

SARDINEN-SPECIAL

We serve all sardines with baguette, spicy sauce and optionally with lukewarm French mini potatoes or marinated leaf salad



SARDINES FROIDES (COLD)

- Saint-Georges
- 2 Piments (spicy)
- Luzienne
- Pitomail
- Épices Aromates
- Citron

Price 14,00



SARDINES CHAUDES (WARM)

- Épices Orientales
- Beurre de Baratte
- Nantaise
- Sarrasin et au Beurre

Price 16,00

SARDINES FROIDES (COLD - SPECIAL)

- Ingwer (slightly spicy)
- BREIZH JOKER 3 PIMENTS (SPICY)
- XXL Habanero (very spicy)

Price 18,00

YEAR SARDINES

YEAR 2015-2017	21,00 €
YEAR 2018-2022	18,00 €

CHAMPAGNER

BÉATRICE BARON
PRESTIGE BRUT

1 Glas 8,90€

CHAMPAGNER ROSE

Rose

1 Glas 10,90€



SARDINENS BELLE-ILOISE

SAINT-GEORGES (COLD) - The classic

In this recipe, the delicacy of the fish is enhanced by a semi-fruity virgin olive oil and forms the basis for the harmony of flavours.

2 PIMENTS ET CITRON (COLD)

A spicy sardine, but not too spicy, subtle and balanced. The chilli peppers expand the flavour palette and the lemon in combination with the virgin olive oil provides the fruity note and rounds off the flavour combination.

LUZIENNE (COLD)

A tasty recipe where the sardine meets the flavours of Bayonne ham. The whole thing is underlined with piment d'Espelette to emphasise the Basque character.

PITOMAIL (COLD)

Georges Hilliet, the founder of la belle-iloise, created this variant primarily for himself, but it became one of his bestsellers. This tomato sardine is refined with allspice and garlic.

ÉPICES AROMATES (COLD)

In this recipe, bay leaf and clove bring aromatic notes, pepper and chilli add a touch of spice. All the flavours are combined in the slightly fruity extra virgin olive that impregnates the flesh of the sardines.

CITRON (COLD)

Coated with a virgin olive oil and finished with lemon slices, this combination provides a fresh note and a sunny bouquet of flavours.

ÉPICES ORIENTALES (WARM)

The recipe is packed with flavours: tomatoes, red peppers, herbs, a hint of garlic, paprika, cumin, plus a little chilli.... a journey for the taste buds!

BEURRE DE BARATTE (WARM)

These sardines are marinated in clarified butter with a hint of lemon and are a modern take on a traditional recipe, served warm.

NANTAISE (WARM)

A tribute to the terroir of Nantes and the Loire. It combines sardines, early vegetables (tomatoes, onions, garlic, parsley) with Muscadet wine.

SARRASIN ET AU BEURRE (WARM)

A round recipe combining sardines with buckwheat grains and butter from the butter churn. Once warmed up, the aroma is reminiscent of a Breton crêperie.





SARDINEN LA QUIBERONNAISE

INGWER (COLD) - SLIGHTLY SPICY

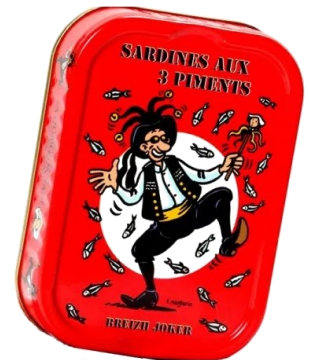
IN THIS PRESERVE, THE DELICATE SARDINE MEETS FRESH GINGER - AN ELEGANT BLEND AND A DELIGHT! THE WHOLE GINGER SLICE GIVES A BEAUTIFULLY DISTINCT, SLIGHTLY SPICY, FLORAL AROMA, BUT WITHOUT DROWNING OUT THE SARDINE.

THE 2015 FROM THE LA QUIBERONNAISE COLLECTION OF THE THREE MERMAIDS. THIS EXCEPTIONAL TIN WAS ILLUSTRATED BY GILBERT SHELTON, A NATIVE TEXAN WHO BECAME FAMOUS IN CALIFORNIA IN 1967 WITH THE COMIC STRIP "FABULOUS FURRY FREAK BROTHERS"..



BREIZH JOKER 3 PIMENTS (COLD) - SPICY

A RECIPE FOR EXPERIENCED GOURMETS WHO APPRECIATE THE FEEL OF CHILLI. THE 3 CHILLIES SOAK WITH THE SARDINES IN EXTRA VIRGIN OLIVE OIL. A GUARANTEED BUT APPROPRIATE TASTE EXPLOSION . THE TIN IS ILLUSTRATED BY FRANK MARGERIN, WITH THE BREIZH JOKER .



XXL HABANERO (COLD) - ATTENTION EXTREAMLY SPICY

4 to 5 sardines in extra virgin olive oil refined with half a habanero chilli pepper: "This really tears XXL!" This sardine has a really spicy recipe. It will make lovers of very hot, spicy chilli happy





SARDINE MILLÉSIME

VINTAGE SARDINES ARE THE BEST SARDINES OF A VINTAGE.

ONLY SARDINES CAUGHT IN SEPTEMBER ARE USED.

A TIME WHEN THEY ARE AT THEIR QUALITATIVE PEAK - AT LEAST FROM A CULINARY AND HEALTH-ORIENTED POINT OF VIEW.

AT LEAST FROM A CULINARY AND HEALTH POINT OF VIEW.

AN EVEN HIGHER QUALITY OLIVE OIL IS USED FOR VINTAGE SARDINES AND THE SARDINES BENEFIT GREATLY FROM THIS.

A DELICACY AND A CULINARY WORK OF ART AT THE SAME TIME!

EXPERTS SAY...THE OLDER THE CAN OF SARDINES, THE BETTER....

BELLE ILOISE

Since 1932, the company

la belle-iloise has specialised in sardines, creating over 30 different refinements. The company not only upholds tradition, but also fish welfare and regionality. All the products, in a wide variety of flavours, are produced in the nearby Quiberon area. Quiberon is a small, picturesque harbour town on the peninsula of the same name, in Brittany.

The sardines are processed by hand directly in the harbour town according to a traditional recipe combined with a touch of innovation.

To this day, the sardine is and remains a high-quality product with a high content of omega-3 fatty acids, vitamins and trace elements.