

A la carte

STARTERS

SEASONAL TENDERS VEGETABLE TART 23
Pickled Marseille Monte Cristo mushrooms, sesame tuile

DUCK FOIE GRAS 25
Green apple jelly, caramelized bosc pear, cocoa nibs

SCALLOP TARTARE CANNELLONI 26
Golden celery, combawa whipped cream

LANGOUSTINE 32
Lemon, piquillos, artichokes, anchovies

DE-LIGHT : POACHED ROOT VEGETABLES - 155KCAL 19
Beetroots, smoked eel, goat cheese, pine nut olive oil, candied lemon



FISH & SHELLFISH

JOHN DORY 38
Organic leeks, octopus tentacle, lemon gremolata and pressed mullet roe

SEA SCALLOPS 39
Cooked in salted butter, Agata mousseline with thyme, bacon emulsion and crispy bacon

SEA BASS 40
Crusty, Jerusalem artichokes mousse with sage, endives, beetroots and orange zest

DE-LIGHT: THICK CUT CRISPY OF SALMON- 320 KCALS 29
Fennels and onions, dried tomatoes, sea juice with soy milk



FROM THE GARDEN 19

Open raviole pasta with tender vegetables, stewed in their juices

A la carte

SIGNATURE DISHES

LOBSTER À LA PLANCHA 51

Risotto frigola sarde with mascarpone and mushrooms from Marseille, chorizo Belotta, shellfish emulsion

BRESSE PIGEON, 39 EN PASTILLA WITH EGGPLANT

Dried figs and spiced chutnev, whole wheat couscous with apricot and mint



MEAT

SEARED BEEF FILLET 40

Red onions, truffles and marrow croustis, wild mushrooms, intense jus

LAMB FILET 38

Rolled in sweet spices and foie gras, parsley coat, butternut and chestnuts mousse, Meat and coffee juice

SWEETBREADS 35

Leeks and macaronis gratin, parmesan emulsion and black truffles

DE-LIGHT: FARM CHICKEN BREAST- 320KCAL 32

Studded with butternut squash, spinach leaves, 0% cream cheese and honey sauce



CHEESES 18

Cheese trolley from the different regions of France, Selection of young greens with olive oil

'De-Light' by Sofitel is a diet program, well-being orientated, based on a choice of creative dishes, a light cuisine low in fat and sugar.

Gluten free bread is available on request.
Net prices in Euros - tax and service included
Origin of the meat: European Union
All of our fruits and vegetables originate from organic farming.

Our menus

ESCALE TROIS FORTS 77

Bull tartar and oysters from Camargue,
Cauliflower mousseline, fennel

Or

Beef cheek stuffed cabbage,
Foie gras and Jerusalem artichokes, natural jus

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Organic seabream,
Root vegetables Minestrone, rigatoni and light broth

Or

Choice cut of rack of veal
Sweet potatoes, panisse, citrus zest, veal jus

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Alpilles goat cheese, sweetly spiced dried fruit

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Dessert of your choice

-

Sweets



ESCALE DANTÈS 97

MENU PROPOSED TO ALL THE CUSTOMERS AT THE TABLE

Langoustines with lemon bread,
Piquillos peppers, anchovies and artichokes

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John Dory,
Organic leeks, octopus, gremolata with pressed mullet roe

-

Venison filet,
Pumpkin mousseline, black truffles, Kale

-

Goat cheese from Alpilles,
Seasoning marinade, dry fruit chutney

-

Candied chestnut pavlova,
"Angelina" cream, "Piemont" hazelnut ice cream

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Exotic fruit assortment,

-

Sweets

To complement your menu, our Chef Sommelière offers a tailored wine pairing:
45€ for the menu Escale Trois Forts, including 3 glasses of wine, water and coffee
55€ for the menu Dantès, including 4 glasses of wine, water and coffee.

Alcohol abuse damages your health, drink responsibly.

To finish off...

DESSERTS

MANGO AND PASSION FRUIT PAVLOVA 16
Vanilla mousse, Mediterranean yellow lemon sorbet

BITTER CHOCOLATE BROWNIE 16
Hazelnuts, chocolate mousse, black confit garlic,
Salted caramel ice cream

COCONUT FINGER 16
Nuts and chocolate crumble,
Vanilla cream, chocolate sorbet

“LIKE A LEMON” TART 16
Soft meringue, citrus crumble, yuzu sorbet

DE LIGHT: ORGANIC PINEAPPLE CARPACCIO 120KCAL 15
“Pain de sucre”, pomegranate, pineapple sorbet



DIGESTIVES 8 4 cl

LIMONCELLO *Piemme Di Sorrento*
BAILEYS *The original*
COGNAC *Rémy Martin VSOP*
POIRE WILLIAMS *Morand Williamine*
GET 27
DISARONNO *Originale*



A WORD FROM THE CHEF

I have always maintained my passion for the restaurant “Les Trois Forts” and the pride I feel in translating this passion into my cuisine. To do this, my mission is to showcase all the wonderful products of Provence for the grand pleasure of gourmets everywhere.

The soil of Provence is an essential source of inspiration: the best olive oil, eggplant and tomatoes naturally find their place on the plates of “Les Trois Forts”. My goal is to create a sublime cuisine, making full use of traditional Provençal recipes while infusing refined methods and elements to create a gastronomic result.

Dominique Frérard
Maitre Cuisinier de France

