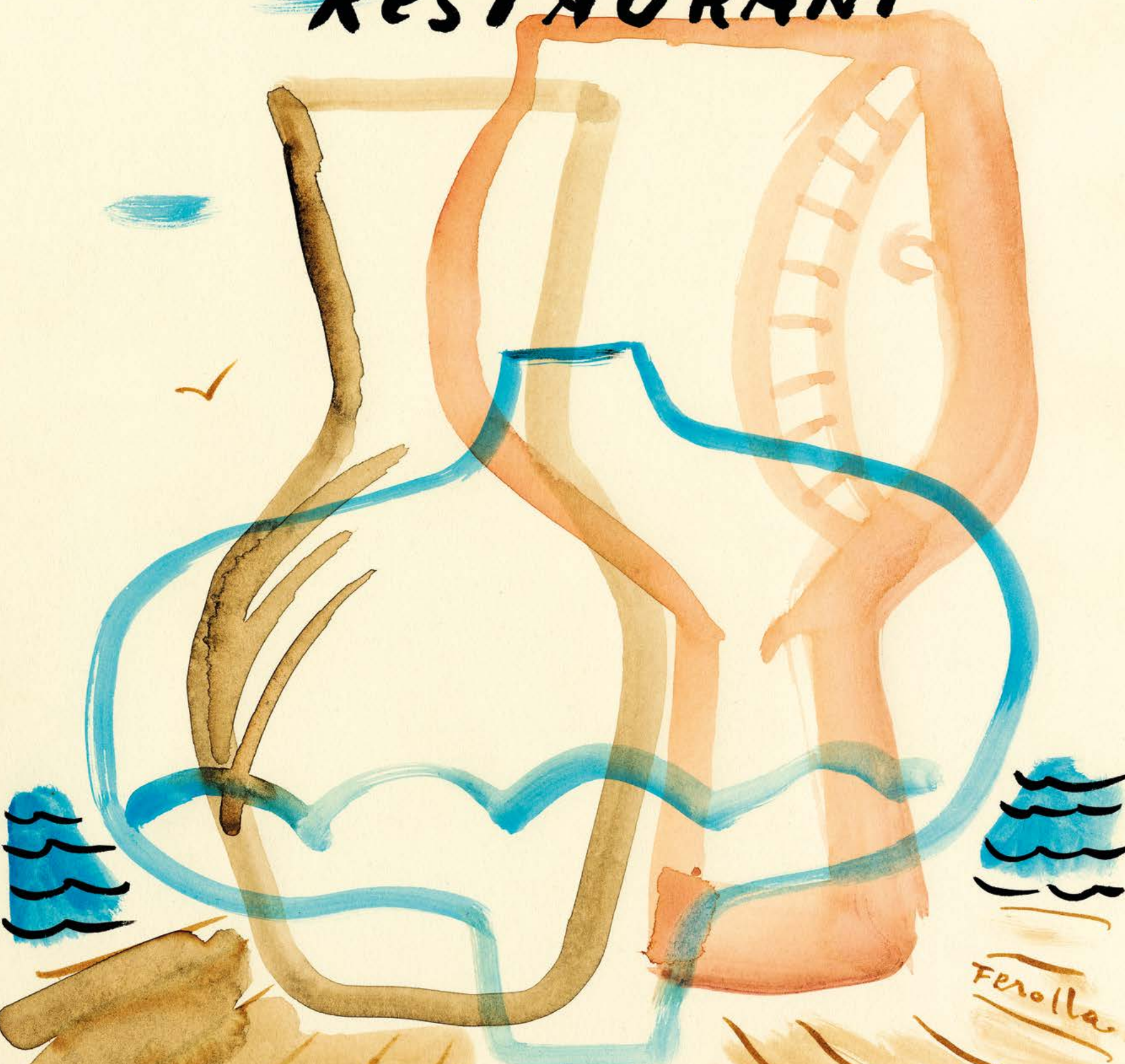


LOUROC

RESTAURANT



Ferolla

HÔTEL DU CAP-EDEN-ROC

*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

Tarek Ahamada

Tasting menu

250

Pot-caught langoustine

*Cooked in olive oil, green peas and kumquats,
lardo di Colonnata*

Green asparagus from "Domaine de Roques-Hautes"

*Flame-grilled, tarragon sabayon, vegetables ravioli
and burnt onion broth, market garden salad*

Gamberoni from the gulf of Genoa

*Simply seared in olive oil,
artichokes, fava beans and head juices*

Wild line-caught sea bass

*Slow-cooked, sea bass belly in a quenelle,
romaine lettuce, cockle jus with lovage oil*

Provence lamb saddle and cutlet

*Sour vinaigrette, fava beans, young tomatoes,
fresh goat cheese, herbs, lamb juice with mint oil*

Mature cheeses from the Hinterland

Pomelo

*Cooked in three different style, vanilla rice pudding,
tarragon pesto and rice ice cream*

*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 165 € per person.*

Starters

French morels

*Stuffed and roasted with wild garlic,
gnocchetti with parsley and Piedmont hazelnuts, 36-month aged parmesan jus*

76

Green asparagus from "Domaine de Roques-Hautes"

*Flame-grilled, tarragon sabayon, vegetables ravioli
and burnt onion broth, market garden salad*

68

Gamberoni from the gulf of Genoa

*Simply seared in olive oil,
artichokes, fava beans and head jus*

89

Red Mullet

*Cooked with dried fennel, grilled zucchini seasoned
with smoked eggplant and dill, bouillabaisse juice*

78

Local Calamaretti

*Flash-seared in basil oil, black garlic, olives, capers and fava beans,
cod velouté with sweet garlic*

72

Fish

Pot-caught langoustines

*Cooked in olive oil, green peas and kumquats,
lardo di Colonnata like a ravioli*

160

Turbot

*Gently cooked, mediterranean oyster and spring cabbage,
capers, iodised sabayon with Menton lemon*

110

Wild line-caught sea bass

*Slow-cooked, sea bass belly in a quenelle,
romaine lettuce, cockle juice with lovage oil*

92

Local Dentex

*Cooked with olives and lemon skin,
Swiss chard with parmesan, fresh herbs, aromatic fish bone jus*

92

Scorpion fish from our coast

*Confit with zucchini flowers, grilled calamari with chorizo,
vegetables juice with roasted fish bone,
zucchini flower fritters with herbaceous ricotta*

90

Meat

Suckling-veal sweetbreads

*Golden sautéed and stuffed with seaweed, iodised peas veloute,
morels and shellfish seasoned with lemon, veal jus*

93

Beef fillet

*Pan fried with wild pepper, pissaladiere style shaved confit onion,
thyme oil, pissalat-infused jus*

95

Provence lamb saddle and cutlet

*Sour vinaigrette, fava beans, young tomatoes,
fresh goat cheese, herbs, lamb jus with mint oil*

92

Bresse chicken (for two people)

*Roasted, smoked with hay from "Crau", green agnolotti,
caillette of leg and oyster mushrooms, chicken jus with lemon thyme*

270

'Eric Ospitale' farm-raised pork chop

*Savory roasted loin, spring onion and sobrassada, roast jus with spicy oil,
vinaigrette jus, xeres and chives*

180

Mature cheeses from the Hinterland

37

Desserts

- By Tarek Ahamada -

37

Rhubarb

*In various ways, cheesecake ice cream
and Provence almond meringue*

Chocolate

*Skin cream cocoa beans, textured chocolat
and Baux de Provence olive oil ice cream*

Pomelo

*Cooked in three different style, vanilla rice pudding,
tarragon pesto and rice ice cream*

Coffee

*White coffee creamy, Savoie cake, roasted vanilla whipped cream
and brioche crips, Colombian coffee ice cream*

Pistache

*Sicily pistachio foam, shortbread
and Alba rose ice cream*

Dessert wines by the glass (8cl)

2022 Muscat de Beaumes de Venise, *Domaine des Bernardins*
18

2023 Jurançon, *Domaine de Souch*
28

1999 Ermitage, « Vin de Paille », *Maison Michel Chapoutier*
95

2013 Sauternes, *Château d'Yquem by Coravin*
240

1942 Rivesaltes « Legend Vintage », *Domaine Gérard Bertrand*
295

Espresso Martini Cocktails (12cl)

35

Classique à la Vodka Stolichnaya Elit

Vénézuélien au Rhum Diplomatico Reserva Exclusiva

Français au 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.*

