

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

Razor clam

*Gently steamed, iodized vinaigrette, shellfish "blanc-manger",
Sologne imperial caviar, puffed buckwheat*

Locally caught baby squid

*Stuffed and cooked in the traditional way of « Le Suquet » fishermen,
black garlic, samphire, fresh almonds, confit tomatoes,
cod velouté with sweet potatoes*

Pot-caught lobster

*Cooked in head oil, green beans, tarragon sabayon,
claw served on ice, herb mayonnaise*

Wild line-caught sea bass

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

Farm-raised beef

*Roasted with shallots and black pepper,
garnished with Provencal onion petals and anchovies pissaladière style*

Mature cheeses from the Hinterland

Strawberries

*Seasoned with lemongrass,
whipped cream with fromage blanc, thin meringue, and strawberry sorbet*

*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

Pot-caught langoustine

*With field tomatoes,
basil, finger lime and basil-based mayonnaise*

76

Tomatoes from “Bruno Cayron”

*Confit and assembled like a charlotte, bread soaked in tomato water,
crushed basil, olive croutons, gaspacho sorbet*

62

Locally caught baby squid

*Stuffed and cooked in the traditional way of « Le Suquet » fishermen,
black garlic, samphire, fresh almonds, confit tomatoes,
cod velouté with sweet potatoes*

72

Razor clam

*Gently steamed, iodized vinaigrette, shellfish “blanc-manger”,
Sologne imperial caviar, puffed buckwheat*

96

Red Mediterranean tuna

*Cooked on the grill, ratatouille juice,
Provencal garden vegetables seasoned with bottarga like a Niçoise,
bell pepper and heirloom tomato juice*

78

Fish

Red mullet caught by longline

*Cooked in olive oil,
fennel, tomato and saffron-infused potatoes,
served with a bouillabaisse broth and saffron rouille sauce*

86

Mediterranean John Dory

*Confit with lemon thyme, stuffed tomatoes, baby squid, samphire,
green zebra tomato juice*

89

Wild line-caught sea bass

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

92

Pot-caught lobster

*Cooked in head oil, green beans, tarragon sabayon,
claws served on ice, herb mayonnaise*

162

Local amberjack

*Grilled with dry fennel and provencal herbs,
shellfish broth like a pistou soup*

86

Meat

Farm-raised beef

*Roasted with shallots and black pepper,
garnished with Provencal onion petals and anchovies pissaladière style*

105

Saddle of lamb from Alpilles

*Braised, niçoise zucchini cooked with rasturtium,
fresh goat cheese with minted oil jus*

92

Chicken from La Cour d'Armoise, gamberoni from the Gulf of Genoa

*Breast gently cooked on the skin, seared gamberoni,
chanterelle mushrooms, tomato, verbena, fresh almonds,
poultry jus and heads emulsion*

105

Suckling veal cutlet

(for two people)

*Roasted, citrus crust and sage,
heirloom tomato tortellini*

195

Duck from "Burgaud House"

*Roasted with spices, seasonal fruit,
verbena, confit lemon, green sichuan pepper jus,
parmentier with the confit leg*

88

Mature cheeses from the Hinterland

37

Desserts

- By Tarek Ahamada -

37

Chocolate

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

Vanilla

*Deconstructed millefeuille, Guatemala vanilla cream and ice cream,
Madagascar vanilla foam and praliné
on a caramelised puff pastry*

Cherry

*Like a Baked Alaska, ladyfinger biscuit,
cherry sorbet and Italian meringue, cherry jubilee*

Peach

*Cooked three ways seasoned with verbena,
marjoram pesto and peach sorbet*

Strawberries

*Seasoned with lemongrass,
whipped cream with fromage blanc, thin meringue, and strawberry sorbet*

Dessert wines by the glass (8cl)

2023 Jurançon, *Domaine de Souch*

28

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, 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.*

