

L'OURSIN
EVASION IODÉE



L'OURSIN, MICHELIN-STARRED RESTAURANT AT HÔTEL BLEU

Awarded one Star in the 2026 MICHELIN Guide

"It is a shared joy to welcome you to L'Oursin.

We are delighted to have you here, overlooking the Mediterranean sea—our Mediterranean sea—for a fine dining moment, a taste of the sea, and a moment of shared enjoyment. Our cuisine is rooted in this very place, that is why L'Oursin fits naturally into the heart of the Hôtel Bleu. More than just a restaurant, we have designed it for you as a living space, an anchor, a dining experience that embodies the Provençal spirit. L'Oursin is the beating heart of the Bleu Hotel."

Olivier Germain, Managing director

"The cuisine at L'Oursin draws its inspiration from the sea and the lands that border it.

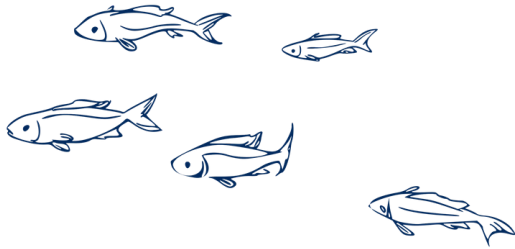
Local fish, shellfish, marine gardens, seasonal vegetables, the nearby hills, and Provence more broadly provide daily inspiration. Our ingredients are selected with care and respect, guided by the high standards of our producers, whom we have known for many seasons, tides, and harvests. I have designed my cuisine around harmonious, contemporary, and accessible flavors, focused on your gustatory and olfactory pleasure. With balance, sincerity, and precision. My cuisine is a connection: between the sea, the land, the producers, and you, dear guests."

Ilane Tinchant, Head chef

We wish you a wonderful journey.

*For a perfect dining experience, we invite you to choose a set menu for the entire table.
Enhance your moment with our selection of aged cheeses and our food and wine pairing.*





LE VOYAGE

A smooth reading

THE TOMATO

Panzanella style, herbaceous

THE OYSTER

Tosazu, plankton

THE CUTTLEFISH

Textured, sea fennel condiment, roasted garlic cream

THE JOHN DORY

Green beans, anchovies, sea salt

THE RED PRAWN

Flamed, artichokes, shell cream

THE MILKY STRAWBERRY

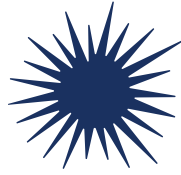
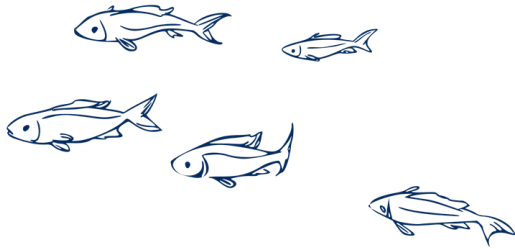
Strawberries, yoghurt sorbet, tarragon sauce



165

Prices include taxes and service





L'ODYSSÉE

A complete expression

(Available at lunchtime until 1.30pm and at dinner until 9.15pm)

THE TOMATO

Panzanella style, herbaceous

THE OYSTER

Tosazu, plankton

THE MACKEREL

Melon, fresh almonds, verbena

THE CUTTLEFISH

Textured, sea fennel condiment, roasted garlic cream

THE JOHN DORY

Green beans, anchovies, sea salt

THE RED PRAWN

Flamed, artichokes, shell cream

MEADOW BROUSSE

Thyme, lemon

THE SEA RHUBARB

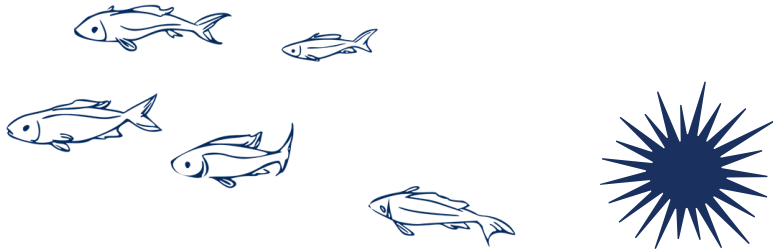
Candied, glazed salicornia



195



Prices include taxes and service



OUR DEAR ARTISANS

Cheeses and butter

Fromagerie LEMARIÉ | Aix-en-Provence

Bread and cereals

Maison ARISTIDE | Carry-le-Rouet

Olive oil

Moulin CASTELAS | Les Baux-de-Provence

Sea treasures

Mathieu CHAPEL | Côté Fish

Jean-Marie PEDRON | Les Jardins de la Mer

Sprouts and flowers

Alexandre TROUPEL et Aurore BALLÉE | GAEC Plaine Terre

Caviar

Maison PETROSSIAN | Paris

