

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.

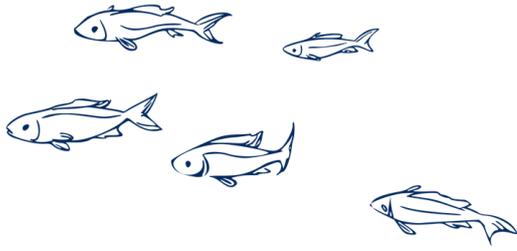
Local fish, shellfish, marine gardens, seasonal vegetables, the nearby hills, and Provence more broadly provide daily inspiration. Our ingredients are selected with care and respect, guided by the high standards of our producers, whom we have known for many seasons, tides, and harvests. I have designed 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 ASPARAGUS

Coppa vinaigrette, horseradish and chive sorbet

THE WILD MEDITERRANEAN PRAWNS

Martiques bottarga, sea fennel

THE CUTTLEFISH

Textured, braised in its own ink and roasted garlic cream

THE JOHN DORY

Grilled, salicornia, buckwheat and black garlic

THE PEAR

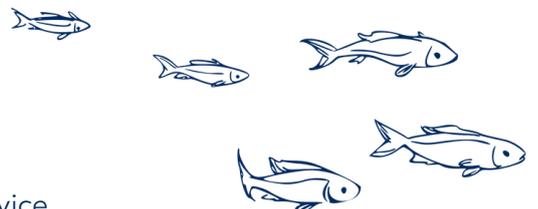
Sunchoke variations, pear sorbet, herb-infused juice

THE VANILLA

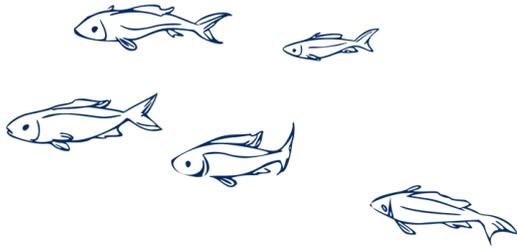
Tahaa vanilla, caramel, vanilla vinaigrette and arlette biscuits



145



Prices include taxes and service



L'ODYSSÉE

A complete expression

(Available at lunchtime until 1.30pm)

THE ASPARAGUS

Coppa vinaigrette, horseradish and chive sorbet

THE WILD MEDITERRANEAN PRAWNS

Martigues bottarga, sea fennel

THE CUTTLEFISH

Textured, braised in its own ink and roasted garlic cream

THE CAMARGUE PIKE

Caviar, leek

THE JOHN DORY

Grilled, salicornia, buckwheat and black garlic

THE RED MULLET

Morels, wild garlic and yellow wine

THE CITRUS FRUITS

Grapefruit, Buddha's hand and rosé Champagne

THE SEA CHOCOLATE

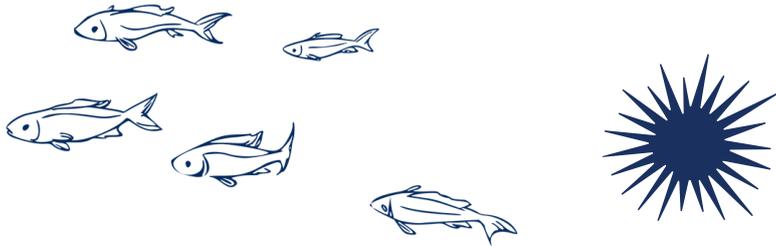
Nyangbo 68% chocolate, candied glasswort and glasswort ice cream



185



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

