



Welcome to Les Quatre Saisons

We invite you to enjoy a unique gastronomic experience,
where every detail is carefully considered to enhance your meal.

Let yourself be guided by our Chef and their team through inspired menus,
crafted with fresh, local, and seasonal ingredients,
magnified by their passion and expertise.

To ensure a harmonious experience and smooth service,
we kindly recommend selecting a single menu for all guests at the same table.

Please also inform us of any allergies or dietary intolerances,
so we may adapt our preparations to your specific needs.

With passion and creativity, our Chef will be delighted
to create an amuse-bouche and mignardises for you,
inspired by the day's market.




We wish you an exceptional moment in our home.

Chef Antonio Gerard Quintanilla





OUR CARTE




ENTRÉES

-  *La Symphonie Mycélienne*  15,50 €
Mushroom carpaccio with shallot-walnut vinaigrette, topped with a quenelle of wild mushroom ice cream.
Served with a creamy porcini and Jerusalem artichoke velouté and a confit egg yolk.
-  *La Douceur d'Automne* 17,00 €
Grilled foie gras escalope served on toasted bread, with melting butternut squash brunoise, crunchy pumpkin seeds, and a tangy autumn vegetable sauce.
- Le Sandre fumé* 16,50 €
Pike-perch fillet, salted and house-smoked, spinach chlorophyll with a hint of wasabi, silky cauliflower purée, and black radish cream. Served with assorted pickled vegetables and crisp vegetable shavings.

PLATS

- La Truite d'Isère de la pisciculture Murgat* 29,00 €
Trout fillet cooked at low temperature, half rosace of carrots, and a rich fish-bone jus delicately infused with verbena.
-  *Le Filet Mignon poêlé* 28,00 €
Sous-vide pork tenderloin, quickly sautéed, served with a potato puff pastry and garlic-parsley butter.
Accompanied by creamy chestnut purée, fennel, and a light artichoke and potato mousse.
Finished with a rich pork jus, smoked bacon, mustard, and a touch of sherry vinegar.
- Le Pigeon cuit sur coffre* 31,00 €
Whole roasted pigeon breast, leg confit then grilled.
Served with a celeriac duo and a reduced sauce made with organic Savoy cider.
-  *Le Filet de Maigre Label Rouge & coquillages* 29,00 €
Butter-cooked wild seabass fillet, served with celeriac risotto, shellfish, and baby spinach.
Finished with a light, iodized, and tangy emulsion.
- Le Filet de Bœuf, betterave & fruits de la forêt* 31,00 €
Grilled charolais beef fillet, glazed beets, wild berries, and red wine sauce.
Just before serving, the chef smokes the dish under a glass cloche, releasing woody aromas reminiscent of a cozy meal by the fire in the forest.
-  *Le plat végétal du Chef* 24,50 €
Garden vegetables, shavings, pickles, barigoule emulsion, trio of purées.

DESSERTS

-  *Le Chocolat* 13,00 €
Dark chocolate and hazelnut duo, coffee ice cream, chocolate crisp.
-  *La Châtaigne* 13,00 €
White chocolate shell, mascarpone whipped with chestnut, crushed candied chestnuts and rum ice cream.
-  *La Pomme cidre* 12,50 €
Tube croustillant, pomme caramélisée, crémeux pomme cidre, émulsion Manzana et sorbet pomme.

Please inform us of any allergies or intolerances.

 gluten  nuts  dairy  peanuts  mustard  eggs  fruit de mer  vegetarian



OUR MENUS

*Surrender to a journey led by our chef and team,
through inspired menus shaped by the seasons, crafted with fresh local ingredients,
and elevated by their passion and artistry.*

MENU DÉCOUVERTE

Three-course

49,00 €

Amuse-bouche

La Symphonie Mycélienne



Mushroom carpaccio with shallot-walnut vinaigrette, topped with a quenelle of wild mushroom ice cream. Served with a creamy porcini and Jerusalem artichoke velouté and a confit egg yolk.

Le Filet Mignon poêlé



Sous-vide pork tenderloin, quickly sautéed, served with a potato puff pastry and garlic-parsley butter. Accompanied by creamy chestnut purée, fennel, and a light artichoke and potato mousse. Finished with a rich pork jus, smoked bacon, mustard, and a touch of sherry vinegar.

or

Le plat végétale du Chef



Garden vegetables, shavings, pickles, barigoule emulsion, trio of purées.

Le Chocolat



Dark chocolate and hazelnut duo, coffee ice cream, chocolate crisp.

or

La Châtaigne



White chocolate shell, mascarpone whipped with chestnut, crushed candied chestnuts and rum ice cream.

or

La Pomme cidre



Tube croustillant, pomme caramélisée, crémeux pomme cidre, émulsion Manzana et sorbet pomme.

or

Selection of local PDO cheeses according to availability from the Ayn – Dullin dairy cooperative

Mignardises

*Our chef will craft, with pleasure,
a selection of amuse-bouches and mignardises
inspired by the day's freshest arrivals.*

MENU DÉGUSTATION

Four-course

59,00 €

Amuse-bouche

La Douceur d'Automne



Grilled foie gras escalope served on toasted bread, with melting butternut squash brunoise, crunchy pumpkin seeds, and a tangy autumn vegetable sauce.

Filet de Maigre Label Rouge & coquillages



Butter-cooked wild seabass fillet, served with celeriac risotto, shellfish, and baby spinach. Finished with a light, iodized, and tangy emulsion.

Filet de Bœuf, betterave & fruits de la forêt

Grilled charolais beef fillet, glazed beets, wild berries, and red wine sauce. Just before serving, the chef smokes the dish under a glass cloche, releasing woody aromas reminiscent of a cozy meal by the fire in the forest.

Le Chocolat



Dark chocolate and hazelnut duo, coffee ice cream, chocolate crisp.

or

La Châtaigne



White chocolate shell, mascarpone whipped with chestnut, crushed candied chestnuts and rum ice cream.

or

La Pomme cidre



Tube croustillant, pomme caramélisée, crémeux pomme cidre, émulsion Manzana et sorbet pomme.

or

Selection of local PDO cheeses according to availability from the Ayn – Dullin dairy cooperative

Mignardises

*To ensure a harmonious experience and seamless service,
our chef recommends a single menu selection
for all guests at the same table..*

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gluten



nuts



dairy



peanuts



mustard



eggs



fruit de mer



vegetarian

MENU PLAISIR

Five-course

69,00 €

Amuse-bouche

La Symphonie Mycélienne



Mushroom carpaccio with shallot-walnut vinaigrette, topped with a quenelle of wild mushroom ice cream. Served with a creamy porcini and Jerusalem artichoke velouté and a confit egg yolk.

Le Sandre fumé

Pike-perch fillet, salted and house-smoked, spinach chlorophyll with a hint of wasabi, silky cauliflower purée, and black radish cream. Served with assorted pickled vegetables and crisp vegetable shavings.

La Truite d'Isère de la pisciculture Murgat

Trout fillet cooked at low temperature, half rosace of carrots, and a rich fish-bone jus delicately infused with verbena.

Le Pigeon cuit sur coffre

Whole roasted pigeon breast, leg confit then grilled. Served with a celeriac duo and a reduced sauce made with organic Savoy cider.

Le Chocolat



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La Pomme cidre



Tube croustillant, pomme caramélisée, crémeux pomme cidre, émulsion Manzana et sorbet pomme.

or

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Mignardises

WINE PAIRING & SUGGESTIONS

Discover our curated wine selection,
crafted in partnership
with *La Cave du Lac de St. Alban de Montbel*,
thoughtfully paired to complement our dishes.

2 Course wine pairing 16,00 €
Selection of 2 coup of 12 cl

3 Course wine pairing 22,00 €
Selection of 3 coup of 12 cl

4 Course wine pairing 28,00 €
Selection of 4 coup of 12 cl

All our desserts and ice creams are homemade
and plated to order;
a short wait is to be expected.

MENU DÉJEUNER

Only on weekdays, Wednesday to Friday at lunchtime

Our lunch menu is not available during holidays,
public holidays, or school vacations.

Menu gourmet : Starter + main course + dessert 28,50 €

Starter + main course 22,50 €

Main course + dessert 22,50 €

Main course 18,50 €

CHILDREN'S MENU

(Up to 10 years old)

Tender chicken bites with seeded accents,
served with pearl potatoes.

A single scoop of artisanal ice cream, your selection.

TODDLER'S MENU

(Up to 2 years old)

Seasonal fish served with a medley
of seasonal vegetables.

CHEESE

Selection of local cheeses according to availability
from the Ayn – Dullin dairy cooperative

ICE CREAM COUP

1 SCOOP 3,50 €

2 SCOOPS 6,00 €

3 SCOOPS 8,00 €

CHANTILLY SUPPLEMENT 1,50 €

CHOCOLATE SUPPLEMENT 1,50 €

Artisanal ice cream selection by
master artisan La Turbine à Saveurs

Madagascar vanilla, green Chartreuse, red berries,
lemon, chocolate, strawberry, coffee.

We prioritize short supply chains for our products.
Our vegetables are mostly organic and fresh.