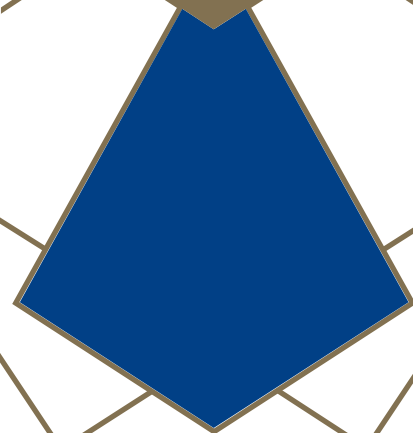




LE
TREMPLIN
55^{TH.}
COURCHEVEL





**LE
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COURCHEVEL**

We are pleased to welcome you at
Le Tremplin and wish you a pleasant
lunch.

Oysters



« Spéciale Gillardeau »

Papillons _____	6 Pcs	25
_____	12 Pcs	42
Spéciales n° 2 _____	6 Pcs	39
_____	12 Pcs	69



Fines de Claire From « Marennes-Oléron »

Claire n° 3 _____	6 Pcs	19
_____	12 Pcs	35
Claire n° 2 _____	6 Pcs	25
_____	12 Pcs	42
Claire n° 0 _____	6 Pcs	33
_____	12 Pcs	58



Plates Flat Oysters

Belons n° 3 _____	6 Pcs	29
_____	12 Pcs	52
Belons n° 0 _____	6 Pcs	45
_____	12 Pcs	80
Belons n° 00 _____	6 Pcs	50
_____	12 Pcs	88

Shellfish

Clams _____	6 pcs	18
Spanish Mussels _____	12 pcs	15
Whelks with Mayonnaise _____	1 portion	18
Coral Bead Pink Shrimps _____	1 portion	35
Norway Lobsters with Mayonnaise Size 10/15 _1 portion		39
Brown Crab Claws with Mayonnaise - min. 3-4 pcs		42

Platter of Seafood



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,
4 Brown Crab Claws,
12 Norway Lobsters,
16 Shrimps, Whelks, Shellfish

495 €

Oyster Degustation Platter

4 Claire n°3 Oysters, 4 Belon n°3 Oysters,
4 Special Papillon Oysters _____ 50

Discovery Platter

1 King Crab Merus, 2 Norway Lobsters,
3 Prawns, 1 Spider Crab _____ 85

Shellfish Platter

3 Claire n°3 Oysters, 1 Brown Crab Claw,
2 Norway Lobsters, 3 Shrimps, Whelks _____ 48

Crustacean Platter

1 Lobster from the Tank, 1 Brown Crab, 3 Norway Lobsters,
6 Shrimps, 2 Brown Crab Claws _____ 130

Royal Platter

24 Claire n°3 Oysters, 6 Norway Lobsters, 1 Brown Crab,
8 Shrimps, Whelks, Shellfish _____ for 2 180

Royal Platter with Spéciale Gillardeau Oysters

12 Papillon Oysters, 12 Special n°2 Oysters, 6 Norway Lobsters,
1 Brown Crab, 8 Shrimps, Whelks, Shellfish _____ for 2 215

✂ *Brown Crab served cold with Mayonnaise* _ 1 pc 44

✂ *King Crab Merus with Mayonnaise* _____ 4 pcs 120

✂ *Lobster served cold with Mayonnaise*
Typical weight 700-800 g _____ 1 pc 92

Depending on availability or ordered upon request

Sea Violets – Large Sea Urchins (Galicia or Iceland) – Pied de Cheval Oyster 300 - 400 g

Price subject to market fluctuations

Sushi %

Tuna _____	1 pc	5, ⁸⁰
Salmon _____	1 pc	4, ⁹⁰
Scallop _____	1 pc	6, ⁵⁰
Shrimp _____	1 pc	5, ⁸⁰
Lobster _____	1 pc	9, ⁹⁰
King Crab _____	1 pc	8, ⁹⁰
Okina Aji _____	2 pcs	18

Sashimi %

Tuna _____	1 pc	6, ⁵⁰
Salmon _____	1 pc	5, ⁵⁰
Scallop _____	1 pc	7, ⁵⁰
Blue Lobster _____	per 100 g	28
Spiny Lobster	Price subject to market fluctuations	

Shan-Shen %

Tuna _____	1 portion / 6 pcs	46
Salmon _____	1 portion / 6 pcs	42
Shrimp _____	1 portion / 6 pcs	44
Combined _____	1 portion / 6 pcs	45

Kobe %

California Roll _____	8 pcs	120
Sushi _____	2 pcs	45
Sashimi _____	8 pcs	170

Sake

Shirakabegura Junmai Daiginjo	8 cl	15
Nabeshima Daiginjo _____	8 cl	25
« Mio » Dry Sparkling Sake _____	10 cl	12



California Roll %

Tuna _____	1 pc	6
Salmon _____	1 pc	5
Crab _____	1 pc	5
King Crab _____	1 pc	9
Vegetables _____	1 pc	5

Crispy Roll %

Tuna _____	1 pc	6, ⁸⁰
Salmon _____	1 pc	5, ⁸⁰
Crab _____	1 pc	5, ⁸⁰
King Crab _____	1 pc	9, ⁸⁰

Maki %

Tuna _____	1 pc	4, ⁷⁰
Salmon _____	1 pc	4
Cucumber _____	1 pc	4
Avocado _____	1 pc	4

Platters %

6 Makis _____	24
6 Sushis _____	32
6 Sashimis _____	34
6 California Rolls _____	32
Yamagami _____	40
Rice Furikake, 6 Salmon Sashimi	



Extra for CAVIAR 30 g 135

Platter of Sushi

NIGVIRI _____	10 assorted pieces	45
SHAN-FON _____	15 assorted pieces	65
SONG-SHAN _____	30 assorted pieces	125
THAI-SHANG _____	45 assorted pieces	178
ROYAL <i>Lobster Sashimi</i> _____ (600 - 700 g)	30 assorted pieces	235
TREMLIN _____	90 assorted pieces	328
KOBE PLATTER _____	6 sushi, 8 rolls, 8 sashimi	390
IMPÉRIAL <i>Blue Lobster Sashimi</i> _____ (1kg)	90 assorted pieces	535
DRAGON <i>Spiny Lobster Sashimi, Caviar 100 g</i> _____	90 assorted pieces	1 200

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Appetisers

Spécialités

Imperial Caviar

“Sologne” Origin France

30 g 135 €

50 g 190 €

100 g 360 €

Home-made Fresh Fish Soup <i>with Rouille Sauce and Croutons</i>	_____	25
Tsar Nikolaj Tenderloin of Smoked Salmon	_____ 100 g	62
Scottish Smoked Salmon <i>Selected by Tremplin</i>	_____	28
King Crab and Avocado Cocktail	_____	38
« Sardinillas » Sardines <i>Selected by La Guillardive</i>	_____	26
Tuna and Avocado Tartare	_____	34
Home-made Pressed Foie Gras <i>with Truffles</i>	_____	35
Octopus Carpaccio	_____	22
Perfect Soft-Boiled Egg <i>Croutons, Burgundy Mushrooms « Organic Egg »</i>	_____	20
Jamón Ibérico de Bellota “Gran Reserva” <i>Patanegra Ham</i> Matured for at least 40 Months	_____	40
Burgundy Snails	_____ 6 pcs	17
	_____ 12 pcs	30
Cured Mountain Ham <i>Matured for 24 Months Selected by Tremplin</i>	_____	22
Plate of Assorted Savoie <i>Delicatessen & Beaufort Cheese</i>	_____	28
Bündnerfleisch Swiss dried Beef	_____	24

Salads

King Crab Salad	_____	48
Seafood Salad <i>Lettuce, Avocado, Grapefruit, Crab Meat, Smoked Salmon, Prawns</i>	_____	36
Fresh Lobster Salade <i>Fresh Fish</i>	_____	48
Warm Fillet of Sole <i>Avocado and Grapefruit Salad</i>	_____	38
Cæsar Salad <i>Lettuce, Chicken Fillet, Tomatoes, Parmesan, Croutons</i>	_____	28
Chavignol Goats Cheese Salad	_____	24
Mixed Salad <i>Salad, Tomato, Onions, Organic Egg</i>	_____	19
Green Salad	_____	15

Asian Sike

Assortment of home-made Nems <i>Chicken, Prawn, Vegetable</i>	_____	28
Home-made King Crab « Spring Rolls »	_____	38
Thai Beef Salad	_____	25
Vietnamese Salad <i>with Crispy Chicken</i>	_____	27
Tuna Tataki <i>with Sesame</i>	_____	32
Shrimp Sukiyaki Soup	_____	28
Chicken Sukiyaki Soup	_____	25

Pasta

Spaghetti Bolognaise	_____	27
Spaghetti Carbonara	<i>with Diced Bacon, Organic Egg, Fresh Cream</i> _____	29
Spaghetti	<i>with Bündnerfleisch (Swiss Dried Beef) Cream, Organic Egg</i> _____	32
Lobster Spaghetti	<i>with American Sauce</i> _____	55
Oven-baked Lasagne	<i>Home-Made</i> _____	30
Tagliatelle	<i>with Smoked Salmon</i> _____	32
Tagliatelle	<i>with Fresh Truffles</i> _____	55



Fresh Truffle Shavings

Additional : Charge for 10 g 55 €

Pizzas

Marguerita	<i>Tomato, Mozzarella, Olive</i> _____	26
Queen	<i>Tomato, Mozzarella, Ham, Mushrooms</i> _____	28
Mountain Pizza	<i>Cream, Bacon Lardons, Reblochon Cheese, Mozzarella, Persillade</i> _____	28
Tomatoe Wagyu	<i>Cheese, Wagyu Beef Ham, Mushrooms</i> _____	32
Pizza Burger Turnover	<i>Tomato, Mozzarella, Minced Beef, Onions</i> _____	28
Four Cheeses	<i>Tomato, Roquefort, Mozzarella, Goats' Cheese, Emmental</i> _____	28
Etna	<i>Tomato, Mozzarella, Chorizo Sausage, Marinated Peppers, Organic Egg</i> _____	28
Four Seasons	<i>Tomato, Mozzarella, Artichoke, Mushrooms, Peppers</i> _____	28
Méditerranéenne	<i>Tomato, Mozzarella, Green Salad, Parmesan Cheese, "Sauce Pistou"</i> _____	28



Pizza with Truffles	_____	75
Pizza with Caviar (70 g)	_____	280

Platter



Tremplin *Cured Ham, Fried Organic Eggs and French Fries, Barbecue Sauce* _____ 28

Stir-Fried Noodles and Vegetables _____ 30

Raclette *Potato, Raclette Cheese, Bündnerfleisch (Swiss dried Beef), Beef Ham, Green Salad* _____ 34

Tartiflette *Potatoes, Reblochon Cheese, Diced Bacon, Onions and Cream, served with Green Salad* _____ 34

EXCLUSIVE RIGHTS

KOBE
Beef



*Kobe Sirloin
Steak 8+*

180 €

*A remarkable gem of Japanese cuisine.
This meat is often placed on an equal footing
with Russian caviar or Château Pétrus.
It's the most legendary and world
renowned Japanese beef.
Le Tremplin is an official member of the
association and is the only restaurant to serve
this exceptional meat in the French Alps.*

of Japanese Origin

Home-made Mashed Potatoes

with Truffles 45 €

Meat

Products with protected designation of origin and traceability

Steak and French Fries _____	29
Thick-cut Beef Steak « Fillet of Rump Steak » _____ 200 g	35
Special Rump Steak <i>with Cracked Pepper and Melted Butter</i> _____ 200 g	37
Steak Tartare <i>Rump Steak Cut with a Knife and Prepared</i> _____ 180 g	35
Fillet Steak « Selected by Le Tremplin » _____ 200 g	45
Melt-In-The-Mouth Beef Paleron <i>Bourguignon, Creamy Polenta</i> _____	36
Milanesa <i>Finest Cushion of Veal, Spaghetti, Neapolitan Sauce</i> _____	40
Lamb Chops <i>Country of Origin France Grilled, Degreased</i> _____	40
Bresse Chicken <i>Fricassee of Morel Mushrooms</i> _____	42
Bresse Chicken Breast <i>Traditional Recipe Roast</i> _____	38
Troyes Chitterlings Sausage A.A.A.A.A. <i>Mustard Sauce</i> _____	30

Selected by le Tremplin

Entrecôte French Beef <i>Aubrac, Limousin, Charolais...</i> _____ (for 1 pers) 400 g	65
Prime Rib « US PRIME » <i>Black Angus</i> _____ (for 2) Minimum 1kg	180
Wagyu Fillet _____	85
Veal Tomahawk Steak _____ (for 2) Minimum 1kg	90

Burgers

Cheese Burger <i>with Veal</i> _____	34
Cheese Burger <i>with Rump Steak</i> _____	32
Wagyu Burger <i>Australian Recipe</i> _____	45
Fillet Burger <i>Le Tremplin's Special</i> _____	100

Fish

Black Cod _____	60
John Dory served <i>with Sauce Vierge</i> _____	45
Fillet of Scottish Salmon Seared <i>with Sea Salt, Beurre Blanc Sauce</i> _____	35
Fresh Sole Meunière _____	60
Griddled XL Prawns _____	48
Sauted Thai Rice <i>with Thai Rice King Prawns</i> _____	40

Seafood

Canadian Lobster <i>Grilled</i> _____ per 100 g	17
Blue Lobster <i>Grilled</i> _____ per 100 g	28
Brittany Royal Spiny Lobster <i>Grilled</i> per 100 g	
Price subject to market fluctuations and availability	

Choice of Home-made Sauces: *Béarnaise, Pepper, Barbecue. Extra 6 € Morel Mushroom Sauce*

Croisette Menu

Main Course + Dessert	_____	40
Starter + Main Course	_____	46
Starter + Main Course + Dessert	_____	56

Pitcher of wine

Macon Blanc AOC

Bordeaux

Labottière Réserve « Cordier »

Côtes de Provence

« M » de Minuty

Glass	7 €
Half a Litre	16, ⁹⁰ €
Litre	32 €

Beaujolais Village
Dubœuf

Glass	7 €
46 cl	16, ⁹⁰ €

Starters

- 6 Fine Fattened Oysters
From Marennes-Oléron
- 6 Snails of Burgundy
- Smoked Salmon
- Mixed Salad *Salad, Tomato, Onions, Organic Egg*

Main Courses

- Steak and French Fries
- Melt-In-The-Mouth Beef Paleron
Bourguignon, Creamy Polenta
- Troyes Chitterlings Sausage A.A.A.A.
Quality with Mustard Sauce
- Fillet of Scottish Salmon Seared
with Sea Salt and Sauce Beurre Blanc
- Stir-Fried Noodles and Vegetables
- Main Course of The Day

Desserts Buffet

Suggestions of the Day



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Do not hesitate to ask for
our Evening Menu
and its Specialities

Exhaustive information on the allergenic ingredients used in our meals is available at the reception of the restaurant.

Agence Infirmant Plus



Organic Egg