



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 & aioli	163K
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.



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SALADS

Served with home-made baguette & butter.

CLASSICS WITH A TWIST

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

ORIGINALS

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

SIDE ORDERS

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

LABNEH

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



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DIPS & STARTERS

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

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 - 3 dips	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
Steak au poivre - 300g US ribeye with peppercorn sauce, fries and salad	500K
Tuscan steak - 300g US ribeye 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 & flat bread.

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

PASTA

Served with home-made baguette & butter.

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



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DESSERT

Home-made yoghurt with honey or brown sugar	55K
Home-made ice-cream - 2 scoops served with our caramel & sesame crisp Marou dark chocolate - Tahitian vanilla bean	80K
Baked crème caramel	65K
Dark chocolate mousse	90K
Peanut butter & chocolate slice	70K
Brownies served warm with home-made ice-cream (choose from selection above)	95K
Chocolate Nemesis - Flourless chocolate cake	105K
Plain New York cheesecake - The real thing	105K
Warm apple crumble with home-made ice-cream (choose from selection above)	90K
Passion fruit custard with fresh passion fruit pulp	75K
Fruit platter	75K

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
Cà phê sữa đá	45K
Iced macchiato, Cappuccino, Latte	65K
Fresh mocha Marou dark chocolate, milk, espresso & ice	65k
Hot Marou dark chocolate	65K

TEA

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

GINGER TEA

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