

FIRST COURSE

ARTICHOKE FROM PROVENCE

roasted with mashed anchovies, pink garlic's crisp,
leaves with walnut oil and roasted hazelnuts. 79 €

CRAB FROM ROSCOFF

in "green zebra" tomato water jelly,
flavored with curry oil, tarragon and coral. 95 €

« CANDELE » MACARONI

with black truffle, artichoke and duck foie gras,
gratinated with mature Parmesan cheese, black truffle juice. 115 €

CAVIAR FROM SOLOGNE

« ratte » potatoes mousseline smoked with haddock,
buckwheat crisp with a slightly sour dressing. 155 €

LARGE LANGOUSTINES

lightly cooked with lemon-thyme, « onion-mango » condiment,
broth of the claws with citrus fruit and coriander. 135 €

FISH

BLUE LOBSTER

roasted in its shell, preserved Southern vegetables with olive oil,
sautéed squid with chorizo, anchovies, sweet pepper and basil. 145 €

WILD SOLE

cooked with lemon thyme and smoked eel,
foam of capers and shellfishes juice, young spinach sprouts. 120 €

LINE-CAUGHT WHITING FISH FROM SAINT-GILLES-CROIX-DE-VIE

in a crust of bread with almonds,
« New-Zealand » spinach and olive oil flavored with curry and péquillos pepper. 79 €

ADOUR SALMON

cooked at low temperature, Tandoori powder,
peas in parsley oil, yellow pepper vinaigrette. 120 €

MEAT

VEAL SWEETBREAD

pan-fried, laked with spicy honey,
"ginger's springs onions" condiment, broccoli heart juice. 115 €

BRESSE FARM HEN POACHED IN A BLADDER (2 people)

hen breast cooked with yellow wine, crayfishes, giblets candies and girolle mushrooms,
legs cooked in a broth of meadow mushroom, green peas infused with verbena. 340 €

MILK-FED LAMB "PRE-SALE TASTE"

saddle roasted in a nori crust,
« ratte » potatoes cooked with periwinkles, curdled cow milk and parsley oil. 120 €

YOUNG PIGEON

roast and glazed, legs and giblets kefta,
burned cabbage flavored with ginger, cooking juice flambéed with whisky. 98 €

TRIBUTE TO OUR TERROIR

« There is no cooking without the finest products.

I carefully choose all my products from the best French producers and farmers to provide you with the highest gastronomic experience.

Butter or salt, meat or fresh herbs,
in my opinion each product is fundamental when creating a great dish,
which will strike a true and unforgettable emotion.

I choose farmers, fishermen, breeders,
who respect nature's cycle and seasons
and take great care in supplying us
products of high nutritional and gustatory quality.

Together we share a necessary awareness of the respect of soils, seas and forests,
and of the preservation of our Earth and Oceans.

We take the unique essence out of these products to reveal
all their particularities and strengths through fantastic combinations.

I want to thank among others
Monsieur Claude Raffin from Saint-Gilles-Croix-de-Vie,
who gives us every day the best sea products;
Le Comptoir des Producteurs and Monsieur Christophe Latour in Lot-et-Garonne
who present us the most beautiful fruit and vegetables of the country;
La Gayote farm, who breeds with respect and great care our poultry from Bresse;
Marie-Anne Cantin for exceptional cheeses,
along with Monsieur Roland Feuillas, who hands us his old wheat seeds,
amazing raw material for our living bread, baked here in our own mill,
and served every day at our table.

Committed chefs and producers alike,
we build today's and tomorrow's cuisine,
high gastronomy aware of our world's stakes,
in harmony with our time, while looking towards the future. »

Eric Frechon



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legs cooked in a broth of meadow mushroom, peas infused with verbena.

FINE CHEESES FROM OUR CELLAR

RETURN FROM PICKING

wild strawberries and « mara des bois » confit,
infused sorbet with leaves of agastache, cottage cheese foam.

VANILLA FROM MADAGASCAR

crispy vanilla bundle, vanilla cream,
minute maid ice cream with roasted vanilla.

FINE CHEESES FROM OUR CELLAR 39 €

DESSERTS

VANILLA FROM MADAGASCAR

crispy vanilla bundle, vanilla cream,
minute maid ice cream with roasted vanilla. 53 €

RHUBARB "RED CHAMPAGNE"

cooked in a sugar crust, flavored with shizo,
rhubarb compote and its sorbet. 43 €

LEMON FROM MENTON

squeezed into juice with lemonade frosted with nitrogen,
flavored with pear and lemon-thyme. 39 €

CHOCOLATE FROM CUBA

cocoa sorbet, puffed cocoa nib,
crispy and creamy chocolate infused with thyme. 46 €

RETURN FROM PICKING

wild strawberries and « mara des bois » confit,
infused sorbet with leaves of agastache, cottage cheese foam. 49 €

