

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

Sébastien Broda

Lilian Bonnefoi

TASTING MENU

250

Hand-gathered seafood

*Haddock-infused milk and imperial caviar
enhanced with curry oil, Menton lemon emulsion*

Pot-caught lobster

*Roasted in its shell, cherries and fresh almonds,
butter with lime and verbena from the garden*

Red mullet

*Roasted in zucchini flower and eggplant caviar with cumin,
yellow pepper jus with argan oil*

Pigeon 'Miéral'

*Roasted with olive kernels, pigeon leg kofta,
cooking jus with Taggiasca olives, sautéed chanterelles*

Mature cheeses from the Hinterland

Tomato petals

*Candied with Bourbon vanilla,
slivers of nougat with honey from our beehives*

'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 and until 9:30 P.M.
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,
semi-confit tomato with black olives and tarragon,
artichokes with 'anchovy paste' and roasted hazelnuts*

65

Large pot caught langoustines

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

110

Hand-gathered seafood

*Haddock-infused milk and imperial caviar
enhanced with curry oil, Menton lemon emulsion*

86

Gamberoni

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

105

Tomatoes from the hinterland

*Burrata with buffalo milk, frozen green zebra tomato juice
pineapple tomato carpaccio with lemon thyme and olive oil*

58

FISH

Mediterranean sea bass

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

95

Red mullet

*Roasted in zucchini flower and eggplant caviar with cumin,
yellow pepper jus with argan oil*

78

Locally fished turbot

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

105

Line-caught dentex

*Cooked with olive oil and lemongrass,
vegetable juice with aromatic herbs, carrot purée with ginger and bok choy*

89

Pot-caught lobster

*Roasted in its shell, cherries and fresh almonds,
butter beaten with lime and verbena from the garden*

130

MEAT

Saddle of lamb from 'Les Alpilles'

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

86

Fillet of beef

Pan fried with black pepper, Antibes pissaladière flavours, smooth polenta lightened with spring onion purée, cooking jus

84

Bresse chicken 'for two people'

Cooked in a poultry broth infused with fresh verbena, potato gnocchis with lemon and chanterelles, crispy seared legs, mixed farmhouse greens

250

Farm-raised suckling veal sweetbreads

Golden-sautéed, glazed with Amaretto, red onions pickled with Xérès vinegar and fresh almonds

92

Pigeon 'Miéral'

Roasted with olive kernels, pigeon leg kofta, cooking jus with Taggiasca olives, sautéed chanterelles

89

MATURE CHEESES FROM THE HINTERLAND

36

DESSERTS

- By Lilian Bonnefoi -

36

Menton lemon

*Thin shell of meringue, green apple and basil sorbet,
zest and light lemon cream*

Calisson from Aix

*Monsieur Lauzier's Provence almonds in paste and espuma,
fresh melon and orange zest*

'Mara des Bois' wild strawberries

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

'Nyangbo' chocolate

*Thin crunchy cocoa bean, farigoule infused ice cream,
chocolate emulsion, cocoa-nib crumble*

Cuban coffee variation

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

DESSERT WINES BY THE GLASS (8cl)

2020 Muscat de Beaumes de Venise, Domaine des Bernardins

18

2017 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.*