

Venue: Bonds Restaurant & Bar

Address: 5 Threadneedle Street, London, EC2R 8AY

Telephone: +44 (0) 20 7657 8088 Fax: +44 (0) 20 7657

Type: Restaurant: Unique fresh approach to modern French cuisine

Bar: City chic cocktail bar with fabulous range of tapas

Email: bonds@theetongroup.com

Average prices: Cocktails £5 Dinner (including drinks)£40

Opening Times:

Breakfast Monday - Friday 7:00am-10:30am Saturday & Sunday 7:30am-11:00am

Lunch Monday - Friday Noon-2:30pm Main restaurant is closed Saturday & Sunday but the bar is open serving a wide selection of tapas from 12:00 - 8:00pm

Dinner Monday - Friday 6:00pm-10:00pm Main restaurant is closed Saturday & Sunday but the bar is open serving a wide selection of tapas from 12:00 - 8:00pm

À La Carte Menu

STARTER

SCALLOPS

Roast "hand dived" scallops with parmesan dentelle, garlic cream and parsley coulis £17.50

CRAB

Tian of fresh "Cornish" crab with pink grapefruit jelly, pea and pistachio bavarois £16.00

ASPARAGUS

Salad of asparagus and Jamon Serrano with poached egg dressing and parmesan £12.50

FOIE GRAS

Sauté of "Andignac" foie gras with pain d'epice, mango confit and Banyuls syrup £16.50

PEA

Veloute of fresh pea with poached hens egg and frogs legs £15.50

TOMATO

A delicate consommé of tomato with goats cheese and basil (Served cold) £12.50

TRUFFLE

Salad of baby artichoke "a la grecque" with truffle and truffle dressing £14.50

MAIN COURSE

BEEF

Roast "Aberdeen Angus" fillet and braised duo of beef "Rossini style" £27.00

LAMB

Noisettes of "Elwy Valley Welsh lamb" with polenta and grilled Provençal vegetables £25.00

DUCK

Szechuan and honey roasted duck landais "cannette" with spiced aubergine, salad of duck confit and sour cherries (Two persons) £48.00

PIGEON

Roast "Anjou" pigeon with a ravioli of mushroom and foie gras, Oloroso sherry sauce and Tonka bean cappuccino £25.00

MOZZARELLA

Polenta and mozzarella tart with confit tomato and kalamata olives, aged balsamic £16.50

JOHN DORY

Sauté of John Dory fillets with gnocchi, asparagus, girolles and sauternes sauce £24.00

COD

Roast piece of cod with chorizo, cod beignets, confit tomato and bouillabaise sauce £20.00

DESSERT

CHEESE

A selection of French farm house cheese £10.00

SOUFFLÉ

Pistachio soufflé with its own ice cream £8.50

CHOCOLATE "AMEDEI"

Warm chocolate ganache with caramelized milk ice cream £8.50

MANGO

Mango bavaois with chocolate sorbet, coconut foam and rose water tapioca £9.00

PASSION FRUIT

Passion fruit crème with white chocolate emulsion and tonka bean parfait £8.50

STRAWBERRY TRIFLE

A classic cold dessert with Garigette strawberries £8.50

SORBETS AND ICE CREAMS £6.50

COFFEE AND PETIT FOURS

Selection of tea, coffee and tisanes £3.95

Set Menu (available for lunch only)

GAZPACHO

A classic cold soup from Spain with goats cheese

MELON

Chantrais melon and Aragon Serrano ham with Midori dressing

SALMON

Cold poached salmon with a mousse of cream cheese and summer herbs

SALAD DU JOUR

Tomato and feta cheese with red onion and kalamata olives

LAMB

Roast chump of Lakes and Dales lamb "Nicoise style" with aromatic cous-cous

MACKEREL

Sauté fillets of mackerel with spiced aubergine and lime pickle sweet potatoes

FISH CAKE

Salmon fish cake with green salad and tartare sauce

RISOTTO

Creamy risotto of saffron and tomato with fresh marjoram

FLOATING ISLAND

A classic cold dessert of meringue and crème anglaise

TONKA BEAN

Tonka bean parfait with white chocolate foam and passion fruit syrup

CHEESE

A selection of French farm house cheese

(£4.50 supplement)

Two courses £23.50

Three courses £29.50

TASTING MENU

CRAB

Fresh "Cornish" crab with pink grapefruit jelly, pea and pistachio bavarois

ASPARAGUS

Salad of asparagus and Jamon Serrano with poached egg dressing and parmesan milk

SCALLOP

Roast hand dived "West coast" scallop, garlic cream and parsley coulis

TOMATO

A delicate consommé of tomato

LAMB

Noisette of "Elwy Valley lamb" with polenta and grilled Provençal vegetables

Or

PIGEON

Roast "Anjou" pigeon with confit cabbage, Oloroso sherry sauce and Tonka bean cappuccino

CHEESE

Truffle brie with truffle honey

CHOCOLATE "AMEDEI"

Warm chocolate ganache with caramelized milk ice cream

Or

SORBET

A selection of fresh fruit sorbet

COFFEE AND PETIT FOURS

Selection of tea, coffee and tisanes

TASTING MENU £65.00

The tasting menu needs to be taken by the whole table

Not available after 9.00pm