

EPIASURE



EPICURE

F I R S T C O U R S E



LEEK FROM « ILE DE FRANCE »

grilled, seaweed butter, tartar of « Perle Blanche » oysters, spring onions and lemon.

95 €

MORELS AND GREEN ASPARAGUS

cooked in a pot,
parmesan crumble, morel's tapenade, light yellow wine zabaglione.

125 €

LARGE LANGOUSTINES

lightly cooked with lemon-thyme, « onion-mango » condiment,
claw broth flavoured with coriander and citrus fruits.

135 €

« 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.

160 €

EPICURE

F I S H



BLUE LOBSTER

roasted with charcoal, glazed with a meat gravy,
confit of onion and tomato seasoned with 10 spices, puffed spelt.

145 €

SAND SOLE

cooked with lemon-thyme and smoked eel,
capers foam and shellfish juice, young spinach sprouts.

110 €

SALMON FROM SCOTLAND

cooked at low temperature cooking, powder of Tandoori spices.
fennel and cucumber flavored with mint oil and rice vinegar.

85 €

RED MULLET

stuffed with a duxelles of green olives,
cooked with bay leaf, pressed black olive juice with curry oil.

90 €

All our fish come from wild fisheries

EPICURE

M E A T



BRESSE FARM HEN POACHED IN A BLADDER (2 PEOPLE)

hen breast cooked with yellow wine, crayfish, green asparagus and morels.
Roasted legs, mesclun salad, golden chanterelles flavoured with Xérès.

390 €

LAMB OF ALPILLES

lamb carpaccio and eggplant smoked in olive oil.
Roasted lamb saddle, bulgur curd, « Black Garlic and olives »
condiment.

120 €

YOUNG PIGEON

roast and glazed, legs and giblets kefta,
burnt cabbage flavored with ginger, cooking jus flambéed with whisky.

110 €

VEAL SWEETBREAD

roasted with vanilla and brown butter,
steamed cauliflower semolina and heart, veal gravy.

125 €

All our meat is of French origin

EPICURE

T R I B U T E T O O U R T E R R O I R

« 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

*Eric Frechon
has selected for you ...*

CAVIAR FROM SOLOGNE

" Ratte " potatoes mousseline smoked with haddock, buckwheat crisp with a slightly sour dressing.

LARGE LANGOUSTINES

lightly cooked with lemon-thyme, « onion-mango » condiment, claw broth flavoured with coriander and citrus fruits.

« CANDELE » MACARONI

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

SALMON FROM SCOTLAND

cooked at low temperature cooking, powder of Tandoori spices. fennel and cucumber flavored with mint oil and rice vinegar.

BRESSE FARM HEN POACHED IN A BLADDER

hen breast cooked with yellow wine, crayfish, green asparagus and morels. BBQ roasted legs, mesclun salad, golden chanterelles flavoured with Xérès.

FINE CHEESES FROM OUR CELLAR

RETURN FROM PICKING

wild strawberries and strawberries confit, infused sorbet with Agastache leaves, cottage cheese foam.

CHOCOLATE FROM EQUADOR

chocolate shortbread, cocoa nib praline, hot chocolate espuma, chicory ice cream.

440 €



EPICURE

FINE CHEESES FROM OUR CELLAR

39 €

D E S S E R T S

VANILLA FROM MADAGASCAR

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

53 €

RETURN FROM PICKING

wild strawberries and strawberries confit,
infused sorbet with Agastache leaves, cottage cheese foam.

49€

RHUBARB “RED CHAMPAGNE”

cooked in a sugar crust, flavored with shiso,
rhubarb compote and its sorbet.

43 €

CHOCOLATE FROM ECUADOR

chocolate shortbread, cocoa nib praline,
hot chocolate espuma, chicory ice cream.

46 €

HAZELNUTS FROM “PIEMONT”

caramelised praline, hazelnuts ice cream and foam,
refresh with ginger and lime jelly.

45 €