqueur, passion purée, lime, vanilla syrup, champagne shot</i>	
Expresso Martini - 20cl.....	15,00€
<i>Vodka, coffee liqueur, espresso, vanilla syrup</i>	
Jägerbomb - 25cl	13,00€
<i>Red Bull & Jägermeister shot</i>	



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