

LE  
**TREMPLIN**  
**65<sup>th.</sup>**  
**COURCHEVEL**

1960 - 2025

65<sup>th</sup> Season




Guard Card

To share at any time



## Pizzas

Marguerita	Tomato, Mozzarella, Olive	34
Queen	Tomato, Mozzarella, Ham, Mushrooms	36
Mountain Pizza	Cream, Bacon Lardons, Reblochon Cheese, Mozzarella, Persillade	36
Wagyu	Tomato, Mozzarella, Wagyu Beef Ham, Mushrooms	46
Pizza Burger Turnover	Tomato, Mozzarella, Minced Beef, Onions	36
Four Cheeses	Tomato, Roquefort, Mozzarella, Goats' Cheese, Emmental	36
Etna	Tomato, Mozzarella, « Spianata Piccante » Spicy Italian Salami, Marinated Peppers, Organic Egg	36
Four Seasons	Tomato, Mozzarella, Artichoke, Mushrooms, Peppers	36
Mediterranean	Tomato, Mozzarella, Green Salad, Parmesan Cheese, "Sauce Pistou"	36
Al Tonno	Tomato, Mozzarella, Tuna, Onions, Capers, Olives	36

 <i>Pizza with Truffles</i>	88
 <i>Pizza Lobster</i>	85
 <i>Pizza with Caviar</i> (70 g)	330

## Boards and Plates

**PLANCHE SAVOYARDE**  
Assortiment de Charcuterie et Beaufort  
**35 €**

**ACCRAS DE MORUE ANTILLAIS**  
**24 €**

**ASSIETTE DE FROMAGES**  
**18 €**

## Sweet Moment

**Waffles** 13 €

Au choix :  
Icing sugar, Chocolate, Salted Butter Caramel,  
Nutella or Whipped Cream

Additional Whipped Cream or Ice Cream : 3,<sup>50</sup> €

**Homemade Crêpes**

Ask for the Menu

# Oysters

## « Spéciale Gillardeau »

Papillons The Original	6 pcs	30
	12 pcs	55
Spéciales n° 2	6 pcs	48
	12 pcs	85

## Fines de Claire From « Marennes-Oléron »

Clares n° 3	6 pcs	22
	12 pcs	40
Clares n° 2	6 pcs	30
	12 pcs	55
Clares n° 0	6 pcs	50
	12 pcs	90

## Plates Flat Oysters

Belons n° 3	6 pcs	32
	12 pcs	55
Belons n° 0	6 pcs	52
	12 pcs	92
Belons n° 00	6 pcs	65
	12 pcs	118

Pied de Cheval Oysters 300 à 400 g  
To Order Price subject to market fluctuations

# Shellfish

Clams	6 pcs	20
Mussels	1 portion	17
Whelks with Mayonnaise	1 portion	20
Pink Shrimps	1 portion	38
Norway Lobsters with Mayonnaise Size 10/15	1 portion	58
Brown Crab Claws with Mayonnaise	min. 3-4 pcs	48

## *Snow Crab Merus served cold with Mayonnaise*

8 shelled pieces 69

*Lobster served cold with Mayonnaise* Typical weight 700-800 g 1 pc 98

*Depending on availability or ordered upon request*

Sea Violets - Large Sea Urchins  
(Brittany, Galicia, Iceland or Norway) Price subject to market fluctuations

## OSCIÈTRE CAVIAR «Sologne» Origine France

30 g : 170 € — 50 g : 260 € — 100 g : 450 € — 250 g : 1120 €

# Platter of Seafood

## Oyster Degustation Platter

4 Claire n°3 Oysters, 4 Belon n°3 Oysters, 4 Special Papillon Oysters 60

## Discovery Platter

4 Shelled Snow Crab Merus, 2 Norway Lobsters, 3 Shrimps, 1 Brown Crab Claw 95

## Shellfish Platter

3 Claire n°3 Oysters, 1 Brown Crab Claw, 2 Norway Lobsters, 3 Shrimps, Whelks 55

## Crustacean Platter

1/2 Lobster, 5 Shelled Snow Crab Merus, 3 Norway Lobsters, 6 Shrimps, 2 Brown Crab Claws 150

## Royal Platter

24 Claire n°3 Oysters, 6 Norway Lobsters, 5 Shelled Snow Crab Merus, 8 Shrimps,  
2 Brown Crab Claws, Whelks, Shellfish for 2 200

## Royal Platter with Spéciale Gillardeau Oysters

12 Papillon Oysters, 12 Special n°2 Oysters, 5 Shelled Snow Crab Merus, 2 Brown Crab Claws,  
6 Norway Lobsters, 8 Shrimps, Whelks, Shellfish for 2 240

# 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,  
8 Shelled Snow Crab Merus,  
4 Brown Crab Claws,  
12 Norway Lobsters,  
16 Shrimps,  
Whelks, Shellfish

560 €

# Sushi

## Sushi

Tuna	1 pc	7, <sup>50</sup>
Salmon	1 pc	6, <sup>50</sup>
Scallop	1 pc	8
Shrimp	1 pc	7
Lobster	1 pc	11, <sup>50</sup>

## Sashimi

Tuna	1 pc	8
Salmon	1 pc	7
Scallop	1 pc	9
Blue Lobster	per 100 g	36
Spiny Lobster	Price subject to market fluctuations	

## Shan-Shen

Tuna	1 portion / 6 pcs	52
Salmon	1 portion / 6 pcs	48
Shrimp	1 portion / 6 pcs	50
Combined	1 portion / 6 pcs	50

## Kobe

California Roll	8 pcs	150
Sushi	2 pcs	63
Sashimi	8 pcs	220

## California Roll

Tuna	1 pc	7, <sup>50</sup>
Salmon	1 pc	6, <sup>50</sup>
Crab	1 pc	6, <sup>50</sup>
King Crab	1 pc	18
Vegetables	1 pc	6, <sup>50</sup>

## Crispy Roll

Tuna	1 pc	9
Salmon	1 pc	8
Crab	1 pc	9
King Crab	1 pc	18

## Maki

Tuna	1 pc	6, <sup>50</sup>
Salmon	1 pc	6
Cucumber	1 pc	5, <sup>50</sup>
Avocado	1 pc	5, <sup>50</sup>

## Platters

6 Makis	28
6 Sushis	38
6 Sashimis	40
6 California Rolls	38
Yamagami	48
Rice Furikake, 6 Salmon Sashimi	

Glass of Sake	Nabeshima Daiginjo	8 cl	30
	IW5 « Reserve Sake »	8 cl	50
	« Mio » Dry Sparkling Sake	10 cl	18

# Appetizers



<b>Tsar Nikolaj</b> Balik Smoked Salmon	100 g	75
Sardinillas Sardines <i>Selected by La Guilledive</i>		32
<b>Home-made</b> Lightly-cooked Foie Gras with Truffles		48
Octopus Carpaccio		30
Burgundy Snails	6 pcs	23
	12 pcs	40
King Crab Salad		68
Seafood Salad Lettuce, Avocado, Grapefruit, Crab Meat, Smoked Salmon, Shrimps		46
<b>Vegan Buddha Bowl</b> Rice, Lentils, Chinese Cabbage, Red Beetroot, Green Beans, Avocado, Sucrine, Sweet Potato, Mango, Clementine, Cashew Seeds, Pistachio, Sauce		36
<b>Savoyarde Salad</b> Fine Frisée heart salad, Alpine Beaufort, White Ham Nuts, Croutons, Nuts, Vinaigrette Sauce		35
Sukiyaki Shrimp Soup		32
Sukiyaki Chicken Soup		30
Home-made Fresh Fish Soup with Rouille Sauce and Croutons		28

## Shavings of Fresh Truffle

Additional Charge for 10 g 54 €

# Platter

<b>SHAN-FON</b>	15 assorted pieces	75
<b>SONG-SHAN</b>	30 assorted pieces	140
<b>THAÏ-SHANG</b>	45 assorted pieces	210
<b>ROYAL</b> Lobster Sashimi (600 - 700 g)	30 assorted pieces	280
<b>TREMLIN</b>	90 assorted pieces	360
<b>KOBE PLATTER</b> 6 sushi, 8 rolls, 8 sashimi		450
<b>IMPERIAL</b> Blue Lobster Sashimi (1kg)	90 assorted pieces	590
<b>DRAGON</b> Spiny Lobster Sashimi, Caviar 100 g	90 assorted pieces	1350

# Pasta

Spaghetti Bolognaise	35
Garlic and Shellfish Spaghetti	40
<b>Spaghetti Carbonara</b> with Diced Bacon, Organic Egg, Fresh Cream	35
<b>Spaghetti Carbonara with Bündnerfleisch</b> (Swiss Dried Beef) Cream, Organic Egg	42
<b>Oven-baked Lasagne Home-Made</b>	38

# Meat

Products of Origin France or EU and other countries

Steak and French Fries	38
Thick-cut Beef Steak « <i>Fillet of Rump Steak</i> » 200 g	45
Fillet Steak « <i>Selected by Le Tremplin</i> » 200 g	58
Veal Osso Buco with Spaghetti	48
Lamb Chops Origin France Grilled, Degreased	50

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

# Burgers

Veal Cheese Burger	42
Rump Steak Cheese Burger	42
Wagyu Burger Australian Recipe	52
Prime Burger Rib Eye Steak US	95

# Fish

Black Cod	68
Fresh Sole Meunière 400/500 g	78
Platter Bouillabaisse Fish, Shellfish, Rouille and Croutons	58

**Home-made Mashed Potatoes with Truffles  
or Truffle French Fries** 58 €

Selected by

# TREMPLIN

## Rib Eye Steak US Prime

Kansas Origin (1 pers.) 400 g 98

**Surf and Turf** Lobster and Fillet Steak 130

**Wagyu Fillet** 98

## Pan-Seared Veal Chop

with Gravy and Home-Made Mashed Potatoes  
Low temperature cooking - France Origin 55

Exclusive

# KOBE Beef



of Japanese Origin

## KOBE SIRLOIN STEAK 280 €

Grade A4/A5

*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*

## Tartiflette

Potatoes, Reblochon Cheese, Diced Bacon,  
Onions and Cream, served with Green Salad

39 €

# Desserts

## Our Desserts on the Plate

Composition of Fresh Fruits to Share _____ 2 People	40
Crunchy Valrhona Chocolate, Vanilla and Praline _____	19
Fine Apple Tart, Salted Butter Caramel Sauce, Vanilla Ice Cream _____	19
Millefeuille Vanilla Mousseline, Caramel Sauce _____	19
Fresh Fruit Salad _____	18
Profiteroles, Valrhona Chocolate Sauce and Chantilly _____	19
Pavlova with Red Fruits _____	19
Baba au Rhum Tradition, Exotic Fruits, Chantilly _____	19
Coulant Valrhona Chocolate, Vanilla Ice Cream _____	19
Crêpe Flambée, Grand Marnier or Rhum or Calvados _____	19
Waffle choice : Icing Sugar, Chocolate, Salted Butter Caramel, Chantilly, Nutella _____	13
Additional whipped cream or ice cream _____	3, <sup>50</sup>

## Dessert Buffet

Mousse au Chocolat Valrhona _____	16
Tiramisu Tradition _____	16
Finger Peanut, Caramel _____	17
Floating Island Vanilla Bourbon _____	16
Royal Chocolate Valrhona _____	17
Cheesecake Red or Passion Fruit _____	17
Éclair Gourmand Choise : Chocolate, Coffee or Vanilla _____	17
« <i>Dessert of the Day</i> » _____	17
Tartlet choice : Lemon Meringue or Blueberries or Raspberries or Strawberries _____	17
Fresh Fruit Cup with Strawberries or Pineapple _____	17
with Raspberries _____	22
Platter of Mignardises _____ 6 pcs	17
Coffee Ily Gourmand _____	22
Tea or Chocolate Gourmand _____	24

# Ice Cream Sundaes

## Composed Ice Cream

<b>Banana Split</b> Vanilla, Chocolate and Strawberry Sorbets, Banana, Chocolate Sauce, Chantilly _____	19
<b>Fraise Melba</b> Vanilla Ice Cream, Strawberry Sorbet, Fruit Strawberries, Strawberry Coulis, Chantilly _____	19
<b>Bounty Cup</b> Coconut and Chocolate Ice Cream, Grated Coconut, Hot Chocolate, Chantilly _____	19
<b>La Dame Blanche</b> Vanilla Ice Cream, Chocolate Sauce, Chantilly _____	18
<b>La Lady</b> Coconut Ice Cream, Raspberry Sorbet, Fresh Raspberries, Red Fruit Coulis, Chantilly _____	19
<b>Liègeois</b> Coffee or Chocolate _____	18
<b>La Meringue Glacée</b> Vanilla and Salted Butter Caramel Ice Creams, Caramel Sauce, Meringue, Chantilly _____	19
<b>La Gourmande</b> Vanilla Ice Cream, Nutella, Banana Fruit, Chantilly _____	19
<b>L'Italienne</b> Malaga and Vanilla Ice Creams, Espresso Coffee Sorbet, Chantilly Coffee Coulis _____	19

## 1 Scoop of Sorbet and its glass of premium alcohol

<b>La Morand</b> Pear Sorbet, Pear William Morand Carte Noire _____	26
<b>La Grey Goose</b> Lemon Sorbet, Grey Goose Vodka _____	26
<b>La Belvedere</b> Lemon Sorbet, Belvedere Vodka _____	26
<b>La Schladerer</b> Raspberry Sorbet, Raspberry Schladerer _____	26
<b>La Centenaire</b> Blood Orange Sorbet, Centennial Grand Marnier _____	42
<b>La XO Victoria</b> Espresso Coffee Sorbet, Cognac XO _____	44

## 2 Scoops of Sorbet with Alcohol

<b>Colonel</b> Lemon Sorbet, Vodka _____	23
<b>After Eight</b> Mint-Chocolate Ice Cream, Get 27 _____	23
<b>Framboisière</b> Raspberry Sorbet, Raspberry Alcohol _____	23
<b>Williams</b> Pear Sorbet, Pear Alcohol _____	23

## The Classics

**Ice Creams :** Vanilla, Coffee, Chocolate, Salted Butter Caramel, Malaga, Coconut, Mint-Chocolate.

**Sorbets :** Lemon, Blood Orange, Strawberry, Mango, Banana, Pear, Raspberry, Espresso Coffee.

Cup 2 Perfumes of your choice _____	8
Cup 3 Perfumes of your choice _____	12

Whipped cream supplement \_\_\_\_\_ 3,<sup>50</sup>