



tremplin-courchevel.com



65 years old of excellence

## 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 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

## 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

## 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 €

## Seafood Platter

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



# 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
THAI-SHANG	45 assorted pieces	210
ROYAL <i>Lobster Sashimi (600 - 700 g)</i>	30 assorted pieces	280
TREMLIN	90 assorted pieces	360
KOBE <i>6 sushi, 8 rolls, 8 sashimi</i>		450
IMPERIAL <i>Blue Lobster Sashimi (1kg)</i>	90 assorted pieces	590
DRAGON <i>Spiny Lobster Sashimi, Caviar 100 g</i>	90 assorted pieces	1 350



# Fresh Starters

<i>Tsar Nikolaj</i> Balik Smoked Salmon	100 g	75
Home-made King Crab « <i>Fresh Spring Rolls</i> »		55
King Crab and Avocado Cocktail		48
Octopus Carpaccio		30
Tuna Tataki with Sesame		40
Tuna and Avocado Tartare		38
Sardines Sardinillas <i>Selected by La Guildive</i>		32
Home-made Lightly-cooked Foie Gras with Truffles		48
Jamón Ibérico de Bellota <i>Gran Reserva</i>		
<i>Patanegra Ham Matured for at least 40 Months</i>		45



# Salads

King Crab Salad	68
Warm Sole Fillet Salad <i>with Avocado and Grapefruit</i>	48
Vietnamese Salad <i>with Crispy Chicken</i>	36
Assortment of Home-made Nems	
<i>Chicken, Shrimps, Vegetables</i>	36
Vegan Buddha Bowl	
<i>Rice, Lentils, Chinese Cabbage, Red Beetroot, Green Beans, Avocado, Sucrine, Sweet Potato, Mango, Clementine, Cashew Seeds, Pistachio, Sauce</i>	36
Green Salad	16



# Warm Starters

Seared King Scallops <i>on Skewer</i>	42
Norway Lobster Tails	
<i>Peeled and Served with Vegetable Nem</i>	Size 10/15 48
Burgundy Snails	6 pcs 23
	12 pcs 40
Sukiyaki Shrimp Soup	32
Sukiyaki Chicken Soup	30
<i>Home-made Fresh Fish Soup with Rouille Sauce and Croutons</i>	28

## Caviars

<i>Osciètre</i>	30 g	170 €
	50 g	260 €
"Sologne" Origin France	100 g	450 €
	250 g	1 120 €

## Pizzas

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

VODKA CAVIAR « <i>L'Orbre</i> »	France-Poland	4 cl	30 €
	The bottle		450 €



## 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* ..... 55  
*Low temperature cooking - France Origin*



## Burgers

Wagyu Burger *Australian Recipe* ..... 52

Prime Burger *Rib Eye Steak US* ..... 95

Veal Cheese Burger ..... 42



## Meat

Products of Origin France or EU and other countries

Thick-cut Beef Steak « *Fillet of Rump Steak* » ..... 45

Special Thick-cut Beef Steak « *Fillet of Rump Steak* »  
*with Cracked Pepper and Melted Butter* ..... 48

Fillet Steak « *Selected by Le Tremplin* » ..... 58

Steak Tartare  
*Knife Cut Rump Steak and Prepared in the Room* ..... 46

Veal Osso Buco *with Spaghetti* ..... 48

Bresse Chicken *with Morel Mushrooms* ..... 56

Bresse Chicken *Traditional Recipe, Roasted* ..... 48

Normandy Veal Escalope  
*with Mushrooms in a Cream Sauce, Tagliatelle* ..... 48

Milanesa  
*Finest Cushion of Veal, Spaghetti, Neapolitan Sauce* ..... 50

Lamb Chops *Origin France*  
*Grilled, Degreased* ..... 50

Troyes Chitterling Sausage, A.A.A.A. quality, *Grilled*  
*with Mustard Sauce* ..... 38

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

## Exclusive

# KOBE Beef



*of Japanese Origin*

## Kobe Sirloin Steak

*Grade A4/A5*

280 €

## Kobe Fondue

*(for 1 pers.)*

280 €

*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 €

## Specialities

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

**Burgundy Meat Fondue** *with Fillet Steak* ..... 58 €

**Savoy Fondue** *with Beaufort Cheese* ..... 48 €

**Valais Raclette** *with Raw Milk* ..... 52 €



# Fish of the Day

Black Cod	68
Fillet of Scottish Salmon, Seared <i>with Sea Salt Virgin Sauce</i>	45
Fresh Sole <i>Meunière or Grilled 400/500g</i>	78
Plate of Bouillabaisse <i>Fish, Shellfish, Rouille and Croutons</i>	58

# Sea Food

Daily deliveries

Canadian Lobster <i>Grilled</i>	per 100 g	22
Blue Lobster <i>Grilled</i>	per 100 g	35
Royal Spiny Lobster <i>Grilled Brittany or Mediterranean</i>	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	18	Turbot <i>Grilled &amp; Baked in the Oven</i>	per 100 g	22
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**Fresh Truffle**  
Additional Charge for 10 g 54 €

## Tagliatelle and Risotto

Tagliatelle with Fresh Truffles	65
Tagliatelle with Fresh Truffles and Home Made Foie Gras	75
Lobster Tagliatelle « à l'Americain »	70
Fresh Truffle Risotto	65
Norway Lobster Tails Risotto <i>Shelled Size 10/15</i>	60
Lobster Risotto <i>Flambé in its Juice</i>	70

## 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 <i>2 People</i>	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 choice : 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 <i>6 pcs</i>	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
Liégeois 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
Framboisier 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,<sup>50</sup>

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



Organic Egg

Infiniment Plus - 12/2024



Alcohol abuse is dangerous for your health.