

# MENU OF THE MAS

All dishes and desserts are home-made by our chef  
Camille Cavataïo

## STARTERS

Beetroots and carrots in several textures with lavender honey and thyme	18 €
Soup of the day	16 €
Duck* foie gras, and fig jam from les Alpilles	27 €

## SALADS with olive oil from les Baux-de-Provence

The real Caesar salad (fried chicken*)	22 €
Heirloom tomato salad and mozzarella burrata	22 €

## SEASONAL DISHES

Cod cooked with its skin, cold purée of roast aubergines, pan sautéed vegetables	27 €
Duck* breast fillet with honey from les Alpilles sweet potatoe with olive oil from les Baux, coleslaw and red cabbage	25 €

## VEGETARIAN DISH

Poke bowl of the Mas Bulgur, avocado, mango, beetroot hummus, guacamole, red onion pickles, tomatoes and falafels with chickpea flour	24 €
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## CHEESES 14 €

Selection of three cheeses from here and elsewhere

## DESSERTS

Crumble with seasonal fruits	10 €
Dessert of the day	10 €
Coffee or tea served with mini delights	14 €

## FOR CHILDREN 15 €

For children, special dishes can be prepared according to their tastes

## ORGANIC BREAD « La Fabrique du Boulanger »

Based on the taste of « good products », healthy and manufactured in the greatest respect of bakery tradition with a flour made from 100% French wheat grown in organic agriculture.

## OLIVE OIL AOP LES-BAUX-DE-PROVENCE

Our 109 beautiful olive trees, bathed in warm Mediterranean light and wind swept by the Mistral, are one of the joys of the Mas de l'Oulivié. Every autumn, they produce olive oil that bears the « Huile d'olive de la Vallée des Baux de Provence » AOP label. This « green gold » is a blend of four of our local varieties: Salonenque, Aglandau, Verdale and Grossane.

The allergen list is available to you upon request

\*Origin of meat : France

In order to prepare this menu, we have worked with local producers from the Regional nature park of Alpilles and local shops in nearby villages, in particular :

- The family Rueda in Saint-Rémy-de-Provence for goat cheeses,
- Moulin Mas de Daudet mill in Fontvieille for bulgur, organic chick pea flour for falafels and organic wheat flour to cook the crumble
- Jardin des Alpilles, fruit and vegetable shop in Maussane-les-Alpilles for local and seasonal fruits and vegetables,
- The farmer Patrick Monnier from Mas de l'Ange in Fontvieille for its fig jam,
- The beekeeper Sophie Berton from Cala Melosa in Fontvieille for garrigue and lavender honey.

Do not hesitate to ask for information if you wish to meet these local farmers and producers. They will be happy to meet you and most of them also sell directly to customers.

When buying and eating locally, you help to maintain family farming and the remarkable landscape of les Alpilles.

