

LOUROC



"Louroc is the product of a priceless exchange between Provence and the Mediterranean. On the Cap d'Antibes, one cannot help being enchanted by the sea's captivating embrace, yet its beauty and imposing presence conceal a Provençal countryside that offers untold wonders too. This evening, at this table, our wish is to unite these two territories which, in the truest sense, are but one.

At the heart of our mission are our regional producers, and we have set out on an adventure to discover those of the finest repute. It is a real pleasure to share their delicious bounty with you today. Each ingredient has been carefully selected and delicately prepared to bring out the best of its natural properties: the Menton lemons, grown by Mathilde Garnier at Baous Orchard, Jean-Charles Orso's zucchini flowers, goat cheeses from the Monteiro family, to name but a few

Louroc, literally "rock" in Provençal, represents the ever-shifting face of nature and its 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. Our 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.

Similarly, we grow and harvest our own seasonal vegetables here in our garden at the Hotel du Cap-Eden-Roc. It is an incomparable luxury to work with the flowers, leaves and roots cultivated mere steps from the kitchen — to create and compose using the delicious produce of a flourishing ecosystem. It is here — under sun, rain, moon and stars — that the ingredients inspiring our every dish are given life.

And our dedication to honouring the magic of the region is evident even in our 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 are 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 collaboration and for the work they undertake with passion, for everything they have produced and which we use with humility to create the most memorable evenings.

Eric Frechon

Arnaud Poëtte

Sébastien Broda

Lilian Bonnefoi

TASTING MENU

220

Large pot caught langoustines

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

Mediterranean red mullet

*Roasted in a zucchini flower, confit of local vegetables,
yellow pepper juice with argan oil*

Locally fished turbot

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

Alpilles saddle of lamb

*Roasted with garrigue herbs and 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,
strawberry compote with grenadine, farm yoghurt*

*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 145€ per person.*

STARTERS

Stuffed local vegetables

*Niçoise-style stuffed zucchini flower with basil,
tomato with black olives, aubergines with yoghurt and coriander*

52

Large pot caught langoustines

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

110

Free-range hen's egg

*Cooked in two ways, vin jaune sabayon,
sautéed chanterelles and walnuts, parsley juice with 'beurre noisette'*

58

Caviar impérial

*Shellfish aspic, haddock-infused cauliflower cream,
Menton lemon-flavoured crispy-crunch*

98

Gamberoni

*Raw carpaccio-style, sprinkled with Espelette chili and olive oil,
cooked in a stock infused with ginger, lemon leaf and coriander*

98

FISH

Sea bass

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

82

Mediterranean red mullet

*Roasted in a zucchini flower, confit of local vegetables,
yellow pepper juice with argan oil*

78

Locally fished turbot

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

98

Pot caught lobster 'for two people'

*Roasted in its shell, sautéed squid,
ailloli whisked with head oil, basil-flavored potato crisp*

170

Line-caught dentex

*Roasted, vegetable juice extract confit with lemongrass and aromatic herbs,
carrot purée with ginger and bok choy*

82

MEAT

Alpilles saddle of lamb

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

76

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 earthenware pot with garden verbena,
potato gnocchi with lemon and girolle mushrooms,
crispy pan-fried thighs, fresh vegetable salad*

220

Farm-raised suckling veal sweetbreads

*Pricked with anchovies, golden-sautéed,
lightly cooked New Zealand spinach,
caper and lemon confit juice*

78

Bresse pigeon

*Roasted with spices and glazed with honey, pine nut crumble,
fennel and onion compote with cumin, 'jus à la diable'*

82

MATURE CHEESES FROM THE HINTERLAND

32

DESSERTS

- By Lilian Bonnefoi -

32

Figs from the hinterland

*Thin strawberry jelly,
ice cream with speculoos sweet spices*

'Trilobata gentile' Piedmont hazelnut soufflé

*Melting heart of homemade praline,
gianduja ice cream*

'Mara des Bois' wild strawberries

*Thin shell of yoghurt meringue,
strawberry compote with grenadine, farm yoghurt*

'Nyangbo' chocolate

*Fine polished cocoa bean, garden thyme ice cream,
chocolate emulsion, cocoa-nib crumble*

Around a Cuban coffee

*Grilled coffee espuma, tobacco leaf smoked ice cream,
dark old rum cream*

DESSERT WINES BY THE GLASS (8cL)

2019 Muscat de Beaumes de Venise, Domaine des Bernardins
18

2016 Jurançon, Domaine de Souch
28

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

1994 Sauternes, Château d'Yquem by Coravin
190

EXPRESSO MARTINI COCKTAIL (12cL)

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.*