



Vents d'Est is an Alsatian family restaurant opened in Toulouse since April 2012.

Fond of cuisine, we have a wish: to make you happy!

Welcome to our restaurant and bon appétit!

Martine and Pascal

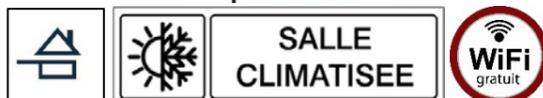
Our principles

Our meals are homemade and prepared from fresh and cooked foods.

Traditional cooked pork meats and salt meats are smoked with beech wood in smoking chamber by our Alsatian master craftsman pork butcher whose know-how has been recognized for more than a century.

Our high-quality fermented cabbage is also provided by our Alsatian butcher. The taste of cabbage changes naturally depending on the harvesting season and the fermentation time.

Our beef meal and organic eggs are produced by French farmers.



Starters

- Alsatian cold cuts** 9€
Raw smoked ham, Bacon, « Monted police » sausage, smoked sausage, pork roll (*)
- Bibalakas** 9€50
Fresh cream, bacon, fried potatoes, mixed salad
- Warm goat cheese salad** 9€50
Melted goat Cheeses with honey on a roasted toast, mixed salad, nuts, balsamic vinegar & olive oil
- East Wind's Salad** 9€50
Munster cheese on a lightly browned toast, caraway, raw smoked ham from Alsace

Flammekueches

A flame-grilled tart made with bread dough rolled out very thin, topped with homemade fresh cream, thinly sliced onions and bacon. A starter for an aperitif with friends or as a main dish

- Tradition** 11€50
Fresh cream, bacon, onions 
- Au Gratin** 12€50
Fresh cream, bacon, onions, grated Swiss cheese
- Forest** 13€50
Fresh cream, bacon, onions, mushrooms, grated Swiss cheese
- Farmer's** 14€50
Fresh cream, bacon, onions, goat cheese, honey
- Montain** 14€90
Fresh cream, bacon, onions, potatoes, Reblochon cheese
- Munster** 15€50
Fresh cream, bacon, onions, Munster cheese
- Colombette** 16€90
Fresh cream, bacon, onions, Munster cheese, raw smoked ham
- Toulouse** 17€90
Fresh cream, bacon, onions, smoked duck breast, arugula salad
- Veggie Goat Cheese** 14€50
Fresh cream, onions, goat cheese, honey
- Veggie Reblochon** 14€90
Fresh cream, mushrooms, onions, potatoes, Reblochon
- Summer Salad** 3€
Green salad to accompany nicely your tart

Main courses

- Large platter of cold cuts & cheeses** 21€
Generous selection of Alsatian cold cuts & fine cheeses, Pretzel, mixed salad
- Alsatian Cordon bleu** 21€
Turkey escalope, Munster cheese, raw smoked ham from Alsace, homemade French fries & mixed salad
- Medieval Brochette** 27€
Sword of French beef, pepper, onion, mushrooms, homemade French fries & mixed salad
- Mother-in-law's Baeckeoffe** 29€
Marinated meat, potatoes & vegetables in White Wine from Alsace. Cooking in the oven for 3 hours. Served in a traditional casserole & with a mixed salad (Reservation required 48 h before with a minimum of 4 people)



Sauerkrauts

- East Wind's Roasted Knuckle of Pork** 21€
Knuckle of pork glazed with honey & beer, served with potatoes, sauerkraut cooked with White Wine from Alsace & our spices
- Alsatian Sauerkraut** 22€90
Four different types of meats & delicatessen, served with potatoes, sauerkraut cooked with White Wine from Alsace & our spices (*)
- East Wind's Sauerkraut** 24€90
Five different types of meats & delicatessen served with potatoes, sauerkraut cooked with White Wine from Alsace & our spices (*)
- King's Sauerkraut** 26€90
Six different types of meats & delicatessen served with potatoes, sauerkraut cooked with White Wine from Alsace & our spices (*)

(*) Our selection may vary depending of the arrival



Homemade desserts

Panna cotta	6€
Italian cooked dessert of sweetened cream thickened with gelatine and molded. Served with a fruits coulis	
Iced Nougat	8€
Creamy iced nougat with a raspberry coulis	
Banoffee	9€
Banana cake, toffee (from dulce de leche), butter cookie, whipped cream	
Fudge cake	10€
Our warm chocolate cake that melts in the mouth (no more than 14 minutes to make)	

Ice Creams

Soft Ice Creams	4€ - 6€
2 or 3 scoops. Choice of different flavors	
Café liégeois	8€
Coffee & vanilla flavor ice cream, coffee sauce, and Chantilly cream	
Chocolat liégeois	8€
Chocolate & vanilla flavor ice cream, chocolate sauce, and Chantilly cream	
Old Alsatian Colonel	9€
Lemon sorbet with Mirabelle or Williams Pear-flavoured eau-de-vie	



Beers

Draft	25 cl	50 cl
Météor (Pale Lager)	3€50	6€50
Its light, refreshing and pleasant quality make Météor (5% ABV) an ideal drink to cool down, to quench one's thirst or to consume for pleasure. Gold Medal 2016 - General Agricultural Competition in Paris		
Panaché – Tango – Monaco	3€80	6€80
Fresh cocktail with or without lemonade and grenadine syrup		
Amer bière (Bitter)	4€50	8€
Traditional Alsatian aperitif (5% ABV)		
Bottle	33 cl	

L'Alsacienne Sans Culotte (Lager)	7€
Medium bitterness (7.8% ABV). Hints of pear, pepper & vanilla	
L'Alsacienne Sans Culotte (Dark)	7€
High bitterness (8% ABV). Clean flavour of malt & hops	
Kékette Large (Lager)	6€50
High fermentation (6.2% ABV). Gold / Silver Medal - Mondial de la Bière 2013 / 2014 in Mulhouse	
Kékette Red (Lager)	6€70
A lager (5.5% ABV) with hints of blackcurrant & citrus. Gold Medal 2014 - Mondial de la Bière in Mulhouse	
Lupulus Blanche (Belgian White)	6€50
A Belgian white beer (4.5% ABV) with a crisp wheat character & citric refreshment of orange peel	
Lupulus Hopera (Belgian Ale)	7€
A Belgian Pale Ale (6% ABV) with bitter grapefruit & orange notes	
Lupulus Organicus (Abbey Triple)	7€
A Belgian organic beer (8.5% ABV) with flavors of fruit, malt, yeast & fruits with a hint of bitterness	



Wines

Bottle	Glass	75 cl
Cabardès Château Ventenac		26€
Red wine of intense colour, black fruit and pepper aromas (13% ABV). Pascal's favorite		
Pinot Noir Réserve - Pierre Sparr		29€
Elegant red wine (12.5% ABV) with greedy red fruit aromas and a harmonious finish. Gold Medal - General Agricultural Competition in Paris		
Pinot Gris Réserve - Pierre Sparr	6€	29€
Elegant and soft white wine (13% ABV) with fresh and fruity aromas. Gold Medal - General Agricultural Competition in Paris. Martine's favorite		
Riesling Réserve - Pierre Sparr	6€	29€
White wine (12.5% ABV) with well-balanced acidity and intense aromas of green lemon & ripe apple. Gold Medal - General Agricultural Competition in Paris		
Gewurztraminer - Pierre Sparr	7€	34€
Rich and generous with hints of rose petals & tropical fruits. Round, fat and long lasting in the mouth. Gold Medal - Grand Concours des Vins d'Alsace in Colmar		
Vendanges Tardives - Wolfberger	10€	69€
Elegant dessert wine (selection of Late Harvest grapes) with complex aromas of honey, exotic fruits and citrus		
Crémant d'Alsace – Maison Khehn		31€
Sparkling sharp and delicate, this Crémant (11.5% ABV) from Alsace, produced using the "méthode champenoise" production method, is perfect from the aperitif to the dessert.		
Pitcher	¼ l	½ l
Edelzwicker - Henri Weber	7€	12€
Fresh and very aromatic Alsatian white wine (11.5% ABV) with a frank and supple attack		
Côtes du Rhône - St Privat	7€	12€
Red wine (14% ABV) dominated by a complex mix of aromas of liquorice, garrigue & red fruits		

For bookings



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Find us on:
www.restaurant.ventdest.fr
www.facebook.com/ventdest.fr

Drinks

Aperitifs	4 cl	
Pastis		6€
Ruby Port		4€50
Martini Bianco / Rosso		4€50
Kir (10 cl)		5€
Alsatian white wine (11.5% ABV) & blackcurrant cream		
Liqueurs & Spirits	4 cl	
Eau de Vie Poire Williams (42% ABV)		7€
Eau de Vie Mirabelle (45% ABV)		7€
Elsass Whisky Single Malt (40% ABV)		9€50
Gold Medal 2016 - General Agricultural Competition in Paris		
Armagnac Vieille Réserve (40% ABV)		9€50
Fine de Cognac Hennessy (40% ABV)		8€
Fruit Juices & Soft Drinks	25 cl	33 cl
Granini Juice	4€	
Apple, Orange, Pineapple, Lychee, Apricot		
Lipton Ice Peach Tee		4€
Coca-Cola Original - Zero Sugar		4€
Water	75 cl	
Evian Mineral Water		6€
San Pellegrino Sparkling Water		6€
Coffee & Tea		
Nespresso		2€50
Teas & Infusions		4€50
A selection from the Saveurs & Harmonie Boutique		

- Jasmine tea with flowers
- Lapsang Souchang smoked tea
- Ceylon tea,
- Lemon green tea
- Sweet Dreams (lime, orange blossom, chamomile)
- Bora Bora (red fruits)

Alcohol abuse is bad for your health, please consume in moderation