

*The Complet* 22,90 €  
Starter / Main / Dessert

*The Formule* 19,90 €  
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* 9,95 €



Ground beef with fries or Chicken nuggets  
or Margarita + Children's ice cream (1 cup)

*The Fisherman's main course* 17,90 €

Choice of mussels : marinière, sicilian, gorgonzola  
+ French fries portion + glass of white wine 15cl

# Il Parasole

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

Find us on :  

## \* Antipasti freddi \*

### Insalate (salads)

- ARUGULA SALAD . . . . . 8,90 €  
With parmesan slices
- BURRATINA TRICOLORE . . . . . 13,50 €
- TOMATOES & MOZZARELLA With basil . . . . . 10,90 €
- CAPRICCIOSA . . . . . 12,50 €  
Mixed salad, tuna, egg, raw vegetables
- WARM GOAT'S SALAD . . . . . 10,50 €
- CHEESE FRITTERS . . . . . 10,50 €  
On a mixed salad bed
- CROSTINO . . . . . 16,70 €  
Turnover stuffed with Parma ham, salad, tomatoes, mozzarella, artichoke heart, basil, olive oil

### Appetizers board - 14,50 €

Parma ham, mortadella, bresaola, speck,  
parmesan, pecorino, focaccia bread

### Specialità & Salumi

- BRUSCHETTA TRICOLORE . . . . . 11,50 €  
Mozzarella, spicy tomato sauce, bruschette
- PEPERONI ALLA GENOVESE . . . . . 12,50 €  
Grilled peppers, artichokes, mozzarella
- PARMA HAM . . . . . 16,70 €
- BRESAOLA CARPACCIATA OU CARCIOFI . . . . . 16,70 €  
Dried beef meat, arugula salad, parmesan slices or marinated artichokes
- ANTIPASTO . . . . . 1 pers. 16,90 €  
Marriage of italian flavors to share
- ANTIPASTO VEGETARIANO . . . . . 16,50 €  
Grilled vegetables, arugula, cheese fritters
- ANTIPASTO DEL MARE . . . . . 17,50 €  
Carpaccio of squid, prawns, mussels and small fry

## \* Soft drinks \*

- FRUIT JUICES 25cl . . . . . 4,80 €  

- SOFT DRINKS 33cl . . . . . 4,80 €  
  
- fuzetea**  
- WATER 50cl . . . . . 4,80 €  
100cl . . . . . 5,80 €  
 

- COFFEE, DECAFFEINATED COFFEE . . . . . 2,50 €
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- TEA, BREW, CAPPUCCINO . . . . . 4,10 €
- DIGESTIVES AND LIQUEURS 4cl . . . . . 7,30 €
- ITALIAN COFFEE / IRISH COFFEE . . . . . 7,90 €

## — Le Pizze Classiche —

- \* SICILIAN . . . . . 12,50 €  
Tomatoes, anchovies, capers, olive, oregano
- \* MARGHERITA . . . . . 12,50 €  
Tomatoes, mozzarella, oregano
- \* BOSCAIOLA . . . . . 13,50 €  
Tomatoes, garlic, mushrooms, mozzarella, oregano
- \* NAPOLI . . . . . 13,50 €  
Tomatoes, anchovies, mozzarella, oregano
- \* CALABRESE . . . . . 14,20 €  
Tomatoes, mozzarella, peppers, ventricina, oregano
- \* DIAVOLA . . . . . 14,20 €  
Tomatoes, peppers, salami, mozzarella, oregano
- \* CALZONE . . . . . 14,50 €  
Soufflé stuffed with ham, tomato, egg, mozzarella, oregano
- \* REGINA . . . . . 14,50 €  
Tomatoes, ham, mushrooms, mozzarella, oregano
- \* CHEF . . . . . 14,50 €  
Tomatoes, ham, egg, mozzarella, oregano
- ORIENTALE . . . . . 14,50 €  
Tomatoes, mozzarella, chorizo, peppers, egg
- \* QUATRE FROMAGES . . . . . 15,50 €  
Tomatoes, four cheeses, oregano
- \* VEGETARIAN . . . . . 15,50 €  
Tomatoes, mushrooms, peppers, onions, eggplants, parsley, oregano
- PAESANA . . . . . 15,50 €  
Tomatoes, onions, smoked pork belly, egg, mozzarella, oregano
- ALESSANDRA . . . . . 15,50 €  
Tomatoes, mozzarella, ham, asparagus tips, egg, oregano
- FANTASIA . . . . . 15,50 €  
Tomatoes, ham, chorizo, mushrooms, peppers, mozzarella, oregano
- CAMPIONE . . . . . 15,50 €  
Tomatoes, mozzarella, minced meat, egg, oregano
- FIorentINO . . . . . 15,50 €  
Mozzarella, ricotta, spinach, parmesan, egg
- RUCOLA . . . . . 15,50 €  
Tomatoes, mozzarella, arugula, parmesan slices
- \* TONNO . . . . . 15,50 €  
Tomatoes, tuna, oregano

### Truffle pizza - 23,90€

- FOCACCIA CONTADINA . . . . . 15,50 €  
Cream, onions, lardons, potatoes, mountain cheese
- POLLO . . . . . 15,90 €  
Tomatoes, mozzarella, chicken, peppers, cream
- \* PESCATORE . . . . . 16,50 €  
Tomatoes, seafood, garlic, parsley, oregano
- SAUMON . . . . . 16,50 €  
Tomatoes, smoked salmon, mozzarella, cream
- SALMON SOUFFLÉ . . . . . 16,50 €  
Tomatoes, smoked salmon, mozzarella, cream
- PIZZA BIANCA . . . . . 16,50 €  
Mozzarella, mushrooms, Parma ham, cream
- GOAT CHEESE AND HONEY . . . . . 15,90 €  
Cream, mozzarella, goat cheese, pear slices, honey
- PARASOLE . . . . . 16,50 €  
Tomatoes, four cheeses, bresaola, basil

## \* Paste e Risotto \*

- RISOTTO MILANESE Saffron, parmesan . . . . . 11,90 €
- PASTA COCKTAIL . . . . . 15,90 €  
Penne arrabbiata, lasagna, tagliatelle, cream and mushrooms
- \* TAGLIATELLE CARBONARA . . . . . 13,50 €
- \* LINGUINE ALLE COZZE . . . . . 13,50 €  
Thin tagliatelles with mussels
- \* SPAGHETTI BOLOGNESE . . . . . 13 €
- SEAFOOD SPAGHETTI . . . . . 17,50 €  
Mussels, cockles, scampi
- \* SPAGHETTI DI MEZZA NOTTE . . . . . 12,50 €  
Tomatoes, olives, anchovies, capers, garlic slightly spicy
- \* SPAGHETTI ALLA GENOVESE Basil, garlic . . . . . 12,50 €
- \* LASAGNE BOLOGNESE . . . . . 14,50 €
- \* MELANZANE ALLA PARMIGIANA . . . . . 14,50 €  
Oven-cooked eggplants with parmesan cheese
- \* 4 CHEESES PENNNE . . . . . 14,50 €  
Pecorino, gorgonzola, mozzarella, parmigiano
- \* PENNE ARRABBIATA Spicy tomato sauce . . . . . 12,50 €
- PENNE ALLA BOSCAIOLA . . . . . 14,50 €  
Thinly sliced veal, mushrooms, peas, cream, tomato, cheese
- PAPPARDELLE AL SALMONE . . . . . 15,50 €  
Large tagliatelle, salmon, cream
- \* EGGPLANTS PAPPARDELLE . . . . . 14,50 €  
Large tagliatelle with eggplants and tomatoes
- TORTELLONI AI QUATTRO FORMAGGI . . . . . 14,50 €
- PAPPARDELLE GRATINATE . . . . . 15,50 €  
Large tagliatelle, mushrooms, ham, peas, tomato, cheese, oven-cooked
- GNOCCHI DI PATATE AL GORGONZOLA . . . . . 14,50 €
- TAGLIATELLE ALL'ORIENTALE . . . . . 15,50 €  
Scampi, zucchini, peppers, pineapple, cream, curry
- TAGLIATELLE ALLA RUCOLA . . . . . 15,50 €  
Scampi, tomato sauce, cream, arugula

## \* Carpaccio \*

*Formule Carpaccio - 17,50 €*  
Choice of carpaccio with topping

- BEEF CARPACCIO . . . . . 13 €  
All'olio e limone (Olive oil, lemon, herbs)
- GENOVESE BEEF CARPACCIO . . . . . 15,50 €  
Marinated peppers, mozzarella, olive oil, herbs
- PARASOLE BEEF CARPACCIO . . . . . 15,50 €  
Mushrooms, parmesan slices, olive oil, herbs
- GARDEN-STYLE BEEF CARPACCIO . . . . . 15,50 €  
With grilled vegetables
- CARPACCIO AL SALMONE . . . . . 16,50 €  
Fresh salmon, olive oil, herbs
- SQUID CARPACCIO . . . . . 16,50 €  
And lentil salad

## — Frittture - Gamberoni —

- SMELTS FRY . . . . . 12,50 €
- FRITTO MISTO . . . . . 18,50 €  
Scampi and calmar fritters
- SCAMPI FRITTI . . . . . 19,50 €  
Large prawns fritters
- SCAMPI SKEWERS . . . . . 21,90 €
- PADELLATA DI SCAMPIS E FUNGHI  
CON ZUCCHINE . . . . . 21,90 €  
Stir-fry of scampi, mushrooms and zucchini slightly garlicky,  
served with grilled zucchini
- GAMBERONI ALLA GRIGLIA . . . . . 27,90 €  
Grilled gambas and grilled vegetables
- GAMBERONI REALI . . . . . 27,90 €  
Roasted royal gambas, taglioni genovese
- RISOTTO AND GAMBAS . . . . . 27,90 €

## — Secondi piatti —

- ESCALOPE MILANESE Breaded veal cutlet . . . . . 18,90 €
- SCALOPPINE AL LIMONE Lemon sauce . . . . . 18,90 €
- ESCALOPE BOLOGNESE . . . . . 19,50 €  
Breaded veal cutlet, ham, cheese, oven-cooked
- SPEZZATINO AI FUNGHI . . . . . 18,90 €  
Minced veal, mushrooms, white wine sauce
- BOCCONCINI PARMIGIANA . . . . . 19,50 €  
Bread veal cutlet, eggplants, cheese, oven-cooked
- PICCATA PIÉMONTÈSE . . . . . 19,50 €  
Veal cutlet, Parma ham, asparagus, cheese, oven-cooked
- SAUTÉ DE POULET À L'ORIENTALE . . . . . 17,90 €  
Chicken, zucchini, peppers, pineapple, curry, cream
- ENTRECÔTE . . . . . 25,90 €  
Pepper or gorgonzola sauce.  
+ filling of your choice (*fries, lettuce, pasta, risotto*)
- CÔTE DE BŒUF . . . . . 26,90 €
- OSSO BUCCO . . . . . 22,90 €

*Truffle supplement to your dish - 6 €*

### Market's dishes

Consult the board

### Click & Collect ?

*Order on [www.ilparasole.com](http://www.ilparasole.com)*

↘ Pick up your order at our restaurants of  
Deauville, Trouville or Honfleur.

### Don't wanna move ?

*Order on [www.ubereats.com](http://www.ubereats.com)*

Delivery around Deauville & Trouville ! ↘

## \* 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 €
- 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

CHOICE OF 2 FLAVOURS . . . . . 5,10 €  
3 FLAVOURS . . . . . 6,90 €

Vanilla, chocolate, rum-raisin, coffee, salted butterscotch, lemon,  
strawberry, vine peach, mint, passion fruit, amaretto, pistachio,  
cappuccino, stracciatella

## \* Dolci fatti in casa \*

- TIRAMISU . . . . . 6,90 €  
Mascarpone cream, coffee flavoured biscuits
- CRÈME CAMEL . . . . . 5,90 €
- IL TARTUFO CACAO . . . . . 6,90 €  
Chocolat ice cream dome with custard cream
- 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 €
- FROMAGES . . . . . 7,90 €  
Gorgonzola dolce-parmesan-provolone

### *Game contest*

Try to win : 2 meals for 2 persons each month\*\*

- 1) share a picture of your time at Il Parasole on Facebook or Instagram
- 2) tag us and use the hashtag **#gagnetonilparasole**
- 3) follow us on Instagram **@ilparasole14**
- 4) upgrade your luck by sharing an Instagram story !

\*\*The Complet menu at 22,90€ - see conditions in restaurants