



LE LOUP DE MER



EARTH

Seasonal vegetables pie

Roasted asparagus with Colonata bacon
red berries and anis seeds

Vitello tonnato

STARTERS

22 €



SEA

Tuna tartare and tuna tataki, shallots pickles

Homemade prawn ravioli seafood bisque

Smoked wood Seabass carpaccio,
corn blinis, horseradish



EARTH

Veal T-Bone, carrots confit with au cumin,
choron sauce

Grilled beef, steak potatoes confit with marrow and thym,
beef pesto juice

Spiced grilled duck breast,
seasonal fruit fondue

MAIN COURSE

34 €



SEA

Grilled turbot, basil gnocchi with spicy poultry juice

Roasted sea bass back, vegetables marmelade,
parsley juices

Boneless red mullet fillets, zucchini with chives
and Iberian chorizo chips

MENUS

Just good

(starter + main course or main course + dessert*) 46 €

Much better

(starter + main course + dessert*) 58 €

Children menu (children under 12 years old)
(main course + dessert + syrup) 18 €

* It is preferable to order desserts at the beginning of the meal

Goat cheese from the region of Var 12 €

Please ask for today's specials

SPECIALITES



Sea bass in salt crust * 44 €/pers.



Prime cut of beef (900gr) * 38 €/pers.

*at least main course for 2 people

DESSERTS

15 €

Strawberry sesame : sesame meringue, strawberry compote

Lemon gable : lemon cream, burnt lemon confit, pine nut crumble, lemon sorbet, olive oil

Apricot and squash : Squash feuillantine, flame-cooked apricot, squash praline and yogurt ice cream



Hazelnut chocolate : dark chocolat cream, hazelnut Genoa bread, hazelnut praline, hazelnut ice cream