

# 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 reputation. 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's 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

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230

### Large pot caught langoustines

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

### Mediterranean red mullet

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

### Wild turbot

*Meunière with red Kampot pepper and buckwheat,  
porcini mushroom and hazelnut tartuffon, thin slice of Colonnata bacon,  
poultry juice with caramelized fish bones*

### 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

#### Calisson from Aix

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

#### Figs from the hinterland

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

*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

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### Large pot caught langoustines

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

110

### Free-range hen's egg

*Soft-boiled, Vin Jaune sabayon,  
sautéed chanterelles and walnuts, parsley juice with 'beurre noisette'*

69

### Caviar impérial

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

105

### Gamberoni

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

105

### Pine morels

*Cooked in salted butter and thyme,  
cooking jus with Vin Jaune and crushed fresh walnuts*

73

## FISH

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### Wild turbot

*Meunière with red Kampot pepper and buckwheat,  
porcini mushroom and hazelnut tartuffon, thin slice of Colonnata bacon,  
poultry juice with caramelized fish bones*

105

### Pot-caught lobster

*Roasted in its shell, sautéed squid,  
aïloli whisked with lobster-head oil, basil-flavoured potato crisps*

130

### Sea bass

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

95

### Line-caught dentex

*Roasted with olive oil and lemongrass, vegetables reduction and aromatic herbs,  
ginger carrot purée and bok choï*

89

### Mediterranean red mullet

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

78

## MEAT

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### Alpilles saddle of lamb

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

86

### Fillet of beef

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

84

### 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*

250

### Pigeon 'Miéral'

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

89

### Farm-raised suckling veal sweetbreads

*With anchovies, golden-sautéed,  
lightly cooked New Zealand spinach, capers and lemon confit juice*

92

## MATURE CHEESES FROM THE HINTERLAND

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36

## DESSERTS

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- By Lilian Bonnefoi -

36

### Figs from the hinterland

*Thin raspberry 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 yogurt meringue, whipped cream,  
strawberries sprinkled with betel and fennel seeds*

### 'Nyangbo' chocolate

*Fine polished cocoa bean, olive oil ice cream,  
chocolate emulsion, grilled olives' stones crumble*

### Around a Cuban coffee

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

## DESSERT WINES BY THE GLASS (8cl)

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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

1942 Rivesaltes « Legend Vintage », *Domaine Gérard Bertrand*

290

## EXPRESSO MARTINI COCKTAIL (12cl)

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35

Classique *with* *Vodka Stolichnaya Elit*

Vénézuélien *with* *Ron Diplomatico Reserva Exclusiva*

Français *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.*