



L'OURSIN

"L'Oursin is, above all, an expression of my relationship with the Mediterranean. Between light, depth and shoreline, every dish tells a story inspired by this unique landscape. My cuisine is rooted in place, guided by exceptional produce and driven by emotion. Each course seeks to create a dialogue between sea and land, between our artisans and you."

ILANE TINCHANT



MICHELIN
GUIDE
2026



LE VOYAGE

~

ON THE SURFACE

ONION

Caviar, beef confit, consommé

5 METRES – WHERE THE TIDES BEGIN

OYSTER

Tosazu, plankton

50 METRES – WHERE THE COASTLINE FADES

CUTTLEFISH

Served in textures, sea fennel condiment, roasted garlic cream

150 METRES – INTO THE OPEN BLUE

JOHN DORY

Slow-confit in fig tree oil, served with a sharp aigrelette sauce and coastal herbs.

300 METRES – THE KINGDOM OF THE DEEP

MONKFISH

Roasted, glazed with woodland flavors.

BACK TO THE LIGHT

PEACH

Poached, Mediterranean seaweed

~

165€

Net prices TTC – Service included

For any information regarding allergens, please speak to our team.



L'ODYSSÉE

~

ON THE SURFACE

ONION

Caviar, beef confit, consommé

5 METRES – WHERE THE TIDES BEGIN

OYSTER

Tosazu, plankton

30 METRES – NEAR THE SURFACE

RED MULLET

Pepper & saffron

50 METRES – WHERE THE COASTLINE FADES

CUTTLEFISH

Served in textures, sea fennel condiment, roasted garlic cream

150 METRES – INTO THE OPEN BLUE

JOHN DORY

Slow-confit in fig tree oil, served with a sharp aigrette sauce and coastal herbs.

300 METRES – THE KINGDOM OF THE DEEP

MONKFISH

Roasted, glazed with woodland flavors.

FROM OUR PASTURES

BROUSSE CHEESE

Thyme & lemon

FROM OUR LAND

CHOCOLATE

Nyangbo 68% and iced sea asparagus

~

195€

Net prices TTC – Service included

For any information regarding allergens, please speak to our team.

DISCOVER OUR ARTISANS

THROUGHOUT THE YEAR

CERAMICS

JL Céramiste | Marseille

TREASURES OF THE SEA

Mathieu CHAPEL | Côté Fish

Jean-Marie PEDRON | Les Jardins de la Mer

OLIVE OIL

Moulin CASTELAS | Les Baux-de-Provence

CAVIAR

Maison PETROSSIAN | Paris

CHEESE & BUTTER

Fromagerie LEMARIÉ | Aix-en-Provence

BREAD & GRAINS

Maison ARISTIDE | Carry-le-Rouet

SEASONAL PRODUCERS

SEA URCHINS

Damien Feraud | The Coast's Sole Sea Urchin Fisherman

FRUIT & VEGETABLES

Marianne | Terre de Goût

Supporting a network of local producers

MUSHROOMS

Maison HUGOU | Rougiers

ASPARAGUS

Sylvain ERHARDT | Domaine de Roques-Hautes

BROUSSE CHEESE

Famille GOURIAN | Le Rove

YOUNG SHOOTS & EDIBLE FLOWERS

Alexandre TROUPEL & Aurore BALLÉE | GAEC Plaine Terre

~

We wish you a wonderful culinary journey.