

**LES FONTAINES**  
La Route du Nord, St John, JE3 4AJ

# FEAST 4 LESS

FROM 1<sup>ST</sup> - 29<sup>TH</sup> OCTOBER

2 COURSE £12.50  
3 COURSE £15.00

## Lunch:

Tue - Sat 12pm - 2pm

Sun 12pm - 5pm

## Dinner:

Tue - Sat 5:30pm - 8pm

(Closed Monday)

## FEAST 4 LESS WINE

VISTAMAR BRISA  
MERLOT OR SAUVIGNON BLANC

CHILE

£12.50



## TO BOOK

(01534) 862707

lesfontaines@randalls.je

## STARTERS

### Haddock & Sweetcorn Chowder (v) <sup>1,4,7</sup>

French bread, Jersey butter

### Deville Breaded Whitebait <sup>1,3,4,7,10</sup>

Lemon mayonnaise

### Chicken & Chorizo <sup>1,7</sup>

Diced chicken, sliced chorizo, garlic butter, olive oil, French bread

### Tomato Bruschetta (vg) <sup>1</sup>

Chopped tomato, onion, parsley, olive oil, rocket

## MAINS

### 6oz Fillet Steak <sup>1</sup>

Hand cut chips, vine tomatoes (£2.50 supplement)

### Pan Fried Pork <sup>1,7,10,12</sup>

Normandy pork steak, creamy mash, green beans, mushroom & brandy sauce

### Thai Cod & Prawn Fishcakes <sup>1,2,3,4</sup>

Asian noodles, peppers, onions, beansprouts, spring onion, carrot, sweet chilli sauce

### Chunky Vegetable Skewers (vg)

Aubergine, courgette, grilled pepper, red onion, basmati black bean rice, guacomole & salsa

## DESSERTS

### Profiteroles <sup>1,7</sup>

Salted caramel sauce

### Zingy Lemon Tart <sup>1,7</sup>

Jersey Dairy pouring cream

### Raspberry Sorbet (vg)

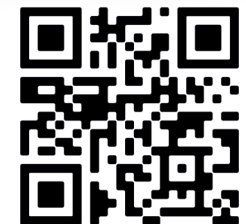
Mixed berry coulis

Allergen Key:

1 - Wheat | 2 - Crustaceans | 3 - Eggs | 4 - Fish | 5 - Peanuts | 6 - Soya | 7 - Dairy | 8 - Nuts | 9 - Celery  
10 - Mustard | 11 - Sesame Seeds | 12 - Sulphur / Alcohol | 13 - Lupin Flour | 14 - Molluscs

VIEW ALL MENUS AT [FEAST4LESS.JE](https://www.feast4less.je)

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OR



#FEAST4LESS