

# THE BAR

## OUR BEERS

|                                | 25cL | 33cL | 50cL |
|--------------------------------|------|------|------|
| <b>Heineken 0.0%</b>           |      | 6    |      |
| <b>Phocéenne blonde</b>        | 4.5  |      | 8    |
| <b>Affligem</b> Blonde   White | 5.5  |      | 9    |

## OUR COCKTAILS

|                                                                     |    |
|---------------------------------------------------------------------|----|
| <b>Mojitos</b> Classic   Passion Fruit   Strawberry   Royal (+4€)   | 12 |
| <b>Spritz</b> Aperol   St Germain   Limoncello   Campari   Amaretto | 12 |
| <b>Negroni</b>                                                      | 12 |
| <b>Caipis</b> Caïpirinha   Caïpiroska                               | 12 |
| <b>Margarita</b>                                                    | 12 |
| <b>Mules</b> Moscow   London   Jamaican                             | 12 |
| <b>Pornstar Martini</b>                                             | 12 |
| <b>Expresso Martini</b>                                             | 12 |
| <b>Piña Colada</b>                                                  | 12 |
| <b>Gin &amp; Tonic</b>                                              | 11 |
| <b>Cuba Libre</b>                                                   | 11 |
| <b>Long Island</b>                                                  | 12 |
| <b>Americano</b>                                                    | 10 |
| <b>Resonance</b> (Gin)                                              | 10 |

## OUR APERITIFS

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

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

## OUR DESSERTS

|                                                                          |    |
|--------------------------------------------------------------------------|----|
| <b>Our pastry chef's selection, from Délices de Roquefort</b>            | 13 |
| <b>Gourmet coffee</b> 4 treats                                           | 12 |
| <b>Our cheese selection, from 365 Fromages</b>                           | 14 |
| <b>Dessert of the day</b> (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

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

## OUR HOT DRINKS

|                                           |     |
|-------------------------------------------|-----|
| <b>Café Folliet</b>                       | 2.2 |
| Espresso   Americano   Decaf   Long black |     |
| <b>Capuccino   Latte</b>                  | 5   |
| <b>Iced coffee (café frappé)</b>          | 5   |
| long coffee & orgeat syrup                |     |
| <b>Thé Folliet</b>                        | 4   |

## OUR MOCKTAILS

|                                          |         |
|------------------------------------------|---------|
| <b>Virgin Mojito</b>                     | 8       |
| Classic   Passion Fruit   Strawberry     |         |
| <b>Virgin Piña Colada</b>                | 8       |
| <b>Red Sunrise</b>                       | 8       |
| Cranberry, strawberry, grenadine & lemon |         |
| <b>Orange Sunset</b>                     | 8       |
| Orange, pineapple, grenadine & lemon     |         |
| <b>Virgin Martini</b>                    | 8       |
| Vibrant or Floral & Tonic                |         |
| <b>Chose</b> 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

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

### BORDEAUX

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

# THE CELLAR

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

# THE CELLAR

## OUR ROSÉS

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

## CORSICA

|                                              |  |  |           |  |
|----------------------------------------------|--|--|-----------|--|
| <b>Ajaccio, Aeterna   AOC</b> Tarra di l'Apa |  |  | <b>55</b> |  |
|----------------------------------------------|--|--|-----------|--|

## OUR SPARKLING WINES

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

# 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 |