

LOUROC



*Louroc, 'the rock', comes into clear view from a short distance off the coast.
The promise of a journey between Provence and the Mediterranean.*

*In these few words, we wish to honour the individuals at the heart of our creation.
We acknowledge our team, who works daily to satisfy our guests,
as well as our producers and artisans who contribute with the exceptional
quality of their ingredients and craftsmanship.*

*Throughout the years, we have forged enduring ties with them on our quest for perfection.
It is backed by their talent, expertise and the excellence of their offering that we compose
our gourmet journey, season after season.*

*This revelation for the senses begins by exploring the contours of Provence and its terrestrial
abundance, leading us to the Grande Bleue and its bountiful waters.*

Discover our home through this gastronomic symphony, crafted for your delight.

Sébastien Broda

Lilian Bonnefoi

TASTING MENU

250

Mediterranean Sardines

Oyster tartar, fennel broth with caviar

Provençal tomatoes

*Confit and assembled like a charlotte cake, bread soaked
with tomato water, olive crouton, basil oil*

Locally caught baby squid

*Stuffed and sauteed, fresh almond, black garlic
and cod velouté infused with sweet garlic*

Scorpion fish

Confit zucchini flower, bouillabaisse jus, braised fennel, liver rouille

Lamb saddle

Braised, nicoise zucchini cooked with capucin, fresh goat cheese, minted oil jus

Mature cheeses from the Hinterland

Tropézienne

*Yeast ice cream, confit mandarine, orange blossom espuma
and crunchy tuile brioche*

Apricot

*Pan fried apricot, caramelised gavotte, french toast brioche,
thym vanilla ice cream, vanilla mousse*

*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 155 € per person.*

STARTERS

Mediterranean Sardines

Oyster tartar, fennel broth with caviar

78

Camargue Mussels

Mariniere style broth with saffron from Cypriere, corn medley

58

Locally caught baby squid

Stuffed and sauteed, fresh almond, black garlic and cod velouté infused with sweet garlic

78

Provencal tomatoes

*Confit and assembled like a charlotte cake, bread soaked
with tomato water, olive crouton, basil oil*

68

Line caught red tuna

*Grilled, fresh market mix vegetable , raw and cooked nicoise style,
sweet and sour red bell pepper jus*

74

FISH

Royal spiny lobster

*Steamed with fresh verbena, violin zucchini and fresh almond,
shellfish and coral stock*

210

Locally fished sea bream

*Baked with lemon thym, sauteed calamari, stuffed tomato candy,
fresh tomato jus*

82

Line caught sea bass

*Cooked in the traditional way of Le Suquet fishermen, steamed with fennel on pebble,
grilled calamari, tribute to our market gardener with virgin sauce*

95

Scorpion fish

Confit zucchini flower, bouillabaisse jus, braised fennel, liver rouille

92

Turbot

Baked with seaweed, local white beans, fresh almonds and salicorne, iodine juice

112

MEAT

Milk-fed veal chop

(for 2 people)

*Roasted with aromates, lettuce, chard, provencal caillette sweetbread,
tomato vinaigrette*

210

Bresse Pigeon

*Roasted breast, raw flat peach, confit onions with Barolo vinegar,
lemon verbena jus*

88

Bresse Chicken

Cooked in a hearty poultry broth, herb and wild flower agnolotti

110

Lamb saddle

Braised, nicoise zucchini cooked with capucin, fresh goat cheese, minted oil jus

92

Beef fillet

*Pan fried with wild pepper, pissaladiere style shaved confit onions, thym oil,
anchovy infused jus*

95

MATURE CHEESES FROM THE HINTERLAND

36

DESSERTS

- By Lilian Bonnefoi -

36

Cherry

Warm cherry clafouti, pistachio milk foam, fresh and poached cherry, cherry sorbet

Peach iced soufflé

Roasted peach, crispy phyllo pastry, champagne sorbet, almond iced nougat

Apricot

*Pan fried apricot, caramelised gavotte, french toast brioche,
thym vanilla ice cream, vanilla mousse*

Chocolate

*Baba with nib sirup, crispy chocolate phyllo pastry, raspberry sorbet,
vietnamese chocolate ice cream and ganache, cocoa nibs crumble*

Cuban coffee variation

*Grilled coffee espuma, tabacco smoked ice cream,
old rum cream*

DESSERT WINES BY THE GLASS (8cl)

2021 Muscat de Beaumes de Venise, *Domaine des Bernardins*

18

2019 Jurançon, *Domaine de Souch*

28

1999 Ermitage, « Vin de Paille », *Maison Michel Chapoutier*

95

2002 Sauternes, *Château d'Yquem by Coravin*

230

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

295

EXPRESSO MARTINI COCKTAIL (12cl)

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.*