




LE
TREMPLIN
00^{th.}
COURCHEVEL



Menu from 3 pm - 6 pm

Afternoon News

Sushi

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
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	30
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

Sake

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



Kobe

California Roll _____	8 pcs	130
Sushi _____	2 pcs	55
Sashimi _____	8 pcs	180

California Roll

Tuna _____	1 pc	6
Salmon _____	1 pc	5
Crab _____	1 pc	5
King Crab _____	1 pc	15
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	15

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

Platter of Sushi

SHAN-FON _____	15 assorted pieces	65	TREMLIN _____	90 assorted pieces	328
SONG-SHAN _____	30 assorted pieces	125	KOBE PLATTER _____	6 sushi, 8 rolls, 8 sashimi	390
THAI-SHANG _____	45 assorted pieces	178	IMPÉRIAL Blue Lobster Sashimi _____	(1kg) 90 assorted pieces	545
ROYAL Lobster Sashimi _____	(600 - 700 g) 30 assorted pieces	245	DRAGON Spiny Lobster Sashimi, Caviar 100 g _____	90 assorted pieces	1 200

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 »

Clares n° 3 _____	6 Pcs	19
_____	12 Pcs	35
Clares n° 2 _____	6 Pcs	25
_____	12 Pcs	42
Clares 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	42
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,
2 Snow Crabs (cluster),
2 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 Snow Crab (cluster), 2 Norway Lobsters,
3 Prawns, 1 Brown Crab Claw _____ 90

Shellfish Platter

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

Crustacean Platter

1/2 Lobster, 1 Snow Crab (cluster), 3 Norway Lobsters,
6 Shrimps, 2 Brown Crab Claws _____ 130

Royal Platter

24 Claire n°3 Oysters, 6 Norway Lobsters, 1 Snow Crab (cluster),
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 Snow Crab (cluster), 8 Shrimps, Whelks, Shellfish _____ for 2 215

Snow Crab served cold with Mayonnaise _____ 1 cluster 65

Lobster served cold with Mayonnaise
Typical weight 700-800 g _____ 1 pc 95

Depending on availability or ordered upon request

Sea Violets – Large Sea Urchins (Brittany, Galicia or Iceland)

Pied de Cheval Oyster 300 - 400 g

Price subject to market fluctuations



Appetisers

King Crab Salad _____	65
Seafood Salad Lettuce, Avocado, Grapefruit, Crab Meat, Smoked Salmon, Prawns _____	39
Home-made Fresh Fish Soup with Rouille Sauce and Croutons _____	25
Shrimp Sukiyaki Soup _____	29
Chicken Sukiyaki Soup _____	26
Burgundy Snails _____ 6 pcs	18
_____ 12 pcs	32
Tsar Nikolaj Smoked Salmon _____ 100 g	62
Home-made Pressed Foie Gras with Truffles _____	36
Assortment of Home-made Nems Chicken, Prawn, Vegetable _____	29
Octopus Carpaccio _____	25
Vegan Salad Salad, Young Artichokes, Green Beans, Pepper Drops, Hazelnuts _____	29



Pizzas

Marguerita Tomato, Mozzarella, Olive _____	27
Queen Tomato, Mozzarella, Ham, Mushrooms _____	29
Mountain Pizza Cream, Bacon Lardons, Reblochon Cheese, Mozzarella, Persillade _____	29
Wagyu Tomatoe, Cheese, Wagyu Beef Ham, Mushrooms _____	39
Pizza Burger Turnover Tomato, Mozzarella, Minced Beef, Onions _____	29
Four Cheeses Tomato, Roquefort, Mozzarella, Goats' Cheese, Emmental _____	29
Etna Tomato, Mozzarella, Spicy Italian Salami « Spianata Piccante », Marinated Peppers, Organic Egg _____	29
Four Seasons Tomato, Mozzarella, Artichoke, Mushrooms, Peppers _____	29
Mediterranean Tomato, Mozzarella, Green Salad, Parmesan Cheese, "Sauce Pistou" _____	29



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



Pasta

Spaghetti Bolognese _____	28
Spaghetti Carbonara with Diced Bacon, Organic Egg, Fresh Cream _____	30
Spaghetti with Bündnerfleisch (Swiss Dried Beef) Cream, Organic Egg _____	34
Oven-baked Lasagne Home-Made _____	32



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

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

EXCLUSIVE RIGHTS

KOBE
Beef 

Kobe Sirloin Steak 8+

220 €

*It's the most legendary and world
renowned Japanese beef
Le Tremplin is an official member
of the association
is one of the few restaurants
to offer this prestigious meat in France
of Japanese Origin*

Selected by le **TREMPLIN**

Entrecôte Aberdeen	Angus - (for 1 pers.) 400 g	70
Prime Rib Aberdeen	Angus — (for 2 pers.) 1kg	1 60
Wagyu Fillet	_____	95
Pan-Seared Veal Chop	_____	45
with Gravy and Home-Made Mashed Potatoes - Origin France		

 _____
**Home-made Mashed
Potatoes with Truffles**

48 €

Burgers

Cheese Burger	with Veal _____	35
Cheese Burger	with Rump Steak _____	35
Wagyu Burger	Australian Recipe _____	45
Fillet Burger	Le Tremplin's Special _____	1 10

Meat

Products of Origin France or EU and other countries

Steak and French Fries	_____	30
Thick-cut Beef Steak	« Fillet of Rump Steak » _____ 200 g	38
Fillet Steak	« Selected by Le Tremplin » _____ 200 g	50
Veal Osso Buco with Spaghetti	_____	40
Lamb Chops	Country of Origin France Grilled, Degreased _____	42

Fish

Black Cod	_____	65
Fresh Sole Meunière	_____	65
Giant Wild Prawn	_____	55
Peeled and Flambé		

Tartiflette

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

35 €





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