

# THE ESSENTIALS OF THE RESTAURANT

#### to start

fish soup, rouille, croutons traditional recipe	12
red mullet toast- tapenade, arugula salad, basil	10
Paradou-style artichoke, parmesan, arugula, asparagus	9
Albacore tuna tartare with flavors of Provence cucumber, peppers, red onions, chives, lime	11

#### the beautiful salads

rocamadour gratin, salad, walnuts, bacon

starter 11 dish 18

another Caesar salad idea breaded free-range chicken, romaine lettuce, soft-boiled egg, parmesan shavings, croutons

Starter 12 dish 19

octopus Salad Tomato, basil, olives, red onions, garlic and arugula

Starter 12 dish 19

### pasta and risotti

linguine with clams	20
tomato, basil, garlic, white wine	
seasonal vegetable risotto – vegetarian dish	14
risotto with prawns and red peppers	22
tuna and asparagus risotto from here	22

### seriously essential ...

Duck breast with honey from Provence	25
traditional knife-cut beef tartare, homemade french fries	19
prime rib, homemade french fries, maitre d'hotel butter 1 personne- 500 grammes	39
John Dory fillet, pesto sauce with basil from our vegetable garden Camargue rice, sunny vegetables	22
catch of the day - depending on availability filleted or whole, seasonal vegetables, Camargue rice	25
specialty of Provence Marseille Pies et paquets, steamed potatoes	21

#### **SEAFOOD PLATTER**

The good life facing the Big Blue
-seafood tastingby reservation, 48 hours in advance

Price on request

## the best... the sweets!

cheese plate, green salad	9
mint-infused seasonal fruit salad	8
homemade chocolate cake, vanilla ice cream	8
vanilla panna cotta - red fruits	8
trio of Carpentras strawberries, salad, mousse, ice cream	8
vanilla ice cream, chocolate, coffee strawberry, pear, lemon sorbets your choice, 3 scoops	7

mindful of the impact on our environment, our chef selects only fresh, quality products, whose production is reasoned and which, for the most part, come from the region.

every day he and his team give the best of themselves to offer you authentic flavors without artifice.