

# Le TREMPLIN

2024 since 1960

COURCHEVEL 1850

2023-2024 Season

[www.tremplin-courchevel.com](http://www.tremplin-courchevel.com)

## Oysters

### « Spéciale Gillardeau »

Papillons	6 Pcs	29
	12 Pcs	54
Spéciales n° 2	6 Pcs	47
	12 Pcs	84

### Fines de Claire From « Marennes-Oléron »

Clares n° 3	6 Pcs	21
	12 Pcs	38
Clares n° 2	6 Pcs	28
	12 Pcs	48
Clares n° 0	6 Pcs	47
	12 Pcs	84

### Plates Flat Oysters

Belons n° 3	6 Pcs	30
	12 Pcs	54
Belons n° 0	6 Pcs	50
	12 Pcs	88
Belons n° 00	6 Pcs	63
	12 Pcs	114
Pied de Cheval Oysters 300 à 400 g To Order Price subject to market fluctuations		

## Platter of Seafood

### Oyster Degustation Platter

4 Claire n°3, 4 Belon n°3, 4 Special Papillon \_\_\_\_\_ 57

### Discovery Platter

3 Shelled Snow Crab Merus, 2 Norway Lobsters, 3 Shrimps, 1 Brown Crab Claw \_\_\_\_\_ 88

### Shellfish Platter

3 Claire n°3 Oysters, 1 Brown Crab Claw, 2 Norway Lobsters, 3 Shrimps, Whelks \_\_\_\_\_ 52

### Crustacean Platter

1/2 Lobster, 4 Shelled Snow Crab Merus, 3 Norway Lobsters, 6 Shrimps, 2 Brown Crab Claws \_\_\_\_\_ 144

### Royal Platter

24 Claire n°3 Oysters, 6 Norway Lobsters, 4 Shelled Snow Crab Merus, 8 Shrimps,  
2 Brown Crab Claws, Whelks, Shellfish \_\_\_\_\_ for 2 195

### Royal Platter with Spéciale Gillardeau Oysters

12 Papillon Oysters, 12 Special n°2 Oysters, 4 Shelled Snow Crab Merus, 2 Brown Crab Claws,  
6 Norway Lobsters, 8 Shrimps, Whelks, Shellfish \_\_\_\_\_ for 2 235

*Jumbo*

*Royal Platter with Lobster*

for 4 people

6 Papillon Oysters,  
6 Spéciales n°2 Oysters,  
6 Claire n°2 Oysters,  
6 Claire n°3 Oysters,  
6 Belon n°0 Oysters,  
2 Lobsters,  
6 Shelled Snow Crab Merus,  
4 Brown Crab Claws,  
12 Norway Lobsters,  
16 Shrimps, Whelks, Shellfish

540 €

## Shellfish

Clams	6 pcs	19
Mussels	1 portion	16
Whelks with Mayonnaise	1 portion	19
Pink Shrimps	1 portion	36
Norway Lobsters with Mayonnaise Size 10/15	1 portion	54
Brown Crab Claws with Mayonnaise	min. 3-4 pcs	44

*Snow Crab Merus served cold*

*with Mayonnaise* \_\_\_\_\_ 8 shelled pieces 68

*Lobster served cold with Mayonnaise*

Typical weight 700-800 g \_\_\_\_\_ 1 pc 95

*Depending on availability or ordered upon request*

Sea Violets

Large Sea Urchins (Brittany, Galicia, Iceland or Norway)

Price subject to market fluctuations

# Sushi

## Sushi

Tuna	1 pc	7
Salmon	1 pc	6
Scallop	1 pc	7,50
Shrimp	1 pc	6,50
Lobster	1 pc	11

## Sashimi

Tuna	1 pc	7,50
Salmon	1 pc	6,50
Scallop	1 pc	8,50
Blue Lobster	per 100 g	34
Spiny Lobster	Price subject to market fluctuations	

## Shan-Shen

Tuna	1 portion / 6 pcs	50
Salmon	1 portion / 6 pcs	46
Shrimp	1 portion / 6 pcs	48
Combined	1 portion / 6 pcs	49

## Kobe

California Roll	8 pcs	144
Sushi	2 pcs	62
Sashimi	8 pcs	210

## California Roll

Tuna	1 pc	7
Salmon	1 pc	6
Crab	1 pc	6
King Crab	1 pc	17
Vegetables	1 pc	6

## Crispy Roll

Tuna	1 pc	8
Salmon	1 pc	7
Crab	1 pc	8
King Crab	1 pc	17

## Maki

Tuna	1 pc	6
Salmon	1 pc	5,50
Cucumber	1 pc	5
Avocado	1 pc	5

## Platters

6 Makis	27
6 Sushis	36
6 Sashimis	38
6 California Rolls	37
Yamagami	46
Rice Furikake, 6 Salmon Sashimi	



## Glass of Sake

Shirakabegura Junmai Daiginjo 8 cl 20 €

Nabeshima Daiginjo 8 cl 30 €

« Mio » Dry Sparkling Sake 10 cl 18 €

# Platter

SHAN-FON	15 assorted pieces	72
SONG-SHAN	30 assorted pieces	138
THAI-SHANG	45 assorted pieces	195
ROYAL Lobster Sashimi (600 - 700 g)	30 assorted pieces	270

TREMPLIN	90 assorted pieces	350
KOBE PLATTER 6 sushi, 8 rolls, 8 sashimi		430
IMPERIAL Blue Lobster Sashimi (1kg)	90 assorted pieces	580
DRAGON Spiny Lobster Sashimi, Caviar 100 g	90 assorted pieces	1 310

# Fresh Starters

Tsar Nikolaj Balik Smoked Salmon	100 g	75
Home-made King Crab « Fresh Spring Rolls »		55
King Crab and Avocado Cocktail		45
Octopus Carpaccio		28
Tuna Tataki with Sesame		38
Tuna and Avocado Tartare		37
Sardines Sardinillas Selected by La Guildive		32
Home-made Lightly-cooked Foie Gras with Truffles		46
Jamón Ibérico de Bellota Gran Reserva Patanegra Ham Matured for at least 40 Months		44

# Warm Starters

Seared King Scallops on Skewer		39
Norway Lobster Tails		
Peeled and Served with Vegetable Nem	Size 10/15	45
Burgundy Snails	6 pcs	22
	12 pcs	38
Sukiyaki Shrimp Soup		31
Sukiyaki Chicken Soup		29
Home-made Fresh Fish Soup with Rouille Sauce and Croutons		26

# Salads

King Crab Salad	68
Warm Sole Fillet Salad with Avocado and Grapefruit	47
Vietnamese Salad with Crispy Chicken	34
Assortment of Home-made Nems Chicken, Shrimps, Vegetables	34
Vegan Buddha Bowl Quinoa, Red Beetroot, Green Beans, Avocado, Pomegranate, Sucrine, Butternut, Red Onion, Sesame Seeds, Peanut, Vinaigrette Sauce	34
Green Salad	16

# Caviars

## Imperial Caviar

“Sologne” Origin France

30 g	145 €
50 g	220 €
100 g	395 €

## Osciètre Caviar

“Sologne” Origin France

50 g	260 €
100 g	450 €
250 g	1 120 €

VODKA CAVIAR « L'Orbre » France-Poland 4cl 30 €  
the bottle 450 €

## Selected by **TREMPLIN**

<b>Rib Eye Steak US Prime</b> <i>Kansas Origin</i> ..... (1 pers.) 400 g	98
<b>Surf and Turf</b> <i>Lobster and Fillet Steak</i> .....	125
<b>Wagyu Fillet</b> .....	96
<b>Pan-Seared Veal Chop</b> <i>with Gravy and Home-Made Mashed Potatoes</i> .....	48
<i>Low temperature cooking - France Origin</i>	

## Burgers

Wagyu Burger <i>Australian Recipe</i> .....	49
Wagyu Fillet Burger <i>Le Tremplin's Special</i> .....	124
Veal Cheese Burger .....	39

## Meat

Products of Origin France or EU and other countries

Thick-cut Beef Steak « <i>Fillet of Rump Steak</i> » .....	44
Special Thick-cut Beef Steak « <i>Fillet of Rump Steak</i> » <i>with Cracked Pepper and Melted Butter</i> .....	46
Fillet Steak « <i>Selected by Le Tremplin</i> » .....	57
Steak Tartare <i>Knife Cut Rump Steak</i> <i>and Prepared in the Room</i> .....	42
Veal Osso Buco <i>with Spaghetti</i> .....	46
Bresse Chicken <i>with Morel Mushrooms</i> .....	54
Bresse Chicken <i>Traditional Recipe, Roasted</i> .....	46
Normandy Veal Escalope <i>with Mushrooms in a Cream Sauce, Tagliatelle</i> .....	46
Milanesa <i>Finest Cushion of Veal, Spaghetti, Neapolitan Sauce</i> .....	48
Lamb Chops <i>Origin France</i> <i>Grilled, Degreased</i> .....	48
Troyes Chitterling Sausage, A.A.A.A.A. quality <i>with Mustard Sauce</i> .....	37

*Choice of Home made Sauces:* Béarnaise, Pepper, Mustard.  
Extra 4 € Morel Mushroom Sauce

Exclusive

**KOBE**   
*Beef*

of Japanese Origin

*Kobe Sirloin Steak*  
Grade A4/A5  
260 €

*Kobe Fondue*  
(for 1 pers.)  
260 €

*It's the most legendary and world  
renowned Japanese beef  
Le Tremplin is an official member  
of the association  
and is one of the few restaurants  
to offer this prestigious meat in France*

*Home-made Mashed  
Potatoes with Truffles* 56 €  
OR  
*Truffle French Fries*

## Specialities

Fondues and Raclette:  
order for at least 2 people  
(price per person)

**Burgundy Meat Fondue**  
with Fillet Steak ..... 55 €

**Savoy Fondue**  
with Beaufort Cheese ..... 45 €

**Valais Raclette**  
with Raw Milk ..... 48 €

# Fish of the Day

Black Cod	_____	65
Fillet of Scottish Salmon Seared	with Sea Salt Virgin Sauce _____	42
Fresh Sole	Meunière or Grilled 400/500g _____	75
Cotriade	Bouillabaisse Fish, Shellfish, Rouille and Croutons _____	56

## Crustacea

Daily deliveries

Canadian Lobster	Grilled _____	Per 100 g	22
Blue Lobster	Grilled _____	Per 100 g	35
Royal Spiny Lobster	Grilled Brittany or Mediterranean		
Per 100 g, price subject to market fluctuations and availability			

**Whole Wild Fish**  
from the Atlantic Ocean

*John Dory,  
Sole, Sea Bream,  
Sea Bass* \_\_\_\_\_ Per 100 g 17

*Turbot*  
Grilled & Baked in the Oven \_\_\_\_\_ Per 100 g 20

### Pizzas

Pizza with Truffles	_____	84
Pizza Wagyu Fillet	_____	98
Pizza with Caviar (70g)	_____	320

*Fresh Truffle Shavings*  
Additional Charge \_\_\_\_\_ For 10 g 52 €

## Tagliatelle and Risotto

Tagliatelle	with Fresh Truffles _____	60
Tagliatelle	with Fresh Truffles and Home Made Foie Gras _____	70
Lobster Tagliatelle	« à l'American » _____	65
Fresh Truffle Risotto	_____	60
Norway Lobster Tails Risotto	Shelled _____ Size 10/15	58
Lobster Risotto	Flambéed in its Juice _____	65



Exhaustive information on the allergenic ingredients used in our meals is available at the reception of the restaurant. Our establishment offers only fresh products, and from the market. Given the context, some products could be missing.

Organic Egg

Prices in euros inc. VAT - 13% service charge included - We do not accept cheques



Alcohol abuse is dangerous for your health.