



THE BAR



OUR BEERS

	25cL	33cL	50cL
Heineken 0.0%		6	
Phocéenne blonde	4.5		8
Affligem Blonde White	5.5		9

OUR COCKTAILS

	50cL
Mojitos Classic Passion Fruit Strawberry Royal (+4€)	12
Spritz Aperol St Germain Limoncello Campari Amaretto	12
Negroni	12
Caïpis Caïpirinha Caïpiroska	12
Margarita	12
Mules Moscow London Jamaican	12
Pornstar Martini	12
Expresso Martini	12
Piña Colada	12
Gin & Tonic	11
Cuba Libre	11
Long Island	12
Americano	10
Resonance (Gin)	10

OUR APERITIFS

	50cL
Magners Irish Cider Original 33cL	7
Anise spirits Pastis Ricard Casanis 2cL	4
Martini Red White Extra Dry, 6cL	6
Campari 6cL	6
Suze 6cL	6
Port White Red, 6cL	6
Glass of Champagne 12cL	12
Glass of Prosecco 12cL	8
Kir Blackcurrant Strawberry Raspberry Peach Blackberry, 14cL	6.5
Kir Royal	14

THE TABLE

LUNCH SET MENU

(Lunch only | not available on weekends or public holidays)

Dish of the day / Fish of the day

+

Dessert of the day / 2 scoops of ice cream

25€

OUR STARTERS & FRESH DISHES

Chilled Tomato Velouté with Burrata

17

Arlequin of cherry tomatoes, 125g burrata, country-bread tuile, basil

Tuna Gravlax Starter | Main

18 | 26

Tiger's milk sauce, passion fruit, fried onions, sesame seeds, wakame, spring onion

Watermelon Duo, Fresh Style

17

Red and yellow watermelon marinated in soy sauce, crumbled feta, mint

La Begude Caesar Salad Starter | Main

18 | 24

Romaine lettuce, bread croutons, shaved parmesan, soft-boiled egg, crispy coppa, chicken tenders, homemade Caesar dressing, cherry tomatoes

Niçoise Salad

22

Lettuce, cherry tomatoes, tagliasche olives, peppers, green beans, celery, red onion, radish, anchovies, seared tuna, egg

THE TABLE

OUR MAIN COURSES

Dish of the day (lunch only not weekends or public holidays)	19
Fish of the day	21
Roasted Octopus Tentacles Low-temperature cooked and roasted octopus, black rice, eggplant caviar, sun-dried tomatoes, chives, pepper and curry coulis	32
Angus Beef Flank Tataki-Style Marinated flank steak, crying tiger sauce, Japanese-style mixed salad, Thai vinaigrette, fries	28
Weever Fillet in Citrus Crust Potato mousseline, crisp green vegetables, citrus beurre monté, Espelette pepper	28
Duck Breast, Provençal Flavors Rosemary-roasted peaches, gratin dauphinois, meat jus with lavender	26
Italian-Style Beef Tartare Sun-dried tomatoes, tagliasche olives, shaved parmesan, pine nuts, pesto, egg yolk, arugula, parmesan tuile, fries	26
The Burger Beef steak, caramelized onions, beefsteak tomato, bacon, lettuce, cheddar sauce, cornichon pickles, fries	26
Gratinated Gnocchi Cassolette Scamorza-gratinated gnocchi, homemade pesto rosso, crispy coppa, pine nuts	24
Extra Sides Fries, mash, vegetables, green salad	5

OUR DESSERTS

Our pastry chef's selection, from Délices de Roquefort	13
Gourmet coffee 4 treats	12
Our cheese selection, from 365 Fromages	14
Dessert of the day (lunch only - not weekends or public holidays)	9

SET MENUS

THE PLEASURE MENU

Chilled tomato velouté with burrata / Tuna gravlax /
Watermelon duo, fresh style

+

Duck breast, Provençal flavors / Weever fillet in citrus crust /
Gratinated gnocchi cassiolette

+

Pastry chef's dessert / Cheese

46€

THE LITTLE ONES' MENU

Up to age 10

Beef patty / Chicken tenders / Fish

+

Fries / Pasta / Vegetables

+

Scoops of ice cream

+

Drink (soda, juice, cordial)

17€



TO SHARE



(or not)

LIGHT BITES 12:00 PM – 5:00 PM

Omelet, your choice | Fries and green salad

Plain 16

Cheese 17

Ham 17

Ham & cheese 18

BLT Sandwich | Fries and green salad

23

Beefsteak tomato, crisp salad with mayonnaise, maple-syrup crispy bacon

Add a fried egg +4€

Truffle Croque-Monsieur or Croque-Madame | Fries and green salad

22 | 24

Our Veggie Toasts (or not...)

The Italian 20

Tomato sauce, arlequin of cherry tomatoes, mozzarella cream, pesto, balsamic cream, arugula, Add prosciutto +3€

The Avocado 22

Guacamole, crumbled feta, passion fruit, sesame seeds, pickled and fried onions, olive oil, Add smoked salmon +3€

OUR TAPAS

Italian charcuterie board | PDO 21

Cheese board, from 365 Fromages 21

Homemade pinky hummus 13

Burrata with focaccia 13

Panko shrimp (x6) 14

Sweet chili sauce

Karaage chicken 14

Sriracha mayonnaise

Gyoza duo (x6) 14

Shrimp and chicken | sweet chili sauce

The allergen menu is available at the restaurant reception.

Prices are net, in euros, service included | Traceability of our meats available on request.

THE SOFTS

OUR COLD DRINKS

Sodas 33cL	5
Pepsi Pepsi Max Schweppes Tonic Schweppes Citrus Ginger Beer Perrier Iced Tea Peach Orangina	
Fruit juice 25cL	4.5
Apple Pineapple Apricot Orange Tomato	
Freshly squeezed juice 25cL	8
Orange Lemon	
Cordial 4cL	2.5
Grenadine Mint Strawberry Lemon Orgeat Peach	
Diabolo 4cL	4.5
Grenadine Mint Strawberry Lemon Orgeat Peach	
Abatilles mineral water 75cL	7
Still or sparkling	
Purezza water (still or sparkling), 1L	3.5

OUR HOT DRINKS

Café Folliet	2.2
Espresso Americano Decaf Long black	
Capuccino Latte	5
Iced coffee (café frappé)	5
long coffee & orgeat syrup	
Thé Folliet	4

OUR MOCKTAILS

Virgin Mojito	8
Classic Passion Fruit Strawberry	
Virgin Piña Colada	8
Red Sunrise	8
Cranberry, strawberry, grenadine & lemon	
Orange Sunset	8
Orange, pineapple, grenadine & lemon	
Virgin Martini	8
Vibrant or Floral & Tonic	
Chose 25cl 50cl	4.5 9

THE HOUSE



Château de la Bégude

HÔTEL GOLF
CÔTE D'AZUR

The whole team at **La Bégude Restaurant**
wishes you a wonderful meal and a
special moment to fully savor.

Our teams are also on hand to help organize
your private or corporate events.

04 93 12 37 59
commercial@resonance.golf

Our daily partners, bringing you the finest flavors:

LES DÉLICES DE ROQUEFORT

for their breads and pastries

4420, route départementale 2085
06330 ROQUEFORT-LES-PINS

365 FROMAGES

for their cheeses

22 rue Eugène Giraud
06560 VALBONNE

THE CELLAR



Château de la Bégué

HÔTEL GOLF
CÔTE D'AZUR

Welcome to La Begude

Because a good dish deserves to be paired well,
discover our wine list, crafted to elevate every
moment of your meal.



The whole team at **La Begude Restaurant**
wishes you a wonderful meal and a special
moment to fully savor.

THE CELLAR

OUR REDS

12cL 50cL 75cL

BURGUNDY & RHÔNE VALLEY

Pinot noir Antonin Rodet	7	31
Côtes du Rhône Réserve AOC Famille Perrin	6	29
Côtes du Rhône Pour toi, je décrocherai la lune AOC 🇫🇷 Mas Poupéras		33
Crozes Hermitage AOC Maison Les Alexandrins	9	39
Saint Joseph AOC Maison Les Alexandrins	9	49
Châteauneuf-du-Pape AOC Maison Delas		79
Gevrey-Chambertin AOC Remoisset Père & Fils		88
Châteauneuf-du-Pape AOC Château de Beaucastel		199

BORDEAUX

Château le Cluzet	7	29
Pauillac AOC Château d'Armailhac 2012		129
Margaux Château Brane Cantenac 2012		149
Pauillac AOC Château Grand-Puy-Lacoste 2008		149
Pessac Léognan La Chapelle De La Mission Haut-Brion 2008		159
Saint-Emilion Château Beauséjour 2006		169
Pauillac AOC Château Lynch-Bages 2010		429

THE CELLAR

	12cL	50cL	75cL
PROVENCE			
François, Signature AOP Figuière		25	35
Cuvée Premium AOP Château Roubine			39
Bandol AOC Villa Madeleine			49
Pomerol Château Clinet 2012			219

OTHER REGIONS (LANGUEDOC, CORSICA)

Pic Saint Loup, L'Optimiste AOP  Chemin des Rêves			42
Languedoc, Les Mal-Aimés Domaine Pierre Cros			34
Ajaccio, Aeterna AOC Tarra di l'Apa			55
Patrimonio AOC  Domaine Gentile			59

OUR WHITES

	12cL	50cL	75cL
BURGUNDY			
Mâcon-Villages AOP David Bienfait			29
Saint Véran AOP David Bienfait			45
Sancerre, Cuvée Genèse AOC Jean-Max Roger, Bué			49
Pouilly-Fumé, Les Alouettes AOC Jean-Max Roger, Bué			59

THE CELLAR

	12cL	50cL	75cL
RHÔNE VALLEY			
Viognier, Le Cabanon Les Alexandrins	7		27
Chardonnay Domaine de Grand Chemin	8		36
Viognier Domaine de Grand Chemin			36
Crozes Hermitage Les Vins de Vienne			39
Crozes Hermitage, Les Launes AOC Maison Delas	7		27
Côtes du Rhône Réserve AOC Famille Perrin	8		36
Saint Joseph, Les Challeys Maison Delas			36
Châteauneuf-du-Pape Domaine Durieu			39
Châteauneuf-du-Pape 🇪🇺 Beaucastel			39
PROVENCE			
Valérie, Signature AOP Figuière	8	25	35
Cuvée Premium AOP Château Roubine			39
Leos, Cuvée Augusta IGP Méditerranée 🇪🇺 Famille Perrin			39
Château de Peyrassol AOC 🇪🇺 Côtes de Provence			49
Bandol AOC Villa Madeleine			49
Viognier, IGP Coteaux du Verdon 🇪🇺 Bomont de Corneil			38
OTHER REGIONS (CORSICA, ALSACE, LANGUEDOC)			
Abracadabra, IGP Pays d'Oc 🇪🇺 Chemin des Rêves			35
Côtes de Gascogne Domaine Tariquet	8		42
Languedoc, La Soie Blanche AOP 🇪🇺 Chemin des Rêves			45
Gewurtztraminer AOP Gustave Lorentz			45
Ajaccio, Aeterna AOC Tarra di l'Apa			55
Muscat AOP 🇪🇺 Domaine Gentile			75

THE CELLAR

OUR ROSÉS

	12cL	50cL	75cL	150cL
BURGUNDY & RHÔNE VALLEY				
Authentique AOP Domaine Saint Pons, Famille Rasque	6		27	
Magali, Signature AOP Figuière		25	35	
Château Rasque, Cuvée Château AOP Famille Rasque	10		45	
Château Rasque, Cuvée Alexandra AOP Famille Rasque			49	
Miraval AOP Miraval				120
Rosé, IGP Coteaux du Verdon  Bomont de Corneil			38	

CORSICA

Ajaccio, Aeterna AOC Tarra di l'Apa			55	
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OUR SPARKLING WINES

	12cL	75cL	150cL
Prosecco Extra Dry AOC Pirovano	8	32	
Champagne Cuvée Gréno Brut Maison Pommery	12	65	
Champagne Pommery Brut Royal Maison Pommery	14	85	190
Champagne Pommery Blanc de Blanc Maison Pommery		105	
Champagne Petite Fleur de Miraval Rosé Miraval		125	

TO SAVOR

OUR VODKAS 4cL

Eristoff	8.5
Grey Goose	12

OUR TEQUILAS 4cL

José Cuervo Especial	10
Patron Silver	14
Patron XO Café	14

OUR GINS 4cL

Bombay Sapphire	10
Hendricks	10
Gin Mare	15
44 °N Comte de Grasse	15

OUR RUMS 4cL

Don Papa Baroko	14
Diplomatico	16
Santa Teresa	15

OUR WHISKIES & BOURBON 4cL

J&B	8
Lagavulin 16 Years	16
Jack Daniel's	12
Whisky Connemara	14
Glenfiddich 12 Years	14

OUR COGNACS 4cL

Hennessy VSOP	12
Hennessy XO	18