

# LOUROC



*"Louroc is born of a precious exchange between Provence and the Mediterranean.  
On Cap d'Antibes, one cannot help but to be enchanted by the sea's captivating embrace, yet its beauty  
and imposing presence conceal a Provençal back country that itself offers untold wonders.  
This evening, at this table, our wish is to meld both to create a delicate marriage of two territories that, in  
the truest sense, are but one.*

*At the heart of our mission are regional producers, and we have set out on an adventure to discover those  
of the finest repute. It is our genuine pleasure to share their delicious bounty with you.  
Each ingredient has been carefully selected and gently prepared so as not to compromise  
its natural character. Allow us to introduce you to Menton lemons grown by Mathilde Garnier  
at Baous Orchard, courgette flowers by Jean-Charles Orso and goat cheeses from the Monteiro family;  
among many others...*

*Louroc, literally "rock" in provencal, is rooted in the ever-shifting face of nature and its primal elements.*

*Meat, fish, vegetable and fruit take turns expressing themselves in each course. A carefully honed  
resonance of sea and land is developed throughout the service, creating a gustatory language  
that is authentic, sincere and generous.*

*Our approach is a thorough act of creation performed in close connection with the very source of life.  
Local fishermen Jean-Baptiste Dumont and Olivier Bardoux deliver their fresh catch to  
Eden-Roc each morning. All of our fish are caught in the Mediterranean, and the quality  
of their texture and taste is assured by longline fishing from a small boat.*

*For our part, we grow and harvest seasonal vegetables in our garden on the premises. It is a veritable  
luxury to work with the flowers, leaves and roots cultivated mere steps from the kitchen — to create and  
compose using the flavourful produce of a flourishing ecosystem. It is here — under sun, rain, moon and  
stars — that the ingredients inspiring every dish are given life.*

*And our dedication to honouring the magic of the region is experienced even in the tableware, which is  
custom designed using handmade pieces from local artists. The olive wood serving boards are hand  
carved by Dubosq & Fils, the ceramic plates designed by Agnès Sandahl  
and the Bresse chicken dishes are the creations of Gerard Crociani.*

*Each of our artisans is a storyteller. We thank them for their passionate contributions,  
for the priceless experience they offer, and for the memorable evenings they enable us  
to create with joy and humility."*

*Eric Frechon*

*Arnaud Poette*

*Sébastien Broda*

*Lilian Bonnefoi*

## TASTING MENU

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195

### Large pot caught langoustines

*Seared, with a celery and lemon tree leaf jelly,  
tangy cream with local yuzu juice*

### Provence purple artichoke

*Cooked in olive oil, pink garlic, thyme blossom and capers.  
Leaves with 'anchovy paste' and roasted hazelnuts*

### Mediterranean red mullet

*Roasted in a courgette flower and aubergine caviar with cumin,  
yellow pepper jus with argan oil*

### Saddle of suckling lamb

*Roasted with garrigue herbs and Provence pink garlic,  
trumpet squash and goat's cheese with savory, smoked harissa*

### Mature cheeses from the Hinterland

### 'Mara des Bois' wild strawberries

*Thin shell of yoghurt meringue, whipped cream,  
strawberries sprinkled with betel and fennel seeds*

*Price per person without beverages. Tasting Menu can only be served for the entire table.  
Food and wine pairing (5 glasses) by our head sommelier on request with a supplement of 130€ per person.*

## STARTERS

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### Stuffed local vegetables

*Niçoise-style stuffed courgette flowers with basil,  
tomato with black olives, aubergines with yoghurt and coriander,  
basil water, aged Parmesan shavings*

44

### Large pot caught langoustines

*Seared, with a celery and lemon tree leaf jelly,  
tangy cream with local yuzu juice*

110

### Provence purple artichoke

*Cooked in olive oil, pink garlic, thyme blossom and capers.  
Leaves with 'anchovy paste' and roasted hazelnuts*

46

### Landes duck foie gras

*In wild rocket 'laminated' ravioli  
Stock infused with Mediterranean prawns*

56

### Gamberoni

*Raw carpaccio-style, sprinkled with De la Vera paprika and olive oil.  
In a stock infused with ginger, lemon leaf and coriander.  
Simply pan fried basil pistou and pine nuts*

98

## FISH

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### Sea bass

*Cooked in a salt and fennel seed crust,  
semi-confit tomatoes with olive oil, garlic flower and lemon thyme*

74

### Mediterranean red mullet

*Roasted in a courgette flower and aubergine caviar with cumin,  
yellow pepper jus with argan oil*

59

### Pot caught lobster « for two people »

*Roasted in its shell, pressed head jus,  
squid stuffed with Mediterranean vegetables, anchovies and sweet pepper*

160

### Locally fished turbot

*Oven baked, shellfish jus, lemon thyme and garlic,  
spinach leaves with beurre noisette, caper emulsion*

98

## MEAT

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### Saddle of suckling lamb

*Roasted with garrigue herbs and Provence pink garlic,  
trumpet squash and goat's cheese with savory, smoked harissa*

74

### Farm-raised suckling veal sweetbreads

*Pricked with anchovies and sauteed,  
lightly cooked New Zealand spinach, caper and lemon confit jus*

78

### Fillet of beef

*Pan fried with black pepper, Antibes pissaladière flavours,  
smooth polenta lightened with spring onion puree, roast jus*

74

### Bresse chicken « for two people »

*Braised in an earthen pot like a casserole dish, with garden verbena,  
potato gnocchi with lemon, peas and girolle mushrooms,  
crispy pan-fried thighs, fresh vegetable salad*

220

## MATURE CHEESES FROM THE HINTERLAND

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30

## DESSERTS

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- By Lilian Bonnefoi -

30

### Elderberry liqueur soufflé

*Barjols wild black fruits,  
stracciatella ice cream with blueberry juice*

### Madagascar vanilla

*Mousseline cream infused with smoked vanilla,  
thin layers of vanilla gavotte biscuits*

### 'Mara des Bois' wild strawberries

*Thin shell of yoghurt meringue, whipped cream,  
strawberries sprinkled with betel and fennel seeds*

### 'Nyangbo' chocolate

*Fine polished cocoa bean and its sorbet,  
chocolate emulsion, caramelised Piedmont hazelnuts*

## DESSERT WINES BY THE GLASS (8cL)

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2017 Muscat de Beaumes de Venise, Domaine des Bernardins  
18

2016 Jurançon, Domaine de Souch  
28

2012 Pineau des charentes, Domaine Bourgoin  
36

1999 Ermitage, « Vin de Paille », maison Michel Chapoutier  
90

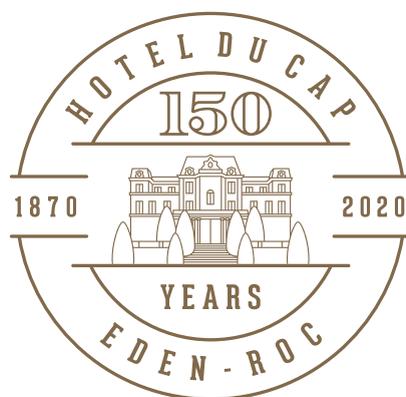
1994 Sauternes, Château d'Yquem by Coravin  
230

## EXPRESSO MARTINI COCKTAIL (12cL)

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35

Classic with vodka Stolichnaya Elit  
Venezuelan with Rhum Diplomatico Reserva Exclusiva  
French with Cognac Camus XO



*Net prices in Euros, taxes and service included, drinks not included. Our homemade dishes are elaborated on site from raw ingredients and fresh products. Hotel du Cap-Eden-Roc guarantees the origin of all meats : France. Allergen details available upon request.*

*We inform you that our dishes may contain traces of the following allergens :  
eggs, milk and milk by-products, cereals with gluten, mustard, sulphites, nuts, sesame, peanut, celery, fish mollusks, shellfish, lupin and soy.  
Due to our operation, we cannot guarantee the absence of cross contamination between our products.*