



## LOU CARPAN

### Starters

#### CARROT MEDLEY 18€

*Cappuccino of AMAP carrots, emulsion and carpaccio of carrot leaves, confit egg yolk on a shortbread of dried carrot peel*

#### MACKEREL WITH MUSTARD 21€

*Steamed with Provençal aromatics, assorted textures of raw and cooked seasonal vegetables, whole grain mustard dressing*

#### LAMB RILLETTE 19€

*Collar of lamb cooked at low temperature, mild sun-dried spices, 24 hour marinade, slice of farmhouse bread and condiments.*

#### CRAB 23€

*Mimosa duo of chicken and quail egg, crab cocktail with citrus and vegetable sprouts*

### Main Dishes

#### SKATE 26€

*Variations on skate wing, virgin oil with Provençal condiments, wrapped in seasonal cabbage from Mr. Vuillon's farm*

#### BEEF 28€

*Beef chuck cooked sous-vide for 5 hours at 75°C, stewed mixed vegetables, grilled bone marrow on whole grain bread.*

#### PORK 27€

*Confit and grilled pork belly, simmered Puy lentils cooked with chorizo, grilled and stewed new onions.*

#### COD 25€

*Home-cooked Brandade with Olivades farm potatoes, Piquillo pepper juice and chopped tomatoes with chorizo.*

### Desserts 10€

#### BABA PASTRY

*Homemade lime zest bouchon pastry, vanilla ice cream, old-fashioned Rhum Agricole from Martinique, lemon and passion fruit aged rum punch.*

#### CREAM

*Crème brûlée with brown sugar, Mediterranean orange flavors, grated tonka bean.*

#### PASTRY CLUB

*Breton shortbread with Camargue salt flakes, bourbon vanilla cream, stewed mango, pineapple and passion fruit with virgin olive oil, coconut crust, passion fruit sorbet.*

#### INTENSELY VANILLA

*Sweet pastry with vanilla from Madagascar, ganache with vanilla from Mexico, biscuit soaked in vanilla bourbon juice, whipped mascarpone with vanilla from Tahiti.*



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