

Delicacies

DESSERTS

Lemon verrine, red fruits, speculoos	7 €
Poire Belle-Hélène	8 €
Homemade brownie and custard	8 €
Crème brûlée	8 €
Chocolate Fondant & vanilla ice cream	9 €
French toast brioche & caramelized apples	8 €
Gourmet Coffee	9 €
Signature Dessert by Julien Joly	9,5 €



Pine cone with
red berries



Chocolate fudge
peanut

ICE CREAM

Ice Cream 2 balls <i>Vanilla, strawberry, chocolate, caramel, mint, coffee, lemon, apple</i>	7 €
Chocolate or Liège coffee	8 €
White Lady	8 €
Alcoholic cup <i>Trou Normand, Ice Berg, Colonel</i>	8 €
Banana Split	8 €

The entire La Fringale team thanks you for your confidence!!

La Fringale is a family business where everything is done house, created with the Love of this profession which for us is a passion:
to receive you and to make you have a pleasant time!!

Feel free to follow us on our social networks



La Fringale

CAEN

- MENU -

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FROM MONDAY TO SUNDAY

11 AM - 14 PM

18:30 PM - 22:30 PM

Aperitif

CLASSICS

	10 cl
Kir	5 €
Normand Kir	6 €
Royal Kir	10 €
Marsala, Pommeau, Muscat	6 €
Porto, Martini Blanc ou rouge	6 €

ALCOHOL COCKTAILS

Américano homemade (7 cl)	8 €
Homemade cocktail (25 cl)	8 €
Cuba libre (14 cl)	8 €
Mojito minth/strawberry (25 cl)	9 €
Ti Punch (7 cl)	8 €
Rum marine homemade (5 cl)	7 €
Pina Colada (25 cl)	8 €

ALCOHOL

WHISKY (4 cl)

Ballantine's, Clan Campbell,	7 €
Chivas Regal, Cardhu 12y,	9 €
Jack Daniel's	

VODKA (4 cl)

Absolut	7 €
Belvedere ou Grey Goose	10 €
Vodka Red Bull	10 €

Gin Tonic	8 €
Rum white or dark	8 €

BEERS

Blonde : Heineken / Leffe (25 cl)	4,5 €
Hoeggarden blanche (25 cl)	4,5 €
Local beer : KEKETTE (33 cl)	6 €
Desperados (33 cl)	6 €
Pint (50 cl)	8 €
Le Litron (1 L)	14 €

Alcohol abuse is dangerous for your health consume in moderation.

APERITIF BOARD

13€

Our Formulas

LUNCH EXPRESS

See on the day's slate & available for lunch on weekdays

14.50 €

STARTER + MAIN DISH + DESSERT

STARTER :

- Raviole gratinated with parmesan
- Buratta tomato, olive oil, balsamic vinegar & toasted bread nuts (+3 €)
- Salmon roll, fine grass cheese, dill
- Greek salad : salad, tomato, red onions, olives, tzatziki sauce
- Roasted camembert, apple, roasted almonds, toasts (+3 €)
- Warm goat salad with honey : salad, goat, honey, tomatoe

MAIN DISH :

- Pan-fried rib, 3 cheese sauce (+6€)
- Fishing of the day
- Grilled rumsteak, pepper sauce, homemade fries
- Normandy Supreme of chicken

DESSERT :

- Homemade brownie
- Crème brûlée
- Verrine citron
- Chocolate poached pear

27 €

CHILDREN MENU

MAIN DISH :

- Steak fries
- Homemade chicken nuggets
- Fishing of the day
- Mussels marinières

DESSERT :

- Brownie
- Ice Cream

10 €

Fishes / Mussels

FISHS

Gambas & St Jacques risotto, coconut milk, curry	26 €
Roasted sea bass, lemon butter & homemade fries	22 €
Salmon back, pepper sauce, white rice	19,5 €
Fish and chips tartare sauce	18 €
Trio de la mer (gambas, saumon, calamars) & spaghetti, teriyaki sauce	19 €
Raviole XXL nature	17 €
Raviole XXL St Jacques & Gambas	23 €

MUSSELS

- Served with homemade fries -

Marinières	13 €
Cream	14 €
Normands	14 €
Camembert	15 €
Curry	16 €

Coffee

MOCKTAILS

Virgin colada	7 €
Cocktail de jus de fruits	6 €
Virgin Mojito mint	6 €
Virgin Mojito strawberry	6 €
Alcohol-free beer 0% <i>(Heineken or Tourtel flavored according to availability)</i>	4,5 €

BASICS

SODA :	4 €
Coca-cola, Coca zéro, Orangina, Ice tea, Fanta, Schweppes tonic, Perrier, Limonade, Diabolo	

FRUITS JUICE (25 cl) :	4 €
orange, apple, apricot, pineapple	
RED BULL	5 €

WATERS

Plate ou Gazeuse (75 cl)	6€
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COFFEES & THEAS

Espresso	2,3 €
Milk Coffee	2,5 €
Long Coffee	2,5 €
Cream Coffee	3,5 €
Cappuccino	5 €
Doble Coffee	3 €
Tea	3,5 €

Starters / Salads

STARTER

Avocado, shrimp & mango cocktail	10 €
Egg casserole with cheese & chorizo	9 €
Salmon Casserole Egg	9 €
Norman salad <i>apples, salad, tomato, camembert toast, cashew nuts</i>	8 €
Brick of chorizo & vache qui rit	8 €
Stuffed mussels	8 €
Ravioli gratin	9,5 €
Roasted camembert	8 €
Oysters from our coasts by 6, 12, 18	9€ / 12,5 € / 16€

SALADS

Salad Big Goat bacon, salad, tomatoes, goat toasts, apples, fried eggs & calf, honey mustard dressing	17 €
Salad Caesar salad, tomatoes, grilled chicken, boiled egg, Parmesan, croutons, caesar sauce	16 €
La Périgourdine gizzards, bacon, potatoes, salad, tomatoes, boiled eggs, deglazed with balsamic vinegar	17 €
Norwegian smoked & grilled salmon, prawns, cucumbers, tomatoes, crunchy vegetables	18 €
The Bowl' marinated salmon, cucumbers, corns, tomatoes, avocado, white rice, teriyaki sauce	18 €
Salad Fama salad, mango, avocado, mozzarella, smoked salmon, cherry tomato, vinaigrette	19 €
Salmon Sandwich Club	16 €
Club Sandwich Chicken	16 €

Meat / Burgers

VIANDES

- Served with homemade fries -

Pan-fried rib (300g) Camembert sauce	26 €
Beef tartare (180g) prepare by ourselves	16 €
Chicken breast, Norman sauce	16 €
Lamb chop, meat juice & pepper	22 €
Tournedos, butler butter sauce & fries	26 €
Grilled rumsteack (170g), pepper sauce	17 €
Rib eye (200g) bernaise sauce of La Fringale	20 €
MIX GRILL assortment of meat	
1 person	28 €
2 persons	55 €

BURGERS

- Served with homemade fries -
Available in XXL - SUPP 4€

Norman <i>Bun's, minced beef, tomato, Pont L'évêque, apple, Camembert sauce</i>	17 €
Végé <i>Bun's, crunchy vegetables, coconut polenta, tomato, salad</i>	16 €
Cheesebacon <i>Bun's, minced beef, cheddar, red onions, tomato, bacon, pickle, salad, fried egg</i>	17 €
Americain <i>Minced beef, onions, cheddar, texan hot sauce tomato, salad</i>	16 €
Chicken <i>Bun's, chicken, white sauce, cheddar, tomato, chorizo, emmental</i>	17 €
Italian <i>boursin sauce, mozzarella, pesto, minced beef, salad, tomatoes, dried ham</i>	17 €

ROASTED
CAMEMBERT
+8€