

« We assert our freedom of inventing the new tastes of the Mediterranean. We are faithful to this terroir, its produce and its producers. We are equally inspired by the spirit of Naturalness, our culinary philosophy. It expresses in many different manners. From the ageless technique of grilling a whole fish or a piece of meat on an open fire until the long and complex preparations which exalt the flavour of the produce.

We are committed to this cuisine that favours substance over effect.

Because the only effect that matters to us is the emotion you feel  $\ensuremath{\mathsf{*}}.$ 

	Toasted and simmered aubergines, potato pulp cavatelli, fresh mint		85	
	Provence garden vegetables, spicy grappe, peel broth with caillette olive extraction		95	
	Carrots from our farmers with elderberry wine, smoked goat cheese from Monteiro family, tangy top jus		75	
	Coastal red mullet in his natural form, crushed myrtle and liver, fermented squash granité		115	
	Marinated gamberoni from San Remo, delicate saffron rock fish gelée, gold caviar		170	
	Grilled locally-caught fish and oysters from Maison Giol, crammed Swiss chard leaves, rock samphire, grated tuna heart	2 PERS	130	PF
	Blue lobster over a woodfire, claw condiment, cocos beans from Lantosque, sautéed sparassis crispa		140	
	Thinly sliced ikejime turbot, ripened fish bards, roasted corn and sea cucumber with 'persillade'		135	
	Farm veal from Lozère rubbed with 'pissalat', seared in a cocotte, charred wild herbs		120	
	Lamb from Pyrénées in the fireplace, small spelt from Sainte-Jalle, crushed sloe, cereals infused cooking jus		130	
	Pigeon breast from la Ferme du Renard Rouge on the grill, celeriac cooked, rehydrated, 'sour', hazelnuts mole		120	
	FOR AMATEUR : ≻ U STOCAFI À LA MONÉGASQUE 45			
	Fresh and matured cheeses		35	
	JARDIN Vegetal menu, four half dishes selected by our chef, cheeses and dessert		250	
	<b>AGAPE</b> Menu, four half dishes selected by our chef, cheeses and dessert		380	
	Bourjasottes noires from Solliès, confit and frozen, stracciatella, clove infusion		40	
≻	Rum baba, vanilla and citrus peel, lightly whipped Chantilly			
	Abbé Fétél pear in three ways, dried skins powder, cardamom / licorice			
	Raspberries from our region, Grand Roux sweet corn, marjoram and Champsoleil olive oil ice cream			
	Java chocolate from our Manufacture in Paris, crispy and creamy, wild pepper, cocoa nib			