

The Complet 21,90 €
Starter / Main / Dessert

The Formule 18,90 €
Starter / Main or Main / Dessert

Choice of starter

- GIARDINIERA DI LEGUMI
Grilled vegetables, sweet and sour marinated
- FRITTO MISTO Scampi and calmar fritters
- ITALIAN FANTASY
Beef carpaccio, Parma ham, mozzarella
- SALUMI MISTI Selection of Italian cured meats
- SQUID CARPACCIO AND LENTIL SALAD

Choice of main

- SCALOPPINE AI FUNGHI
Minced veal and mushrooms
- MELANZANE ALLA PARMIGIANA
Oven-cooked eggplants with parmesan cheese
- CHOICE OF PIZZA (see the asterisks *)
- CARPACCIO PARASOLE
Beef marinade, parmesan slices, mushrooms, olive oil, herbs
- CHOICE OF PASTAS (see the asterisks *)
- RISOTTO MILANESE

Choice of dessert

- FRUITS SALAD
- TORTA RICOTTA
- ANTICA CUP Cappuccino ice cream, stracciatella, whipped cream
- ZUPPA INGLESE
Sponge cake, vanilla and chocolate pastry cream, meringue
- IL TARTUFO Chocolat ice cream dome with custard cream
- RED FRUITS PANNA COTTA
- SEMIFREDDO

Children's menu 9,90 €
Ground beef with fries or Chicken nuggets
or Margarita + Children's ice cream (1 cup)

The Fisherman's main course 16,90 €
Choice of mussels : marinière, sicilian, gorgonzola
+ French fries portion + glass of white wine 15cl

Market's dishes
Consult the board

* Antipasti freddi *

Insalate (salads)

- ARUGULA SALAD 8,50 €
With parmesan slices
- BURRATINA TRICOLORE 12,90 €
- TOMATOES & MOZZARELLA With basil 10,50 €
- CAPRICCIOSA 10,50 €
Mixed salad, tuna, egg, raw vegetables
- WARM GOAT'S SALAD 9,90 €
- CHEESE FRITTERS 9,90 €
On a mixed salad bed
- CROSTINO 15,90 €
Turnover stuffed with Parma ham, salad, tomatoes, mozzarella, artichoke heart, basil, olive oil

Appetizers board - 13,90 €
Parma ham, mortadella, bresaola, speck,
parmesan, pecorino, focaccia bread

Specialità & Salumi

- BRUSCHETTA TRICOLORE 10,90 €
Mozzarella, spicy tomato sauce, bruschette
- PEPERONI ALLA GENOVESE 11,90 €
Grilled peppers, artichokes, mozzarella
- PARMA HAM 15,90 €
- BRESAOLA CARPACCIATA OU CARCIOFI 15,90 €
Dried beef meat, arugula salad, parmesan slices or marinated artichokes
- ANTIPASTO 1 pers. 15,90 €
Marriage of italian flavors to share
- ANTIPASTO VEGETARIANO 14,90 €
Grilled vegetables, arugula, cheese fritters
- ANTIPASTO DEL MARE 16,90 €
Carpaccio of squid, prawns, mussels and small fry

* Soft drinks *

- FRUIT JUICES 25cl 4,50 €
-  TROPICO
- SOFT DRINKS 33cl 4,50 €
-  Coca-Cola Cherry  Coca-Cola  Coca-Cola SANS SUCRES
- fuzetea  FANTA  Sprite
- WATER 50cl 4,50 €
100cl 5,50 €

-  Vittel  S. PELLEGRINO
- COFFEE, DECAFFEINATED COFFEE 2,50 €
- LAVAZZA
- TEA, BREW, CAPPUCCINO 3,90 €
- DIGESTIVES AND LIQUEURS 4cl 6,90 €
- ITALIEN COFFEE / IRISH COFFEE 7,50 €

— Le Pizze Classiche —

- * SICILIAN 11,90 €
Tomatoes, anchovies, capers, olive, oregano
- * MARGHERITA 11,90 €
Tomatoes, mozzarella, oregano
- * BOSCAIOLA 12,90 €
Tomatoes, garlic, mushrooms, mozzarella, oregano
- * NAPOLI 12,90 €
Tomatoes, anchovies, mozzarella, oregano
- * CALABRESE 13,50 €
Tomatoes, mozzarella, peppers, ventricina, oregano
- * DIAVOLA 13,50 €
Tomatoes, peppers, salami, mozzarella, oregano
- * CALZONE 13,50 €
Soufflé stuffed with ham, tomato, egg, mozzarella, oregano
- * REGINA 13,50 €
Tomatoes, ham, mushrooms, mozzarella, oregano
- * CHEF 13,50 €
Tomatoes, ham, egg, mozzarella, oregano
- ORIENTALE 13,50 €
Tomatoes, mozzarella, chorizo, peppers, egg
- * QUATRE FROMAGES 14,50 €
Tomatoes, four cheeses, oregano
- * VEGETARIAN 14,50 €
Tomatoes, mushrooms, peppers, onions, eggplants, parsley, oregano
- PAESANA 14,50 €
Tomatoes, onions, smoked pork belly, egg, mozzarella, oregano
- ALESSANDRA 14,50 €
Tomatoes, mozzarella, ham, asparagus tips, egg, oregano
- FANTASIA 14,50 €
Tomatoes, ham, chorizo, mushrooms, peppers, mozzarella, oregano
- CAMPIONE 14,50 €
Tomatoes, mozzarella, minced meat, egg, oregano
- FIorentINO 14,50 €
Mozzarella, ricotta, spinach, parmesan, egg
- RUCOLA 14,50 €
Tomatoes, mozzarella, arugula, parmesan slices
- * TONNO 14,50 €
Tomatoes, tuna, oregano

— Le Pizze Speciale —

- FOCACCIA CONTADINA 14,50 €
Cream, onions, lardons, potatoes, mountain cheese
- POLLO 15,50 €
Tomatoes, mozzarella, chicken, peppers, cream
- * PESCATORE 15,50 €
Tomatoes, seafood, garlic, parsley, oregano
- SAUMON 15,50 €
Tomatoes, smoked salmon, mozzarella, cream
- SALMON SOUFFLÉ 15,50 €
Tomatoes, smoked salmon, mozzarella, cream
- PIZZA BIANCA 15,50 €
Mozzarella, mushrooms, Parma ham, cream
- GOAT CHEESE AND HONEY 15,50 €
Cream, mozzarella, goat cheese, pear slices, honey
- PARASOLE 15,50 €
Tomatoes, four cheeses, bresaola, basil

Truffle pizza - 21€

* Paste e Risotto *

- RISOTTO MILANESE Saffron, parmesan 10,50 €
- PASTA COCKTAIL 14,90 €
Penne arrabbiata, lasagna, tagliatelle, cream and mushrooms
- * TAGLIATELLE CARBONARA 12,90 €
- * LINGUINE ALLE COZZE 12,90 €
Thin tagliatelles with mussels
- * SPAGHETTI BOLOGNESE 12,50 €
- SEAFOOD SPAGHETTI 16,90 €
Mussels, cockles, scampi
- * SPAGHETTI DI MEZZA NOTTE 11,90 €
Tomatoes, olives, anchovies, capers, garlic slightly spicy
- * SPAGHETTI ALLA GENOVESE Basil, garlic 10,90 €
- * LASAGNE BOLOGNESE 13,90 €
- TRUFFLE LASAGNE 21 €
- * MELANZANE ALLA PARMIGIANA 13,90 €
Oven-cooked eggplants with parmesan cheese
- * 4 CHEESES PENNNE 13,90 €
Pecorino, gorgonzola, mozzarella, parmigiano
- * PENNE ARRABBIATA Spicy tomato sauce 11,90 €
- PENNE ALLA BOSCAIOLA 13,90 €
Thinly sliced veal, mushrooms, peas, cream, tomato, cheese
- PAPPARDELLE AL SALMONE 14,90 €
Large tagliatelle, salmon, cream
- * EGGPLANTS PAPPARDELLE 13,90 €
Large tagliatelle with eggplants and tomatoes
- TORTELLONI AI QUATTRO FORMAGGI 13,90 €
- PAPPARDELLE GRATINATE 14,90 €
Large tagliatelle, mushrooms, ham, peas, tomato, cheese, oven-cooked
- GNOCCHI DI PATATE AL GORGONZOLA 13,90 €
- TAGLIATELLE ALL'ORIENTALE 14,90 €
Scampi, zucchini, peppers, pineapple, cream, curry
- TAGLIATELLE ALLA RUCOLA 14,90 €
Scampi, tomato sauce, cream, arugula

* Carpaccio *

Formule Carpaccio - 16,90 €
Choice of carpaccio with topping

- BEEF CARPACCIO 12,50 €
All'olio e limone (Olive oil, lemon, herbs)
- GENOVESE BEEF CARPACCIO 14,90 €
Marinated peppers, mozzarella, olive oil, herbs
- PARASOLE BEEF CARPACCIO 14,90 €
Mushrooms, parmesan slices, olive oil, herbs
- GARDEN-STYLE BEEF CARPACCIO 14,90 €
With grilled vegetables
- CARPACCIO AL SALMONE 15,90 €
Fresh salmon, olive oil, herbs
- SQUID CARPACCIO 15,90 €
And lentil salad

— Fritture - Gamberoni —

- SMELTS FRY 11,90 €
- FRITTO MISTO 17,90 €
Scampi and calmar fritters
- SCAMPI FRITTI 18,90 €
Large prawns fritters
- SCAMPI SKEWERS 20,90 €
- PADELLATA DI SCAMPIS E FUNGHI
CON ZUCCHINE 20,90 €
Stir-fry of scampi, mushrooms and zucchini slightly garlicky, served with grilled zucchini
- GAMBERONI ALLA GRIGLIA 26,90 €
Grilled gambas and grilled vegetables
- GAMBERONI REALI 26,90 €
Roasted royal gambas, taglioni genovese
- RISOTTO AND GAMBAS 26,90 €

— Secondi piatti —

- ESCALOPE MILANESE Breaded veal cutlet 17,90 €
- SCALOPPINE AL LIMONE Lemon sauce 17,90 €
- ESCALOPE BOLOGNESE 18,90 €
Breaded veal cutlet, ham, cheese, oven-cooked
- SPEZZATINO AI FUNGHI 17,90 €
Minced veal, mushrooms, white wine sauce
- BOCCONCINI PARMIGIANA 18,90 €
Bread veal cutlet, eggplants, cheese, oven-cooked
- PICCATA PIÉMONTÉSE 18,90 €
Veal cutlet, Parma ham, asparagus, cheese, oven-cooked
- SAUTÉ DE POULET À L'ORIENTALE 16,90 €
Chicken, zucchini, peppers, pineapple, curry, cream




Truffle supplement to your dish - 6 €

— Formaggi —

GORGONZOLA DOLCE - PARMESAN - PROVOLONE - 7,50€

* 1 Gelati *

- CHOICE OF 2 FLAVOURS 4,90 €
Vanilla, chocolate, rum-raisin, coffee, salted butterscotch, lemon, strawberry, vine peach, mint, passion fruit, amaretto, pistachio, cappuccino, stracciatella


Honfleur : 02 31 98 94 29 Deauville : 02 31 88 64 64 Trouville : 02 31 87 33 87
Find us on :  

* Le Coppe *

- MONTE BIANCO CUP 6,90 €
Vanilla ice cream, chestnut cream, shelled walnuts, vanilla whipped cream, almonds
- PARASOLE CUP 6,90 €
Vanilla ice cream, hot strawberries, vanilla whipped cream, almonds
- AMARENA CUP 7,50 €
Vanilla ice cream, morello cherries, vanilla whipped cream, almonds
- COLONELLO CUP Lemon ice cream, vodka 7,50 €
- ICE MINT 6,90 €
Mint ice cream, mint syrup, hot chocolate, vanilla whipped cream, almonds
- LIÉGEOIS Coffee, caramel or chocolate ice cream 6,90 €
- BANANA SPLIT 7,90 €
- LIMONCELLO CUP Lemon ice cream, limoncello 7,50 €
- CHOCOLATE PROFITEROLES 7,20 €
- IL TARTUFO CACAO 6,90 €
Chocolat ice cream dome with custard cream
- AFFOGATO AL CAFFÈ 6,90 €
Coffee ice cream drowned in real espresso coffee
- CARRIBEAN CUP 7,50 €
Sponge cake, rum, rum-raisin ice cream, vanilla whipped cream, almonds
- * Dolci fatti in casa *
- TIRAMISU 6,90 €
Mascarpone cream, coffee flavoured biscuits
- CRÈME CARAMEL 5,90 €
- MOUSSE AU CHOCOLAT 5,90 €
- ZUPPA INGLESE 6,50 €
Sponge cake, vanilla and chocolate pastry cream, meringue
- FLOATING ISLAND 5,90 €
- SEMIFREDDO 6,90 €
Iced cake with macaroons and almonds
- FRUITS SALAD 6,90 €
- CHOCOLATE CAKE Custard cream 6,90 €
- LEMON MERINGUE PIE 6,90 €
- BABA DI SORRENTO Custard cream 6,90 €
- RED FRUITS PANNA COTTA 6,90 €
- TORTA RICOTTA 6,90 €
Delicious ricotta pear's cake, red fruits coulis
- GOURMET COFFEE OR TEA 7,50 €

Click & Collect ?

Order on www.ilparasole.com
Pick up your order at our restaurants of
Deauville, Trouville or Honfleur.

Don't wanna move ?

Order on www.lyveat.com
Delivery around Deauville & Trouville !