



AU PARC

SANDWICHES

All our bread is home-made.

SANDWICHES SERVED WITH TRI-COLOURED COLE SLAW

Cleopatra - Falafel wrap with hummus & salad	163K
Istanbul - Smoked salmon with garlic & herb labneh and tomatoes on bagel	183K
Jerusalem - Roast chicken with Swiss cheese, avocado spread & salad on whole-wheat baguette	183K
Athens - Chicken kebab wrap with salad & tzatziki	163K
Cyprus - Lamb kebab wrap with Baba Ghannouj, fried eggplant & fresh mint	173K
Apollo - Roast beef, Parmesan shavings & rocket with home-made paprika aioli on whole-wheat baguette	183K
Trieste - Prosciutto, melted St-Nectaire & tomato on bagel	183K
Valencia - Bacon, melted Camembert, rocket & a touch of mustard on bagel	183K
Country club - Pulled pork, paprika aioli, bacon, egg salad & fried eggplant on sourdough	178K

SANDWICHES SERVED WITH GREEN SALAD

Sergius - Avocado, fried eggplant & Baba Ghannouj on sourdough	163K
Napoli - Pressed baguette with mozzarella, artichokes, roasted peppers & basil	188K
Demeter - Open faced sourdough with melted goat's cheese, fried eggplant, tomato & a touch of basil mayonnaise	168K
Pera - Open faced sourdough with pear, melted Camembert & walnuts	173K

ARTICHOKES

are packed with phytonutrients which help to protect against many health risks including cancer, heart disease, liver dysfunction, high cholesterol and diabetes.



AU PARC

SALADS

Served with home-made baguette & butter.

CLASSICS WITH A TWIST

Ilda's caesar <i>Sautéed chicken with pesto, Parmesan shavings & a soft boiled egg</i>	200K
Au Parc's Chef <i>Roast beef, chicken, cheese crostini & home-roasted tomatoes</i>	205K
Nice burning <i>Smoked sea bass Niçoise salad with quail eggs, green beans & potatoes</i>	200K
Roasted greek <i>Greek salad with home-roasted tomatoes, Feta & Kalamata olives</i>	200K
Sweet goat <i>Goat's cheese, thyme & honey tartine on a bed of greens, pomegranate dressing</i>	215K

ORIGINALS

Mama's beef <i>Cumin & ginger beef, confit garlic, roasted tomatoes, snow peas, watercress & olive mint dressing</i>	235K
Jericho <i>Pearl barley & red beans with roasted vegetables, beetroot, spinach, raisins, cranberries, chickpeas, labneh & pomegranate dressing</i>	200K
Tel aviv <i>Warm coriander chicken with avocado, cashews & creamy dressing</i>	200K
Sea mango <i>Salmon & mango on baby spinach & greens with citrus vinaigrette</i>	245K
Nutty avocado <i>Prawn, avocado, pomelo & hazelnut salad with citrus dressing</i>	245K
The pulse <i>Lentil salad with artichokes, home-roasted tomatoes & Feta cheese</i>	200K
Powerhouse <i>Quinoa salad with kale, roast pumpkin & walnuts</i>	245K add Feta 280K

SIDE ORDERS

Baby potatoes sautéed in olive oil <i>with sweet onion & rosemary</i>	50K
Skinny fries	50K
Mashed potatoes	50K
Salad <i>with feta, home-roasted tomatoes & Kalamata olives</i>	85K

LABNEH

is a home-made cream cheese typical of the Eastern Mediterranean



AU PARC

DIPS & STARTERS

Dips are served with crudités, grissini & flat bread. They are all vegetarian.

Tzatziki - Cucumber & greek yoghurt dip	65K
Baba Ghannouj - Open fire roasted eggplant with tahini & cumin dip	65K
Hummus - Chickpea & tahini dip	65K
Home-roasted tomato & feta cheese dip	65K
Dips with home-made grissini & crudités - choose 3 dips from selection above	125K

MAINS

Mains are served with home-made baguette & butter.

Chicken breast with mild pepper-chilli-cumin sauce, bulgur & spinach	240K
Middle Eastern baked chicken with lemon confit, pumpkin, rosemary barley & labneh	240K
Roasted duck breast with baked caramelised green apple, potatoes & cinnamon honey sauce	350K
Pulled pork with barbecue sauce, potato mash & petits pois	240K
Pork filet mignon with caramelised onion sauce & sautéed potatoes	240K
Steak au Poivre - 300g US striploin with peppercorn sauce, fries and salad	500K
Tuscan Steak - 300g US striploin with rosemary & red wine sauce, sautéed potatoes & vegetables	500K
Pan-fried salmon with mint, petit pois, spinach & mustard sauce	335K
Grilled seafood with corn & red pepper relish on a bed of garlic rice	250K
Marinated sea bass filet in fresh herb sauce with potatoes & vegetables	240K
Mezze - Dips, falafel balls, olives & Middle Eastern salads with flat bread	220K

TURKISH KEBABS

Kebabs are served with salad, skinny fries, tzatziki & flat bread.

Chicken kebabs in garlic, lemon & parsley marinade	235K
Argentinian beef kebabs in garlic, cumin & ginger marinade	320K
Shish kebabs lamb in garlic, cumin & ginger marinade	320K

PASTA

Served with home-made baguette & butter.

Home-made fettucine with chicken home-roasted tomatoes, pesto & Parmesan	215K
Fusilli with lamb cashews, pesto & Parmesan	245K
Seafood spaghetti in rich tomato sauce	220K
Home-made spinach & ricotta lasagna	215K



AU PARC

DESSERT

Home-made yoghurt <i>Plain with honey or brown sugar</i>	55K
Home-made ice-cream - 2 scoops served with our caramel & sesame crisp <i>Marou dark chocolate - Tahitian vanilla bean</i>	80K
Baked crème caramel	65K
Dark chocolate mousse	90K
Peanut butter & chocolate slice	70K
Brownies <i>served warm with home-made ice-cream (choose from selection above)</i>	95K
Plain New York cheesecake - <i>The real thing</i>	110K
Warm apple crumble <i>with home-made ice-cream (choose from selection above)</i>	95K
Fruit platter	80K

COFFEE & CHOCOLATE

Low fat milk, sugar substitute & water processed decaf available

Espresso	45K
Cortado	45K
Long black	45K
Macchiato	45K
Double espresso	55k
Long flat white	55k
Cappuccino	55k
Latte	55k
Iced coffee	55k
Caø pheà sööa ñàù	45K
Iced macchiato, Cappuccino, Latte	65K
Fresh mocha	65k
<i>Marou dark chocolate, milk, espresso & ice</i>	
Hot Marou dark chocolate	65K

TEA

Lemon & ginger tea <i>w/honey</i>	40K
Fresh mint tea	40K
Black tea <i>Earl Grey, English breakfast</i>	40K
Camomile tea	40K
Vietnamese iced tea <i>Trà đá</i>	15K

GINGER TEA

improves digestion
and contains anti-inflammatory
properties that make it an ideal
home remedy for muscle
and joint problems.



AU PARC

100% FRESH

& natural ingredients only. Squeezed to order. Yoghurt & soya milk are home-made.

JUICES, SHAKES & SMOOTHIES

SH2	Passion fruit, honey & coconut shake	70K
SH3	Raspberry, banana & yoghurt smoothie	70K
SH4	Strawberry lumpie with banana, yoghurt, honey & muesli	70K
SH5	Mango, passion fruit, pineapple & yoghurt smoothie	70K
SH8	Aloe vera, mango, lime & yoghurt smoothie	70K
SH15	Red berry dairy free smoothie <i>Fresh soya milk, berries, green tea, honey & banana</i>	70K
SH16	Banana cinnamon dairy free smoothie <i>Fresh soya milk, banana, coconut, vanilla & cinnamon</i>	70K
J12	Carrot, fresh ginger & apple juice	70K
J13	Beetroot, pear, fresh ginger & apple juice	70K
J17	Home-made mint lemonade	45K
J1	Home-made lemonade	40K
J2	Whole coconut	50K
J3	Watermelon juice	50K
J4	Pineapple juice	60K
J5	Passion fruit juice	60K
J6	Carrot juice	50K
J7	Apple juice	75K
J8	Orange juice	70K
J9	Pomelo juice	75K

DRINKS

Alba water - still or sparkling 450ml <i>From Hue region, recyclable glass</i>	45K
Alba still water - plastic 1500ml	85K
Vinh Hao - still or sparkling 450ml	35K
Fresh milk hot or cold	45K
Lime soda	45K
Schweppes soda - Schweppes tonic Coke - Diet Coke - Sprite	45K
Hot lime juice with honey	40K
Hot detox treat <i>Lime juice, cayenne pepper, maple syrup</i>	40K
Virgin Mary	75K

WINE BY THE GLASS

BUBBLES

Riondo Soave DOC, Italy **140K**
Belstar Spumante Merlot Rose, Veneto, Italy **145K**

ROSÉ

"Moulin de Gassac" Figaro Rose,
Pays D'Herault, France **140K**

WHITES

Tomaresca Chardonnay, IGT Puglia, Italy **140K**
Torresella Pinot Grigio, Veneto, Italy **145K**
Kono Sauvignon Blanc, Marlborough, New Zealand **160K**

REDS

Les Charmeuses Cabernet Sauvignon,
Pays d'Oc, France **140K**
Purato Nero d'Avola organic, Sicily, Italy **150K**
Les vignes de Bila-Haut Syrah Grenache Carignan, Cotes du
Roussillon, France **160K**
Les Janelles Pinot Noir, Pays D'oc, France **170K**



AU PARC

SPIRITS

VODKA

Absolut, Sweden	120K
Smirnoff red, Russia	100K
Grey Goose, France	150K
Ketel one, The Netherlands	140K

RUM

Bacardi white, Cuba	90K
Trois Rivières white, Martinique	170K
Havana Club 7years, Cuba	170K
Captain Morgan Gold, Jamaica	110K
Brugal 1888, Dominican Republic	245K

GIN

Bombay Sapphire, England	100K
Tanqueray, Scotland	120K
Tanqueray No. 10, Scotland	195K
The Hendrick's, Scotland	195K
No.3 London Dry Gin, England	220K

CACHAÇA

Sagatiba Cachaça, Brazil	145K
--------------------------	------

TEQUILA

Jose Cuervo Especial Gold, Mexico	90K
Tequila 1800 Silver, Mexico	170K

WHISKY & BOURBON

Jameson's	100K
Johnnie Walker black label	120K
Jack Daniels	120K
Chivas Regal, aged 12 years	140K
Wild Turkey Bourbon	130K
Maker's Mark Bourbon	160K

SINGLE MALTS

Glenlivet, Speyside, aged 12 years	200K
Laphroaig, Islay, Singleton, aged 10 years	270K
Talisker, Isle of Skye, aged 10 years	240K
Macallan 12 Years old	220K

DIGESTIFS

Ramos Pinto Collector Port wine	150K
Ramos Pinto Lagrima White Port wine	150K
Antinori Grappa	200K
Poire Williams	170K
Old Prune	170K
Delamain Pale XO Cognac	225K

APÉRITIFS

Kir	120K
Kir Royal	150K
Mimosa - Riondo Prosecco, orange juice	115K
Martini Bianco	90K
Martini Rosso	90K
Ricard - Pastis de Marseilles	85K
Mauresque - Ricard, orgeat syrup, ice, water	90K
Perroquet - Ricard, mint cordial, ice, water	90K
Tomate - Ricard, grenadine, ice, water	90K
Campari	90K
Campari orange	105K
Campari soda	95K



AU PARC

LOCAL DRAFT BEER



Craft Czech Pilsner 5 % ABV - 24 IBU - A light, crisp and refreshing Czech-style Pilsner with a twist **65K**

Dream Alone Pale Ale 5.7% ABV - 37 IBU - A medium, juicy Pale Ale with flavour of lush tangerine & mango **105K**

Loose Rivet New England IPA 7.5% ABV - 59 IBU - Delicious tropical, fruity IPA with flavours of tangerine & pineapple **125K**

330ml glass

BOTTLED BEER

Carlsberg

Carlsberg draught smooth 60K bottle 330ml

Halida dark brewed beer 65K bottle 355ml

Kronenbourg 1664 white 80K bottle 330ml

Belgo

Belgo Session IPA - 4.9% ABV - 40 IBU 90K 330ml

A tropical and citrus fruit taste, combined with a typical Belgian malt sweetness and round the bitterness

Belgo WIT - 4.8% ABV - 17 IBU 90K 330ml

Brewed with kumquat, Persian lime, cumin to create the perfect balance between the fruitiness and tartness

Belgo Cherry - 3.5% ABV - 10 IBU 110K 330ml

Light, sweet, tart & refreshing with fresh cherry additions

SAIGON CIDER

Apple & Ginger Organic Cider - 4.7% ABV Organic apple with the punch of Ca Mau ginger **90K**

Saigon 45K bottle 330ml

Heineken 50K bottle 330ml