



STARTERS

Eggs "mimosa" trio - 2,90 / Beef terrine with vegetables - 4,50 / Fish soup Marius' way - 5
Fried "Curé Nantais" with his toasted bun - 6,50 / Whelks "terrine" - 4,90 / Cold season octopus salad - 6
"Oeuf parfait" with smoked haddock cream, green cabbage - 4,90 / Country side "terrine" - 3,90
Crumble crab and lobster flesh "remoulade" - 10 / Half lobster with mayonnaise - 25
Norway lobster in "eclair", Bisque - 9,50

WHAT'S NEXT

Fishes

Plaice fillet with "vierge" sauce - 10,50 / Grilled sardines with fresh herbs - 7
Skate wing "Grenobloise" style - 12,90 / Pavé of lean with nasturtium juice - 14,80
Grilled Brittany lobster, butter of chief, one piece 100g - 11 / Saint-Pierre fillet, Nantais' butter - 29

Meats

Duo of raw and smoked beef, "tartare" style - 11,80 / The Marius Hamburger - 10,50
Flame broiled piece of beef / Minced steak topped with fried egg 180g - 9,80
Poultry ballotine - 11,40 / Flame broiled rack of pork from the "pays Basque" with honey - 13,50
Side of veal Tied 280g with juice - 23 / Cut of beef Tenderloin 180g - 24
Heart of spring sweetbread - 24 / Duck breast with poultry juice - 20

To share

OR NOT !

Flame broiled Tomahawk beef rib 1,2kg - 68

CHOICE OF SIDE DISH

Salad with nuts - 2,20 / Marius french fries - 2,50 / Organic grilled today's vegetables - 3,50
Spelt risotto - 3,50 / Duo of mousselines of the moment - 3

SHELLFISH AND CRUSTACEANS

Welks mayonnaise 200g - 6 / Winkles 200g - 7 / Grey shrimps 100g - 7
Norway lobster bunch 250g - 16 / Half Brittany lobster mayonnaise - 25
6 oysters n°3, Bourgneuf bay - 12,50 / 9 oysters n°3, Bourgneuf bay - 18
12 oysters n°3, Bourgneuf bay - 24

SEAFOOD PLATTERS

The discovery

3 oysters n°3, whelks, 100g, periwinkles, 80g, grey shrimps, 50g, 3 Norway lobster - 18

The greedy

6 oysters n°3, whelks 200g, periwinkles 150g, grey shrimps 100g, 6 Norway lobster, half-crab - 43

The gourmet

6 oysters n°3, whelks 200g, periwinkles 150g, grey shrimps 100g, 6 Norway lobster, half-lobster - 58

BUDDHA BOWL

THE BUDDHA BOWL FOR THE INITIATED IS MEANLY COMPOSED OF VEGETABLES,
WHOLE GRAINS, PROTEINS, BEANS AND OLEAGINOUS.

IT IS NAMED AFTER BUDDHA OFTEN DEPICTED AS HAVING A BIG ROUND BELLY,
A GOOD AND HEALTHY MEAL.

Compose your bowl

4 ingredients to choose - 9

Beans : red beans / lentils / chickpeas

Vegetables : peppers / beets / carrots

Whole grains : quinoa / small spelt / red whole grain rice from Camargue

Oleaginous: olives / hazelnuts / sunflower seeds.

Add your protein + 3

Proteins: minced chicken / Sheep cheese with pepper

Your sauce

Lemon vinaigrette / Creamy sauce sweetened with honey.

CHEESE

Craft cheese making

GOURMET PLATE TO COMPOSE AS PER YOUR CHOICES

Curé nantais - 2,60 / Tome de vache (cow cheese)- 2,60

Tome de brebis (sheep cheese) - 2,60 / Crèmeux de Bourgogne with truffle - 3

THE PASTRIES CHEF'S CORNER

Homemade pastries

Valhrona 3 chocolates mousse - 4,90 / Lemon meringue pie - 4,90

Saint Honoré grapefruit hazelnut - 4,90 / Strawberry shortbread, Lemon and basil cream - 4,90

Little pleasure coffee - 3,60 / Gourmet coffee or tea - 5,90 / Gourmet Champagne - 13,90

FOR THE KIDS

Up to 10 years

Small pot of beef-muslin - 2,50 / Small pot with vegetables - 2 / Small pot mashed potato with fish - 2,50

Starter: Whelks Terrine - 2 / "mimosa" eggs - 2 / beef terrine with vegetables - 2

Main course: Carrelet fillet - 5 / Homemade chopped steak - 5 / Poultry ribs - 5

Choice of: Muslin / Organic braised vegetables / Marius French fries

Dessert: Chocolate tart - 1,50 / Strawberry shortbread - 1,50 / Saint Honoré - 1,50

OUR LOCAL PRODUCERS

Fish: Bateau Soleil Royal, la Poissonnerie du Môle / **Oysters:** Frederic Moulin aux Moutiers

Meat: Jean-Marc Evy, éleveur de limousines bio / **Honey:** L'abeille de Jade à Pornic

Organic fruits / vegetables: Gaec Dureau à Chaumes en Retz & Gaec de la Milliassière à Pornic

Seaweed and herbs: Echos nature à la Plaine sur Mer / Le Curé Nantais à Pornic

Creamery: Gaec Maraîchant à Bourgneuf / **Cheese:** Hélène Landron à Saint Père en Retz

Salt: Daniel Robard, paludier à Bourgneuf en Retz / **Flour:** Minoterie Soufflet à Pornic