

RESTAURANTS, PRÊLES

# LA TABLE DE L'OURS

Respecting the seasons, favouring local products and working directly with producers and breeders; three basic principles that perfectly illustrate a responsible vision of gastronomy. It's a commitment that starts at the market and ends on your plate. The young chef works closely with farmers to select the varieties to be grown. While it is often desirable to return to older, purer varieties of vegetables or cereals, Manuel is aware that everyone must benefit and that the ratio between crops and harvest must be balanced. Even if a vegetarian menu is offered, there is no question of completely eliminating meat. But meat with a conscience, reserved for the main course. The meat is raised with respect for the animal and all parts are used, including the less noble ones, which will be found in the home-made charcuterie, terrines or long simmered stocks which will be the basis of very tasty sauces. The same applies to vegetables. What the housewife throws away, the brigade makes emulsions, oils or reductions that delight the taste buds. The desserts, too, are meticulously refined to reduce the sugar content as much as possible and make them light and tasty.



## CONTACT

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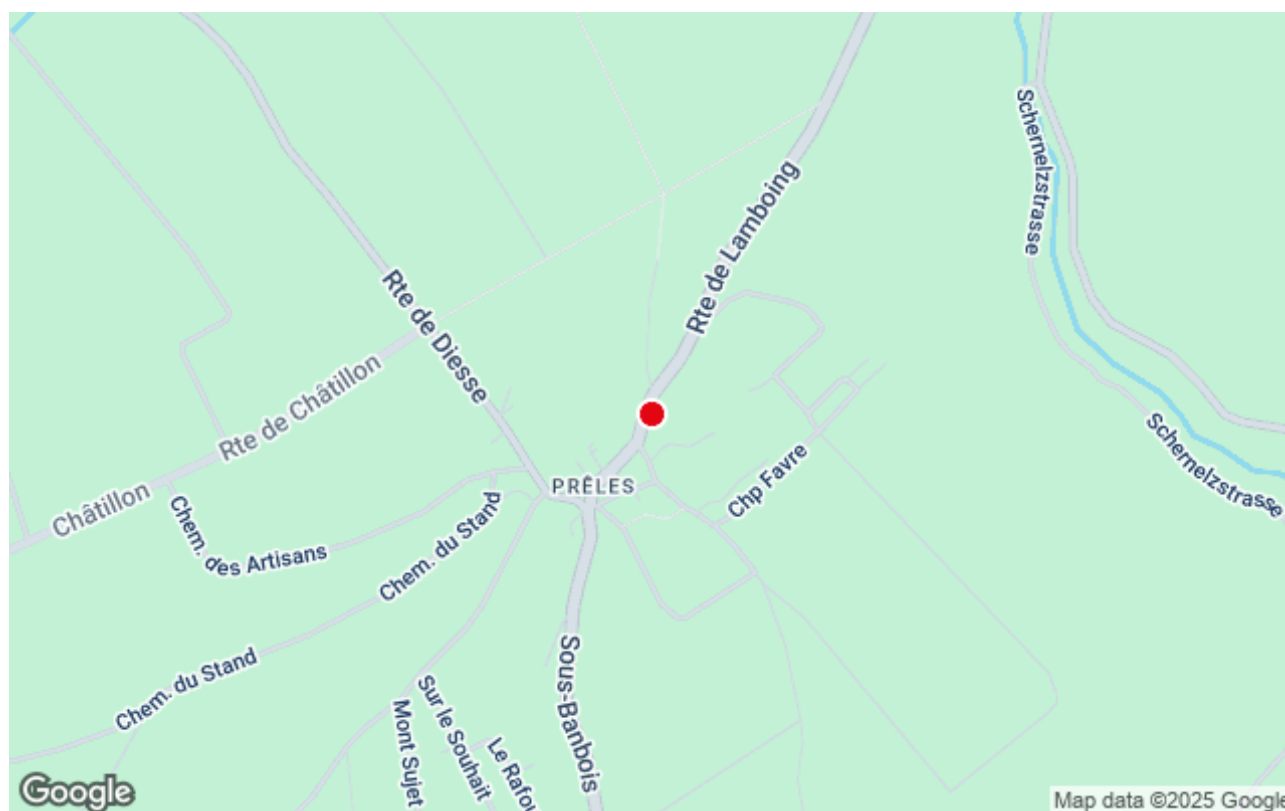
## OPENING HOURS

Monday

Thursday - Sunday

15:00 - 23:00

08:00 - 23:00



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