

LE
TREMPLIN
55TH.
COURCHEVEL





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

Sushi %

Tuna _____	1 pc	5, ⁸⁰
Salmon _____	1 pc	4, ⁹⁰
Scallops _____	1 pc	6, ⁵⁰
Shrimps _____	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
Scallops _____	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
Shrimps _____	1 portion / 6 pcs	44
Combined _____	1 portion / 6 pcs	45

Kobe %

California Roll _____	8 pcs	120
Sushi _____	2 pcs	45
Sashimi _____	(180 g) 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

Supplément for CAVIAR 30 g 135

Compositions

NIGVIRI _____	10 assorted pieces	45
SHAN-FON _____	15 assorted pieces	65
SONG-SHAN _____	30 assorted pieces	125
THAÏ-SHANG _____	45 assorted pieces	178
ROYAL Lobster Sashimi _____ (600 - 700 g)	30 assorted pieces	235
TREMLIN _____	90 assorted pieces	328
KOBE PLATTER _____ 6 pieces of sushi, 8 rolls, 8 pieces of sashimi (120 g)		390
IMPÉRIAL Blue Lobster Sashimi _____ (1kg)	90 assorted pieces	535
DRAGON Spiny Lobster Sashimi, Caviar 100 g _____	90 assorted pieces	1 200

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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

Seafood

depending on availability or ordered upon request

Sea Violets

Extra Select Sea Urchins (*Galicia or Iceland*)

Pied de Cheval Oyster 300 - 400 g

Price subject to market fluctuations

Oysters

« Spéciale Gillardeau »

Papillon	6 pcs	25	12 pcs	42
Special n° 2	6 pcs	39	12 pcs	69

« Fines de Claire » from Marennes-Oleron

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

Belon Flat Oysters

Belon n° 3	6 pcs	29	12 pcs	52
Belon n° 0	6 pcs	45	12 pcs	80
Belon n° 00	6 pcs	50	12 pcs	88

✕ <i>Brown Crab served cold with Mayonnaise</i>	1 pc	44
✕ <i>King Crab Merus with Mayonnaise</i>	4 pcs	120
✕ <i>Lobster served cold with Mayonnaise</i> Typical weight 700-800 g	1 pc	92

Jumbo

Royal Platter with Lobster

for 4 people

6 Papillon Oysters,
6 Speciales 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 €

Compositions

Shellfish Platter

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

Discovery Platter

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

Oyster Degustation Platter

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

Crustacean Degustation 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 pers 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 pers 215

Starters

Tsar Nikolaj Tenderloin of Smoked Salmon _____ 100 g	62
Scottish Smoked Salmon Selected by « Le Tremplin » _____	28
Home-made King Crab « Spring Rolls » _____	38
King Crab and Avocado Cocktail _____	38
Octopus Carpaccio _____	22
Tuna Tataki with Sesame _____	32
Tuna and Avocado Tartare _____	34
Sardines Sardinillas Selected by La Guildive _____	26
Home-made Pressed Foie Gras with Truffles _____	35
Jamón Ibérico de Bellota « Gran Reserva » Patanegra Ham Matured for at least 40 Months _____	40

Warm Starters

Shrimp Sukiyaki Soup _____	28
Chicken Sukiyaki Soup _____	25
Home-made Fresh Fish Soup with Rouille Sauce and Croutons _____	25
Seared King Scallops with Truffles _____	38
Burgundy Snails _____ 6 pcs	17
_____ 12 pcs	30
Perfect Soft-Boiled Egg Croutons, Burgundy Mushrooms « Organic Egg » _____	20

Salads

Lobster Salad with Fresh Lobster from our Tank _____	48
Warm Sole Fillet Salad with Avocado and Grapefruit _____	38
King Crab Salad _____	48
Assortment of home-made Nems Chicken, Prawn, Vegetables _____	28
Vietnamese Salad with Crispy Chicken _____	27
Green Salad _____	15



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
Pétras.

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

Le Tremplin's Selected

Entrecôte, French beef Aubrac, Limousin, Charolais... _____ (for 1 pers) 400 g	65
Prime Rib "US PRIME" Black Angus _____ (for 2 pers) Minimum 1kg	180
Wagyu Fillet _____	85
Veal Tomahawk Steak _____ (for 2 pers) Minimum 1kg	90

Burgers

Wagyu Burger Australian Recipe _____	45
Fillet Burger Wagyu « Le Tremplin's Special » _____	100
Cheese Burger with Veal _____	34

Home made Mashed Potatoes with Truffles 45

Meat

Products with protected designation of origin and traceability

Thick-cut Beef Steak « Fillet of Rump Steak » _____	35
Special Thick-cut Beef Steak « Fillet of Rump Steak » with Cracked Pepper and Melted Butter _____	37
Fillet Steak « Selected by Le Tremplin » _____	44
Steak Tartare Rump Steak Cut with a Knife and Prepared _____	38
Melt-In-The-Mouth Beef Paleron Bourguignon, Creamy Polenta _____	36
Bresse Chicken Breast Traditional Recipe _____	42
Bresse Chicken Fricassee of Morel Mushrooms _____	38
Normandy Veal Escalope with Mushrooms in a Cream Sauce, Tagliatelle _____	40
Milanese Finest Cushion of Veal, Spaghetti, Neapolitan Sauce _____	40
Lamb Chops Country of Origin France Grilled, Degreased _____	40
Troyes Chitterling Sausage, A.A.A.A. quality, with Mustard Sauce _____	30

Specialities

Burgundy Meat Fondue with Fillet Steak	48 €
Savoy Fondue with Beaufort Cheese	38 €
Valais Raclette with Raw Milk	42 €

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

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

Tagliatelle and Risotto

Tagliatelle with Truffles _____	55
Tagliatelle with Truffles and Foie Gras _____	60
Lobster Tagliatelle à l'Américain _____	55
Fresh Truffle Risotto _____	58
XL Prawn Risotto _____	48
Risotto with Lobster Flambéed in its Juice _____	55



Fresh Truffle Shavings

Additional Charge _____ For 10 g 55

Pizzas

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

Prawns

Sautéed Thai Rice with Prawns _____	40
Griddled XL Prawns _____	48

Crustacea

Daily deliveries

Canadian Lobster Grilled _____	Per 100 g 17
Blue Lobster Grilled _____	Per 100 g 28

Brittany Royal Spiny Lobster

Per 100 g, price subject to market fluctuations and availability

Fish of the Day

Black Cod _____	60
John Dory with Sauce Vierge _____	45
Fillet of Scottish Salmon with Sea Salt and Beurre Blanc Sauce _____	35
Fresh Sole Meunière or Grilled _____	60

Wild Fish

from the

Atlantic Ocean

**John Dory, Sole,
Sea Bream, Sea Bass**

Per 100 g 15 €

Turbot

Per 100 g 18 €

Grilled & Baked in the Oven



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A note from the Chef

Le Tremplin team and I have created this menu based on original recipes and top quality products.

Our daily deliveries guarantee the exceptional freshness of our dishes.

We strive to make your dining experience a moment of true pleasure.

Jacky Botrel

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

Agence Infirmement Plus



Organic Eggs