

Le TREMPLIN

2024 since 1960

COURCHEVEL 1850

2023-2024 season



www.tremplin-courchevel.com

Oysters

« Spéciale Gillardeau »

Papillons	6 Pcs	29
	12 Pcs	54
Spéciales n° 2	6 Pcs	47
	12 Pcs	84

Fines de Claire From « Marennes-Oléron »

Clares n° 3	6 Pcs	21
	12 Pcs	38
Clares n° 2	6 Pcs	28
	12 Pcs	48
Clares n° 0	6 Pcs	47
	12 Pcs	84

Plates Flat Oysters

Belons n° 3	6 Pcs	30
	12 Pcs	54
Belons n° 0	6 Pcs	50
	12 Pcs	88
Belons n° 00	6 Pcs	63
	12 Pcs	114
Pied de Cheval Oysters 300 à 400 g To Order Price subject to market fluctuations		

Shellfish

Clams	6 pcs	19
Mussels	1 portion	16
Whelks with Mayonnaise	1 portion	19
Pink Shrimps	1 portion	36
Norway Lobsters with Mayonnaise Size 10/15	1 portion	54
Brown Crab Claws with Mayonnaise	min. 3-4 pcs	44

Snow Crab Merus served cold

with Mayonnaise 8 shelled pieces 68

Lobster served cold with Mayonnaise

Typical weight 700-800 g 1 pc 95

Platter of Seafood

Oyster Degustation Platter

4 Claire n°3, 4 Belon n°3, 4 Special Papillon 57

Discovery Platter

3 Shelled Snow Crab Merus, 2 Norway Lobsters, 3 Shrimps, 1 Brown Crab Claw 88

Shellfish Platter

3 Claire n°3 Oysters, 1 Brown Crab Claw, 2 Norway Lobsters, 3 Shrimps, Whelks 52

Crustacean Platter

1/2 Lobster, 4 Shelled Snow Crab Merus, 3 Norway Lobsters, 6 Shrimps, 2 Brown Crab Claws 144

Royal Platter

24 Claire n°3 Oysters, 6 Norway Lobsters, 4 Shelled Snow Crab Merus, 8 Shrimps, 2 Brown Crab Claws, Whelks, Shellfish for 2 195

Royal Platter with Spéciale Gillardeau Oysters

12 Papillon Oysters, 12 Special n°2 Oysters, 4 Shelled Snow Crab Merus, 2 Brown Crab Claws, 6 Norway Lobsters, 8 Shrimps, Whelks, Shellfish for 2 235

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,
6 Shelled Snow Crab Merus,
4 Brown Crab Claws,
12 Norway Lobsters,
16 Shrimps,
Whelks, Shellfish

540 €

Depending on availability or ordered upon request

Sea Violets - Large Sea Urchins (Brittany, Galicia, Iceland or Norway)

Price subject to market fluctuations

Sushi

Sushi

Tuna	1 pc	7
Salmon	1 pc	6
Scallop	1 pc	7,50
Shrimp	1 pc	6,50
Lobster	1 pc	11

Sashimi

Tuna	1 pc	7,50
Salmon	1 pc	6,50
Scallop	1 pc	8,50
Blue Lobster	per 100 g	34
Spiny Lobster	Price subject to market fluctuations	

Shan-Shen

Tuna	1 portion / 6 pcs	50
Salmon	1 portion / 6 pcs	46
Shrimp	1 portion / 6 pcs	48
Combined	1 portion / 6 pcs	49

Kobe

California Roll	8 pcs	144
Sushi	2 pcs	62
Sashimi	8 pcs	210

California Roll

Tuna	1 pc	7
Salmon	1 pc	6
Crab	1 pc	6
King Crab	1 pc	17
Vegetables	1 pc	6

Crispy Roll

Tuna	1 pc	8
Salmon	1 pc	7
Crab	1 pc	8
King Crab	1 pc	17

Maki

Tuna	1 pc	6
Salmon	1 pc	5,50
Cucumber	1 pc	5
Avocado	1 pc	5

Platters

6 Makis	27
6 Sushis	36
6 Sashimis	38
6 California Rolls	37
Yamagami	46
Rice Furikake, 6 Salmon Sashimi	



Platter

SHAN-FON	15 assorted pieces	72
SONG-SHAN	30 assorted pieces	138
THAI-SHANG	45 assorted pieces	195
ROYAL		
Lobster Sashimi (600 - 700 g)	30 assorted pieces	270
TREMLIN	90 assorted pieces	350
KOBE PLATTER	6 sushi, 8 rolls, 8 sashimi	430
IMPERIAL		
Blue Lobster Sashimi (1kg)	90 assorted pieces	580
DRAGON	Spiny Lobster Sashimi, Caviar 100 g	
	90 assorted pieces	1 310

Glass of Sake



Shirakabegura Junmai Daiginjo	8 cl	20
Nabeshima Daiginjo	8 cl	30
« Mio » Dry Sparkling Sake	10 cl	18

Caviars

Imperial Caviar "Sologne" Origin France

30 g	145 €	50 g	220 €	100 g	395 €
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Osciètre Caviar "Sologne" Origin France

50 g	260 €	100 g	450 €	250 g	1 120 €
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VODKA CAVIAR « L'Orbre »

France-Pologne

4 cl	30
La bouteille	450

Salads

King Crab Salad	68
Seafood Salad Lettuce, Avocado, Grapefruit, Crab Meat, Smoked Salmon, Shrimps	44
Warm Fillet of Sole Avocado and Grapefruit Salad	47
Cæsar Salad Lettuce, Chicken Fillet, Tomatoes, Parmesan, Croutons	32
Savoyarde Salad Fine Frisée heart salad, Alpine Beaufort, White Ham Nuts, Croutons, Nuts, Vinaigrette Sauce	33
Vegan Buddha Bowl Quinoa, Red Beetroot, Green Beans, Avocado, Pomegranate, Sucrine, Butternut, Red Onion, Sesame Seeds, Peanut, Vinaigrette Sauce	34
Chavignol Goats Cheese Salad	29
Mixed Salad Salad, Tomatoes, Onions, Organic Egg	20
Green Salad	16

Asian Sike

Assortment of Home-made Nems Chicken, Shrimps, Vegetables	34
Home-made King Crab « Fresh Spring Rolls »	55

Thai Beef Salad	29
Vietnamese Salad with Crispy Chicken	34
Tuna Tataki with Sesame	38
Sukiyaki Shrimp Soup	31
Sukiyaki Chicken Soup	29



Appetisers

Home-made Fresh Fish Soup with Rouille Sauce and Croutons	26
Tsar Nikolaj Balik Smoked Salmon 100 g	75
Scottish Smoked Salmon <i>Selected by Tremplin</i>	32
King Crab and Avocado Cocktail	45
Sardinillas Sardines <i>Selected by La Guillardive</i>	32
Tuna and Avocado Tartare	37
Home-made Lightly-cooked Foie Gras with Truffles	46
Octopus Carpaccio	28

Jamón Ibérico de Bellota "Gran Reserva" Patanegra Ham Matured for at least 40 Months	44
Seared King Scallops on Skewer	39
Norway Lobster Tails Peeled and Served with Vegetable Nem Size 10/15	45
Burgundy Snails 6 pcs	22
12 pcs	38
Cured Mountain Ham <i>Selected by Tremplin</i> Matured for 24 Months	26
Plate of Assorted Savoie Delicatessen & Beaufort Cheese	33
Bündnerfleisch Swiss dried Beef	29

Selected by **TREMPLIN**

Rib Eye Steak US Prime Kansas Origin (1 pers.) 400 g	98
Surf and Turf Lobster and Fillet Steak	125
Wagyu Fillet	96
Pan-Seared Veal Chop with Gravy and Home-Made Mashed Potatoes Low temperature cooking - France Origin	48

Exclusive

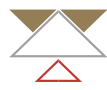
KOBE Beef 
of Japanese Origin

Kobe Sirloin Steak

Grade A4/A5 260 €

*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*

Burgers



Veal Cheese Burger	39
Rump Steak Cheese Burger	39
Wagyu Burger Australian Recipe	49
Wagyu Fillet Burger <i>Le Tremplin's Special</i>	124

*Home-made Mashed
Potatoes with Truffles
or
Truffle French Fries*
56 €

Meat



Products of Origin France or EU and other countries

Steak and French Fries	36
Thick-cut Beef Steak « Fillet of Rump Steak » 200 g	44
Special Thick-cut Beef Steak « <i>Fillet of Rump Steak</i> » with Cracked Pepper and Melted Butter 200 g	46
Steak Tartare Knife Cut Rump Steak Prepared in the Minute 180 g	39
Fillet Steak « <i>Selected by Le Tremplin</i> » 200 g	57
Veal Osso Buco with Spaghetti	46
Milanese Finest Cushion of Veal, Spaghetti, Neapolitan Sauce	48
Lamb Chops Origin France Grilled, Degreased	48
Bresse Chicken with Morel Mushrooms	54
Bresse Chicken Traditional Recipe, Roasted	46
Troyes Chitterlings Sausage A.A.A.A. Mustard Sauce	37

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

Fish

Black Cod	65
Fillet of Scottish Salmon Seared with Sea Salt, Virgin sauce	42
Fresh Sole Meunière 400/500 g	75
Cotriade Bouillabaisse Fish, Shellfish, Rouille and Croutons	56
Sauted Thai Rice with Thai Rice King Peeled Prawns	50

Seafood




Canadian Lobster Grilled per 100 g	22
Blue Lobster Grilled per 100 g	35
Brittany or Mediterranean Royal Spiny Lobster Grilled Per 100 g	

Price subject to market fluctuations and availability

Pizzas

Marguerita	Tomato, Mozzarella, Olive	32
Queen	Tomato, Mozzarella, Ham, Mushrooms	34
Mountain Pizza	Cream, Bacon Lardons, Reblochon Cheese, Mozzarella, Persillade	34
Tomatoe Wagyu	Cheese, Wagyu Beef Ham, Mushrooms	44
Pizza Burger Turnover	Tomato, Mozzarella, Minced Beef, Onions	34
Four Cheeses	Tomato, Roquefort, Mozzarella, Goats' Cheese, Emmental	34
Etna	Tomato, Mozzarella, « Spianata Piccante » Spicy Italian Salami, Marinated Peppers, Organic Egg	34
Four Seasons	Tomato, Mozzarella, Artichoke, Mushrooms, Peppers	34
Mediterranean	Tomato, Mozzarella, Green Salad, Parmesan Cheese, "Sauce Pistou"	34
Al Tonno	Tomato, Mozzarella, Tuna, Onions, Capers, Olives	34

Pizza with Truffles 84

 **Pizza Wagyu Fillet** 98

Pizza with Caviar (70 g) 320

Platter

Tremplin	Cured Ham, Fried Organic Eggs and French Fries, Barbecue Sauce	32
Stir-Fried Noodles and Vegetables		35
Raclette	Potatoes, Raclette Cheese, Bündnerfleisch (Swiss dried Beef), Beef Ham, Green Salad	38
Tartiflette	Potatoes, Reblochon Cheese, Diced Bacon, Onions and Cream, served with Green Salad	38

Pasta

Spaghetti Bolognaise	33 €
Garlic and Shellfish Spaghetti	38 €
Spaghetti Carbonara	
with Diced Bacon, Organic Egg, Fresh Cream	32 €
Spaghetti Carbonara with Bündnerfleisch (Swiss Dried Beef)	
Cream, Organic Egg	40 €
Lobster Spaghetti	
with American Sauce	67 €
Oven-baked Lasagne Home-Made	36 €
Tagliatelle with Smoked Salmon	38 €
Tagliatelle with Fresh Truffles	60 €

Shavings of Fresh Truffle

Additional Charge for 10 g : 52 €

Croisette Menu

Starters

- 6 Fine Fattened Oysters From Marennes-Oléron n°3
- 6 Snails of Burgundy
- Smoked Salmon
- Mixed Salad salad, Tomatoes, Onions, Organic Egg

Main Courses

- Steak and French Fries
- Veal Osso Buco with Spaghetti
- Troyes Chitterlings Sausage A.A.A.A.A. Quality with Mustard Sauce
- Fillet of Scottish Salmon Seared with Sea Salt and Virgin Sauce
- Stir-Fried Noodles and Vegetables
- Main Course of The Day

Main Course + Dessert	48
Starter + Main Course	57
Starter + Main Course + Dessert	67

Desserts Buffet



Water

Évian/Badoit	Half a Litre	7,50	Voss mineral water	80 cl	18
	Litre	9,90	Voss sparkling water	80 cl	18

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



Organic Egg

Alcohol abuse is dangerous for your health. Prices in euros inc. VAT – 13% service charge included – We do not accept cheques

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.