



tremplin-courchevel.com



65 years old of excellence

◆ Oysters

« Spéciale Gillardeau »

Papillons <i>The Original</i> _____	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 pcs 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

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, ⁵⁰
Salmon	1 pc	6, ⁵⁰
Scallop	1 pc	8
Shrimp	1 pc	7
Lobster	1 pc	11, ⁵⁰

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, ⁵⁰
Salmon	1 pc	6, ⁵⁰
Crab	1 pc	6, ⁵⁰
King Crab	1 pc	18
Vegetables	1 pc	6, ⁵⁰

Crispy Roll

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

Maki

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

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

Platter

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

Salads

King Crab Salad	68
Seafood Salad Lettuce, Avocado, Grapefruit, Crab Meat, Smoked Salmon, Shrimps	46
Warm Fillet of Sole	
Avocado and Grapefruit Salad	48
Cæsar Salad Lettuce, Chicken Fillet, Tomatoes, Parmesan, Croutons	34
Savoyarde Salad Fine Frisée heart salad, Alpine Beaufort, White Ham Nuts, Croutons, Nuts, Vinaigrette Sauce	35
Vegan Buddha Bowl	
Rice, Lentils, Chinese Cabbage, Red Beetroot, Green Beans, Avocado, Sucrine, Sweet Potato, Mango, Clementine, Cashew Seeds, Pistachio, Sauce	36
Chavignol Goats Cheese Salad	30
Mixed Salad	
Salad, Tomatoes, Onions, Organic Egg	21
Green Salad	16

Asian Side

Assortment of Home-made Nems	
Chicken, Shrimps, Vegetables	36
Home-made King Crab « Fresh Spring Rolls »	55
Thai Beef Salad	30
Vietnamese Salad with Crispy Chicken	36
Tuna Tataki with Sesame	40
Sukiyaki Shrimp Soup	32
Sukiyaki Chicken Soup	30

Caviars

Osciètre Caviar "Sologne" Origin France

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

VODKA CAVIAR « L'Orbre » France-Pologne

4 cl 30

Bottle 450

Platter

Tremplin Cured Ham, Fried Organic Eggs and French Fries, Barbecue Sauce	33
Stir-Fried Noodles and Vegetables	36
Raclette Potatoes, Raclette Cheese, Bündnerfleisch (Swiss dried Beef), Beef Ham, Green Salad	39
Tartiflette Potatoes, Reblochon Cheese, Diced Bacon, Onions and Cream, served with Green Salad	39

Appetizers

Home-made Fresh Fish Soup with Rouille Sauce and Croutons	28
Tsar Nikolaj Balik Smoked Salmon 100 g	75
Scottish Smoked Salmon <i>Selected by Tremplin</i>	34
King Crab and Avocado Cocktail	48
Sardinillas Sardines <i>Selected by La Guildive</i>	32
Tuna and Avocado Tartare	38
Home-made Lightly-cooked Foie Gras with Truffles	48
Octopus Carpaccio	30
Jamón Ibérico de Bellota "Gran Reserva" Patanegra Ham Matured for at least 40 Months	45
Seared King Scallops on Skewer	42
Norway Lobster Tails Peeled and Served with Vegetable Nem Size 10/15	48
Burgundy Snails 6 pcs	23
12 pcs	40
Cured Mountain Ham <i>Selected by Tremplin</i> Matured for 24 Months	27
Plate of Assorted Savoie Delicatessen and Beaufort Cheese	35
Bündnerfleisch Swiss dried Beef	30

Burgers

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

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
Special Thick-cut Beef Steak « <i>Fillet of Rump Steak</i> » with Cracked Pepper and Melted Butter 200 g	48
Steak Tartare Knife Cut Rump Steak Prepared in the Minute 180 g	42
Fillet Steak « <i>Selected by Tremplin</i> » 200 g	58
Veal Osso Buco with Spaghetti	48
Milanesa Finest Cushion of Veal, Spaghetti, Neapolitan Sauce	50
Lamb Chops Origin France Grilled, Degreased	50
Bresse Chicken with Morel Mushrooms	56
Bresse Chicken Traditional Recipe, Roasted	48
Troyes Chitterlings Sausage A.A.A.A.A. Mustard Sauce	38

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

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.*

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

Fish

Black Cod	68
Fillet of Scottish Salmon Seared with Sea Salt, Virgin sauce	45
Fresh Sole Meunière 400 / 500 g	78
Platter Bouillabaisse Fish, Shellfish, Rouille and Croutons	58
Sauted Thai Rice with Thai Rice King Peeled Prawns	52

Seafood

Canadian Lobster Grilled per 100 g	22
Blue Lobster Grilled per 100 g	35
Brittany or Mediterranean Royal Spiny Lobster Grilled per 100 g	

Price subject to market fluctuations and availability

Pizzas

Marguerita	Tomato, Mozzarella, Olives	34
Queen	Tomato, Mozzarella, Ham, Mushrooms	36
Mountain Pizza	Cream, Bacon Lardons, Reblochon Cheese, Mozzarella, Persillade	36
Wagyu	Tomato, Mozzarella, Cheese, Wagyu Beef Ham, Mushrooms	46
Pizza Burger Calzone	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
Pizza with Truffles		88
Pizza Lobster		85
Pizza with Caviar (70 g)		330

Pasta

Spaghetti Bolognese	35
Garlic and Shellfish Spaghetti	40
Spaghetti Carbonara with Diced Bacon, Organic Egg, Fresh Cream	35
Spaghetti Carbonara with Bündnerfleisch (Swiss Dried Beef) Cream, Organic Egg	42
Lobster Spaghetti with American Sauce	70
Oven-baked Lasagne Home-Made	38
Tagliatelle with Smoked Salmon	40
Tagliatelle with Fresh Truffles	65

Shavings of Fresh Truffle

Additional Charge for 10 g 54 €

Croisette Menu

Main Course + Dessert	50
Starter + Main Course	60
Starter + Main Course + Dessert	70

Starters

- 6 Fine Fattened Oysters From Marennes-Oléron n°3
- 6 Burgundy Snails
- Scottish Smoked Salmon
- Mixed Salad Salad, Tomatoes, Onions, Organic Egg

Main Courses

- Main Course of The Day
- Steak and French Fries
- Veal Osso Buco with Spaghetti
- Troyes Chitterlings Sausage A.A.A.A. Grilled with Mustard Sauce
- Fillet of Scottish Salmon Seared with Sea Salt and Virgin Sauce
- Stir-Fried Noodles and Vegetables

Buffet Desserts

Selection of Cheeses

Saint-Marcellin de la Mère Richard	18
Roquefort Papillon	16
Beaufort d'Alpage	18
Reblochon Fermier au Lait Cru	16
Assiette de Fromages	18

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 choose : Icing Sugar, Chocolate, Salted Butter Caramel, Chantilly, Nutella	13
Additional whipped cream or ice cream	3, ⁵⁰

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 Choose : Chocolate, Coffee or Vanilla	17
« Dessert of the Day »	17
Tartlet choose : 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 Illy Gourmand	22
Tea or Chocolate Gourmand	24

Ice cream sundaes

Composed Ice Cream

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

1 Scoop of Sorbet and its glass of premium alcohol

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

2 Scoops of Sorbet with Alcohol

Colonel Lemon Sorbet, Vodka	23
After Eight Mint-Chocolate Ice Cream, Get 27	23
Framboisière Raspberry Sorbet, Raspberry Alcohol	23
Williams 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, ⁵⁰
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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. Alcohol abuse is dangerous for your health.