



20 May 2025



MANDATORY ALLERGEN INFORMATION TO CONSUMERS FOR NON PRE-PACKED FOOD



Gluten

Cereals containing gluten: wheat, rye, barley, oat, spelt, kamut or their hybridized strains and cereal-based products

Pan-browned apricots and peaches with pineau, broyé poitevin pastry, almond cream, rosemary ice cream

Pan-fried apricots and peaches with pineau, broyé poitevin pastry, almond cream, rosemary ice cream

Purse crepe with seasonal fruits, orange coulis with Grand Marnier

Citrus fruit assortment, crispy meringue, pomelo supreme, calamansi cream, blood orange sorbet

The must-have 70% chocolate fondant, sorbet of the moment & glass of liqueur wine

Hake "chaud-froid" with grenobloise sauce, grated bottarga

Hot and cold hake with grenobloise sauce, grated bottarga

Royal sea raviole, lobster, langoustine, mussels, clams, whelks
head jus with basil & truffle

Today's fish market with basil & anchovy butter,
eggplant caviar, baby potatoes, zucchini stuffed with tomato chutney, black olive coulis

Today's catch with basil & anchovy butter,
eggplant caviar, baby potatoes, zucchini stuffed with tomato chutney, black olive coulis

Farm poultry supreme stuffed with snails, thinly-sliced Anna potatoes, mushrooms, carrot cream, lovage emulsion

Farm poultry supreme stuffed with snails, potatoes Anna, mushrooms, carrot cream, lovage emulsion

2 Salmon tartare, cucumber & yuzu, tomato gazpacho, tartine with seaweed tartare



Shellfish

Crustaceans and crustacean-based products

Gourmet seafood platter with seaweed mayonnaise oysters, whelks, clams, prawns, langoustines

Blue lobster from our fish tank (100g) butter with fresh garden herbs, seasonal vegetables & baby potatoes casserole

Royal sea raviole, lobster, langoustine, mussels, clams, whelks
head jus with basil & truffle

Risotto with langoustines & baby cuttlefish, slow-braised bell peppers, Iberian chorizo, Parmesan cheese



Eggs

Eggs and egg-based products

6 special oysters n° 2 from La Cabane Océane

9 or 6 oysters N°2 from "La Cabane Océane"

Pan-browned apricots and peaches with pineau, broyé poitevin pastry, almond cream, rosemary ice cream

Pan-fried apricots and peaches with pineau, broyé poitevin pastry, almond cream, rosemary ice cream

Gourmet seafood platter with seaweed mayonnaise oysters, whelks, clams, prawns, langoustines

Purse crepe with seasonal fruits, orange coulis with Grand Marnier

Citrus fruit assortment, crispy meringue, pomelo supreme, calamansi cream, blood orange sorbet

The must-have 70% chocolate fondant, sorbet of the moment & glass of liqueur wine

Royal sea raviole, lobster, langoustine, mussels, clams, whelks
head jus with basil & truffle



Fish

Fish and fish-based products

6 Oysters from "La Cabane Océane" in 3 ways, plain with pepper, jelly & fish roe, gratinated with dried beef cecina

6 Oysters from La Cabane Océane in 3 ways, plain with pepper, jelly & sea eggs, gratinated with cecina beef

Large sole meunière from our coasts, yuzu butter, broccoli mash with hazelnut oil, baby potatoes, snow peas, cherry tomatoes

Hake "chaud-froid" with grenobloise sauce, grated bottarga

Hot and cold hake with grenobloise sauce, grated bottarga

Today's fish market with basil & anchovy butter,

eggplant caviar, baby potatoes, zucchini stuffed with tomato chutney, black olive coulis

Today's catch with basil & anchovy butter,

eggplant caviar, baby potatoes, zucchini stuffed with tomato chutney, black olive coulis

Risotto with langoustines & baby cuttlefish, slow-braised bell peppers, Iberian chorizo, Parmesan cheese

2 Salmon tartare, cucumber & yuzu, tomato gazpacho, tartine with seaweed tartare



Milk

Milk and milk-based products, including lactose

Pan-browned apricots and peaches with pineau, broyé poitevin pastry, almond cream, rosemary ice cream

Pan-fried apricots and peaches with pineau, broyé poitevin pastry, almond cream, rosemary ice cream

Gourmet seafood platter with seaweed mayonnaise oysters, whelks, clams, prawns, langoustines

Purse crepe with seasonal fruits, orange coulis with Grand Marnier

Large sole meunière from our coasts, yuzu butter, broccoli mash with hazelnut oil, baby potatoes, snow peas, cherry tomatoes

Citrus fruit assortment, crispy meringue, pomelo supreme, calamansi cream, blood orange sorbet

Blue lobster from our fish tank (100g) butter with fresh garden herbs, seasonal vegetables & baby potatoes casserole

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eggplant caviar, baby potatoes, zucchini stuffed with tomato chutney, black olive coulis

Today's catch with basil & anchovy butter,

eggplant caviar, baby potatoes, zucchini stuffed with tomato chutney, black olive coulis

Risotto with langoustines & baby cuttlefish, slow-braised bell peppers, Iberian chorizo, Parmesan cheese

Selection of cheeses from Marianne's dairy

Selection of cheeses from Marianne's dairy

Farm poultry supreme stuffed with snails, thinly-sliced Anna potatoes, mushrooms, carrot cream, lovage emulsion

Farm poultry supreme stuffed with snails, potatoes Anna, mushrooms, carrot cream, lovage emulsion

2 Salmon tartare, cucumber & yuzu, tomato gazpacho, tartine with seaweed tartare



Nuts

Nuts : almonds, hazelnuts, pistachios, walnuts, cashew nuts, pecan nuts, macadamia nuts, Brazil nuts,

Queensland nuts and nut-based products

Large sole meunière from our coasts, yuzu butter, broccoli mash with hazelnut oil, baby potatoes, snow peas, cherry tomatoes

Selection of cheeses from Marianne's dairy

Selection of cheeses from Marianne's dairy

2 Salmon tartare, cucumber & yuzu, tomato gazpacho, tartine with seaweed tartare

Foie gras terrine glazed with pineau, apple & almond chutney, fresh grapes



Celery

Celery and celery-based products

6 Oysters from "La Cabane Océane" in 3 ways, plain with pepper, jelly & fish roe, gratinated with dried beef cecina

6 Oysters from La Cabane Océane in 3 ways, plain with pepper, jelly & sea eggs, gratinated with cecina beef

Farm poultry supreme stuffed with snails, thinly-sliced Anna potatoes, mushrooms, carrot cream, lovage emulsion

Farm poultry supreme stuffed with snails, potatoes Anna, mushrooms, carrot cream, lovage emulsion



Mustard

Mustard and mustard-based products

6 special oysters n° 2 from La Cabane Océane

9 or 6 oysters N°2 from "La Cabane Océane"

Gourmet seafood platter with seaweed mayonnaise oysters, whelks, clams, prawns, langoustines



Sulphite

Sulphurous anhydride and sulphites in concentration exceeding 10mg/kg or 10mg/L (expressed in total SO₂)

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Pan-fried apricots and peaches with pineau, broyé poitevin pastry, almond cream, rosemary ice cream

Purse crepe with seasonal fruits, orange coulis with Grand Marnier

■ Château Mont-Redon Aoc Châteauneuf-du-Pape 2018

■ Divin Aoc Bordeaux 2016

■ Dom Arica Blanc IGP Ile de Ré 2022/2023

■ Dom Arica Rosé IGP Ile de Ré 2023

■ Dom Mas de Jon - Aparté Aop Pic Saint Loup - Languedoc 2021

The must-have 70% chocolate fondant, sorbet of the moment & glass of liqueur wine

Risotto with langoustines & baby cuttlefish, slow-braised bell peppers, Iberian chorizo, Parmesan cheese

Foie gras terrine glazed with pineau, apple & almond chutney, fresh grapes



Molluscs

Molluscs and mollusc-based products

6 special oysters n° 2 from La Cabane Océane

9 or 6 oysters N°2 from "La Cabane Océane"

Gourmet seafood platter with seaweed mayonnaise oysters, whelks, clams, prawns, langoustines

Royal sea raviole, lobster, langoustine, mussels, clams, whelks
head jus with basil & truffle