



LE LOUP DE MER



TERRE

STARTER

22 €



MER

Verrine of organic quinoa,
red sweet peppers confit and zucchini maki

Verrine of crustaceans and avocado
homemade citrus mayonnaise

Homemade ravioli stuffed with ceps, walnuts and
pine nut, light cream sauce

Homemade cray fish ravioli
with lobster bisque

Poultry and vegetables homemade terrine

Classic bouillabaisse with saffron fish broth in an aspic



TERRE

MAIN COURSE

34 €



MER

Chicken breast in potato scales,
tomatoes and chive chicken juice

Sea bream filet in zucchini scales, olive oil

Wok of duck breast, crunchy chop suey vegetables

Roasted praws wok style
onions, ginger, coriander and sesame

Filet of beef "Simmental Rossini style"
sauteed potatoes

Grilled Albacore tuna with spices
and seasonal vegetables

SPECIALITIES

Sea bass in a salt crust* 44 € / pers.

Bouillabaisse ** 68 € / pers.



Bourride 35 €

Gillardeau or Tarbouriech oysters 18€ for 6 - 36 € for 12

Cray fish/15€ or Lobster**/18€ the 100 gr.

Rib of beef (900gr)* 38 € / pers.



Rack of lamb with Provence flavors 35€

Veal chop with girolles sauce 40€

*Dishes for 2 persons minimum

** Dishes for 2 persons minimum , to order 24 hours in
advance

BACK FROM THE MARKET 34€

MENUS

Juste bien 46€

(starter + main course *or* main course + dessert*)

Encore mieux 58€

(starter + main course + dessert*)

'Ti Loup (children's under 12 years old)

(main course + dessert + syrup) 12 €

* It's better to order deserts at the beginning

DESSERTS

15 €

Pain perdu with caramelized roasted figs, goat cheese ice cream and spice syrup

Marinated Gariguettes with taggiasche olives, crumble and cheese sorbet, lavender syrup

Raw and cooked peaches, verbena ice cream, lemon and verbena madeleine

Pastilla filled with chocolate and banana, passion fruit and ginger coulis

Biscuit with red fruits and raspberry coulis

OUR MEAT COMES FROM THE EUROPEAN UNION
THE LIST OF ALLERGENS IS AT YOUR DISPOSAL - WE PROVIDE US TO LOCAL PRODUCERS