



La Frite Belgian Bistro

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports



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Lunch

ITEM	PRICE
Quiche Lorraine Et Salade Verte Savory egg tart with bacon and gruyere cheese served with a green salad.	\$17.50
Crôque Monsieur Et Salade Verte Crusty bread filled with french ham, gruyere cheese and bechamel sauce, grilled panini-style served a green salad.	\$11.50
Omelette Et Frites Soft-cooked french omelette filled with gruyere cheese and served with frites.	\$11.50
Vol-au-Vent Avec Fruits De Mer Ou Poulet Puff pastry shell filled with a cream sauce and seafood or chicken.	\$12.50
Spaghetti Carbonara Spaghetti with a cream and bacon sauce with parmesan cheese.	\$14.00
Salade De Poulet La Frite La frite's specialty chicken salad.	\$14.50
Salade La Mer Mixed green served with mixed seafood and a house vinaigrette.	\$14.50
Crêpe Au Jambon Et Fromage Freshly made crepe filled with french ham, gruyere cheese and mushrooms.	\$12.00
Crêpe Au Crab Freshly made crepe filled with lump crab meat and mushrooms.	\$12.50
Crevettes Provençales Spaghetti with a tomato basil sauce and shrimp.	\$12.50
Sole Meunière Flounder filet lightly breaded and sauteed with a lemon-butter sauce.	\$14.50
Saumon Dijonnaise Salmon filet broiled with a lemon beurre blanc sauce.	\$16.00
Poisson Bruxelloise Trout filet in beurre blanc sauce.	\$16.00
Poulet Picatta Chicken with a lemon caper sauce.	\$14.50
Onglet Frites	\$17.50

Salades Dinner

ITEM	PRICE
Salade Verte Mixed greens with house vinaigrette.	\$6.00
Endives Belges Belgian white endive salad with walnuts, apples, and morbier cheese.	\$9.75
Frisée aux Lardons Frisee lettuce sprinkled with bacon and soft poached egg.	\$9.75
Salade De Fruit Et Fromage Mixed green salad with roasted pear, gorgonzola cheese and a balsamic reduction.	\$9.75

De La Mer Dinner

ITEM	PRICE
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Homard Franco Belgian style battered lobster tail served with frites and mixed vegetables.	\$26.00
Vol-au-Vent Fruits de Mer Puff pastry shell filled with mixed seafood with a white wine cream sauce served with a green salad.	\$19.00
Saumon Dijonaise Salmon filet broiled to medium with a lemon beurre blanc sauce.	\$21.00
Du Ciel Dinner	
ITEM	PRICE
Vol-au-Vent de Poulet Puff pastry shell filled chicken with a white wine cream sauce served with a green salad.	\$18.00
Magret de Canard Duck breast pan sauteed to medium rare with berry demi - glaze.	\$24.00
De La Terre Dinner	
ITEM	PRICE
Onglet avec Frites Hanger steak served medium rare served with frites and mixed vegetables.	\$22.00
Steak au Poivre Beef tenderloin served medium rare with green peppercorn sauce served with frites and mixed vegetables.	\$29.00
Steak Tartare A traditional french preparation of raw, beef with capers, mustard, cornichon pickles and shallots served with toast.	\$22.00
Petits Plats Dinner	
ITEM	PRICE
Crêpe au Crab Freshly made crepe filled with lump crab meat.	\$12.75
Croquettes Aux Crevettes Traditional shrimp fritters.	\$10.00
Pâté De Saumon Fumé House made smoked salmon pate.	\$12.50
Crevettes Franco Belgian - style battered shrimp.	\$13.50
Crêpe Au Jambon Et Fromage Freshly made crepe filled with french ham and gruyere cheese.	\$12.00
Escargots Bourguignon Snails in the burgundy style with herb butter sauce.	\$9.50
Tarte À L'onion A savory tart filled with caramelized onions and brie cheese.	\$10.00
Assiette De Charcuterie Chef's selection of cold cuts.	\$19.00
Assiette De Fromages Chef's selection of cheese.	\$17.00
À Côté Dinner	
ITEM	PRICE

Frites	\$5.00
Our specialty hand cut Belgian - style fries with dipping sauces.	
Légumes De Saison	\$5.00
Sauteed seasonal vegetables.	
Asperges	\$7.00
Sauteed asparagus.	