L'OURSIN

EVASION IODÉE

"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

BEEF

Caviar & bottarga, confit onion consommé

5 METRES – WHERE THE TIDES BEGIN

MUSSEL

Smoked and puffed potato, fresh parsley & shallot

50 METRES – WHERE THE COASTLINE FADES

CUTTLEFISH

Roasted garlic with squid ink, sea fennel & lime

150 METRES – INTO THE OPEN BLUE

JOHN DORY

Toasted grains, dark beer & crispy buckwheat

300 METRES – THE KINGDOM OF THE DEEP

KING PRAWN

Autumn vegetables, black garlic & chives

BACK TO THE LIGHT

PEACH

Poached & served as a marmalade, a fresh taste of the sea

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165 €

Net prices TTC – Service included

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

L'ODYSSÉE

~

ON THE SURFACE

BEEF

Caviar & bottarga, confit onion consommé

5 METRES – WHERE THE TIDES BEGIN

MUSSEL

Smoked and puffed potato, fresh parsley & shallot

30 METRES – NEAR THE SURFACE

RED MULLET

Red pepper, light saffron rouille

50 METRES – WHERE THE COASTLINE FADES

CUTTLEFISH

Roasted garlic with squid ink, sea fennel & lime

150 METRES – INTO THE OPEN BLUE

JOHN DORY

Toasted grains, dark beer & crispy buckwheat

300 METRES - THE KINGDOM OF THE DEEP

KING PRAWN

Autumn vegetables, black garlic & chives

FROM OUR PASTURES

BROUSSE CHEESE

Fresh and chilled, thyme shortbread & preserved lemon

FROM OUR LAND

CHOCOLATE

Nyangbo 68% and iced sea asparagus

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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 GOUIRAN | Le Rove

YOUNG SHOOTS & EDIBLE FLOWERS
Alexandre TROUPEL & Aurore BALLÉE | GAEC Plaine Terre

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We wish you a wonderful culinary journey.