



TWO COURSE LUNCH PRIX FIXE £19.95

MON - SAT | 12PM - 4PM

Order any main course and add a starter or dessert
Please choose from the dishes below

STARTERS

PARISIAN FRENCH ONION SOUP
MUSHROOMS, SPINACH & BRIE (VGO, GF)
WHITEBAIT & AIOLI
PÂTÉ DU JOUR

MAINS

RED PESTO & PINE NUT GNOCCHI (VG)
BEETROOT & LENTIL BOURGUIGNON (VGO, GF)
STEAK & ALE PIE
CHICKEN & BACON FRICASSEE (GF)
MOULES MARINIÈRE
LE MISTRAL BURGER
OMELETTES

Fresh salad & pommes frites, choose three fillings:
Ham | Red Onion | Cheddar | Olive | Spinach

DESSERTS

CHOCOLATE BROWNIE (V)
TARTE AU CITRON (V, GF)
SALTED CARAMEL PROFITEROLES (V)

CAFÉ CLASSIQUES

FRENCH BAGUETTES

Baguettes & Croques are served with pommes frites & house salad

MON - FRI | 12PM - 4PM

HAM, BRIE & CRANBERRY 10.95
Cornish brie & sweet cranberry sauce

BEER-BATTERED FISH GOUJONS 11.95
Baby gem & tartare sauce

MUSHROOM, SPINACH & BLUE CHEESE (V, VGO) 10.95
Herb salad, toasted walnuts, balsamic reduction

CHICKEN, BACON & AIOLI 11.95
Lemon & herb chicken, crispy bacon & garlic aioli

CROQUES MAISON

CROQUE MONSIEUR 10.95
Grilled ham & cheese sandwich

CROQUE MADAME 11.50
Grilled ham & cheese sandwich topped with a fried egg

Full allergen and dietary information is available
on our website. Allergen key on reverse.

PETITS PLATS

PARISIAN FRENCH ONION SOUP 8.95
Slow-cooked caramelised onions, rich beef stock,
grilled cheese crouton

GARLIC & CHILLI KING PRAWNS 11.95
Pan-fried king prawns, garlic & chilli butter,
dressed salad, toasted bread

PÂTÉ DU JOUR 8.95
Warm bread, cornichons, red onion & bacon confiture
See blackboard for today's choice

MUSHROOMS, SPINACH & BRIE (VGO, GF) 9.50
Roasted field mushrooms, garlic, wilted spinach,
melted brie, dressed salad, balsamic reduction

WHITEBAIT & AIOLI 8.95
Breaded whitebait with a lemon & herb aioli

GRESSINGHAM DUCK CROQUETTES 11.95
Wholegrain mustard mayo, cornichons, watercress

SOUP DU JOUR (VG, GFO) 7.95
Seasonal soup, warm French baguette, herb oil

PLATS SIGNATURE

CHICKEN & BACON FRICASSEE (GF) 20.95
Pan-fried chicken breast, bacon, mushrooms & leeks,
white wine cream sauce, herb basmati rice

BOEUF BOURGUIGNON 21.95
Tender beef, baby onions, smoked pancetta, glazed
carrots, mushrooms, red wine jus with herb mash

CHICKEN & CHORIZO LINGUINE 19.50
Pan-fried chicken & chorizo, white wine cream sauce,
parmesan shavings & herbs

STEAK & ALE PIE 18.50
Bone marrow gravy, seasonal vegetables & herb mash

BURGER DE POULET & BACON 18.95
Roasted chicken breast, smoked cheese or mozzarella,
slow-roasted tomato, aioli, salad & pommes frites

LE MISTRAL BURGER 18.95
British beef, smoked or blue cheese, bacon, Dijon mayo,
slow-roasted tomato, onion confiture & pommes frites
We're proud to contribute £1 from every burger sold to support
air ambulance services across the East Midlands.

CRISPY PORK BELLY** (GF) 24.95
Slow-cooked pork belly, dauphinoise potatoes, cider &
apple cream sauce, seasonal greens, toasted almonds

8oz RIBEYE STEAK** 26.95
Wild mushroom & heritage tomato fricassée,
fresh salad & pommes frites
Add pepper or blue cheese sauce 3.00

GARLIC & ROSEMARY LAMB SHANK** (GF) 26.95
Slow-cooked lamb shank, red wine & rosemary jus,
garlic & herb mash, seasonal vegetables

**INDICATES DISH NOT INCLUDED IN OUR EARLY BIRD OFFER

VEGETARIAN & VEGAN

RED PESTO & PINE NUT GNOCCHI (VG) 18.95
Sun-dried & marinated heritage tomatoes,
wilted spinach, basil & toasted pine nuts

BEETROOT & LENTIL BOURGUIGNON (VGO, GF) 18.95
Roasted beetroot, mushrooms & lentils, tomato,
red wine & thyme jus, horseradish parsnip mash,
baby carrots, toasted sesame seeds

GOURMET PLANT-BASED BURGER (VGO) 17.95
Plant-based burger, vegan cheese, aioli,
slow-roasted tomato & pommes frites

FISH & SEAFOOD

MOULES MARINIÈRE 18.95
Mussels in garlic, fresh herbs, white wine & cream,
pommes frites & warm bread

PROVENÇAL SEAFOOD STEW** 23.95
Fresh fish, prawns, mussels & calamari in a saffron,
tomato & fennel broth, toasted bread & garlic rouille

ROASTED SALMON** (GF) 22.95
Salmon fillet, baby prawns, pearl onions, lemon & dill
white wine cream sauce, green beans, sautéed potatoes

PÂTISSERIES & DESSERTS

CHOCOLATE BROWNIE (V) 8.50
Belgian chocolate sauce & vanilla ice cream

TARTE AU CITRON (V, GF) 8.50
Honey crème fraîche with mango & orange purée

SALTED CARAMEL PROFITEROLES (V) 8.95
Chocolate & peanut butter fudge

CLASSIC CRÈME BRÛLÉE (V) 8.95
Baked vanilla custard, caramelised sugar & shortbread

ASSIETTE DE FROMAGE 11.95
Selection of cheeses, red onion confiture, apple, celery,
warm bread & butter. Enough for one to indulge or two to share!

SIDES

POMMES FRITES 4.50

GARLIC BREAD (V) 6.50

MARINATED OLIVES (VG) 4.25

HOUSE SALAD (VG) 4.50

SEASONAL VEGETABLES (VG) 4.25

GRATIN DAUPHINOISE (V) 4.95

SAUTÉED POTATOES (GF) 4.95

LE MISTRAL GARLIC BREAD (V) 7.95
Melted cheese with tomato & olives



EARLY BIRD

MAIN COURSE & A GLASS
OF HOUSE WINE
£19.95

MONDAY - WEDNESDAY

5 PM - 6:45 PM

Not available during December or bank holidays
**Indicates dish not included in our early bird offer

MOULES NIGHT EVERY THURSDAY

MOULES MARINIÈRE
& WEEKLY SPECIALS
Served with pommes frites & fresh baguette

SUNDAY ROASTS

EVERY SUNDAY FROM NOON

Yorkshire pudding, roasties, braised red cabbage,
seasonal vegetables, mash, stuffing & rich gravy

GARLIC & THYME CHICKEN 19.50

PORK BELLY & CRACKLING 19.95

ROAST BRITISH BEEF 20.95

CASHEW, SQUASH & SAGE NUT ROAST (VGO) 18.95

SLOW ROASTED LAMB SHANK 26.95

KIDS' ROASTS 9.95
Ask a member of our team for today's choice.

SUNDAY SIDES

3 FOR £13

CREAMY CAULIFLOWER CHEESE (V) 5.95

THYME & SEA SALT ROAST POTATOES (V) 3.95

YORKSHIRE PUDDINGS & GRAVY 4.95

CARAMELISED SHALLOT & SAUSAGE MEAT STUFFING 5.95

POMMES FRITES 4.50

GARLIC BREAD (V) 6.50

GRATIN DAUPHINOISE (V) 4.95

CREAMY MASH POTATOES (V) 4.50



OUR FOOD SUPPLIERS

We are committed to offering the best seasonal produce, upholding the highest standards of quality, sustainability, and ethical practice. With our carefully selected suppliers, we ensure that every dish we present reflects who we are.

Winster Foods, based in the heart of the region, provides the freshest local produce and dairy while sourcing rare speciality ingredients globally. Their dedication to quality blends regional excellence with global flavours.

Owen Taylor & Sons, a family-run butcher since 1922, sources premium beef, pork and lamb from local farms in Derbyshire, Nottinghamshire, Leicestershire, Lincolnshire and nearby counties. Their tradition and craft ensure expertly matured produce.

Direct Seafoods, with over 30 years of experience, offers top-quality seafood sourced both locally and in international waters. Their expertise, modern technology, and focus on sustainability guarantee high-quality, responsibly sourced seafood.

Hopwells, established in 1975, is a leading UK independent food wholesaler. With over 40 years of experience, they deliver high-quality products from trusted brands, maintaining excellent service and food hygiene standards.

ALLERGENS & DIETARY INFORMATION

**(V) = Vegetarian | (VG) = Vegan | (VGO) = Can be made vegan
(GFO) = Gluten free bread option | (GF) = Gluten free dish**

Please speak to a member of the team if you have any allergies or dietary requirements. Our food is prepared to order and may contain allergens or ingredients not listed on the menu. Due to our preparation environment and supply chain changes, we cannot guarantee dishes are completely allergen-free, but we'll always do our best to accommodate you. Some dishes may contain bones, stones or, where wild game is served, traces of shot.