

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

Shellfish and Imperial caviar from Sologne

*Enhanced with a marinère style jelly,
flavoured with lemongrass and ginger*

Chanterelles

*Sautéed with hazelnuts and spring onions,
sabayon gratin with sweet wine*

Gamberoni prawns

Just seared, gratined tomatoes with verbena, coco beans, head juice

Seabass

*Slow-cooked, ventreche like a quenelle, crunchy romaine,
cockle juice with lovage oil*

Saddle of lamb

*Grilled, vegetables cooked with sweet spices, oriental condiments,
argan oil juice*

Mature cheeses from the Hinterland

Chocolate

*Cocoa beans skin custard cream, textured chocolat
and Baux de Provence olive oil 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

Tomatoes from « Bruno Cayron »

*Confit with spices, fresh herbs and bread,
tomato juice and seeds, basil leaf and garlic bread croutons*

62

Gillardeau Oysters

In their water, chanterelle mushrooms, hazelnuts and sweet wine

68

Baby squid

*Sautéed with tomato confit, zucchini and black garlic,
cod velouté with sweet garlic*

72

Langoustine

Grilled, green beans, tarragon, foamy sauce

96

Shellfish and Imperial caviar from Sologne

*Enhanced with a marinière style jelly,
flavoured with lemongrass and ginger*

105

Fish

Red mullet

Flame-cooked, candied tomatoes with herbs, rockfish juice

86

Red tuna

*Charcoal grilled, vegetables cooked like a ratatouille,
pequillo pepper juice with basil oil*

86

Seabass

*Slow-cooked, ventreche like a quenelle, crunchy romaine,
cockle juice with lovage oil*

92

Gamberoni

Just seared, gratined tomatoes with verbena, coco beans, head juice

98

Turbot

Slow-cooked, lemon gnocchi, seaweed and fishbone juice

105

Meat

Saddle of lamb

*Grilled, vegetables cooked with sweet spices, oriental condiments,
argan oil juice*

92

Beef fillet

Roasted with pepper, onion petals like a pissaladière, pissalat juice

95

Veal sweatbread and lobster

*Cooked in a casserole, stuffed and confit onions, lobster coral sabayon,
chanterelle mushrooms and green beans*

98

Chicken breast from the « Cour d'Armoise »

Cooked on the skin, glazed caillette, leg parmentier, roasted juice

102

Duck from the « Burgaud House » pie and foie gras (for two)

Swiss chards with figs and Sherry vinegar

240

Selection of fresh and mature cheeses

30

Desserts

- By Tarek Ahamada -

37

Chocolate

*Propolis ice cream, Haiti 66% chocolate in various textures
and hive flavor*

Vanilla

*The flavors of a millefeuille on a plate, Guatemalan vanilla ice cream,
caramelized puff pastry and milk foam*

Fig

Meadowsweet, Provence fig and fig leaf-flavored ice cream

Peach

*Peaches in three ways seasoned with verbena, marjoram pesto
and vineyard peach sorbets*

Citrus

*Fresh, poached and candied according to the arrival,
creamy lemon, eucalyptus gel*

Dessert wines by the glass (8cl)

1976 Maury, « Legend Vintage », Domaine Gérard Bertrand

75

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 with Vodka Belvédère

Vénézuélien with Ron Diplomatico Reserva Exclusiva

Français with Cognac Camus XO

*Net prices in euros, service included, beverages not included. Our "homemade" dishes are elaborated on site from raw ingredients and fresh products.
Origin of meat: Beef: France, Italy, Germany - Lamb: France - Pork: France, Italy, Spain - Poultry: France.*

*Allergens 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, peanuts, celery, fish, mollusks, shellfish, lupin and soy.*

*Therefore we cannot guarantee the absence of any cross contamination between products.
For special diets or food allergy requirements, do not hesitate to ask for our gluten-free pasta and bread.*

