



## CHÂTEAU SAINT-ROUX

*A haven of nature in the heart of Provence*

Nestled in the hinterland of Var, our **15th-century bastide** combines **history, art de vivre**, and responsible **commitment**.

Château Saint-Roux is much more than a wine estate: it is a living place where nature, cuisine, **sustainable agriculture**, and **craftsmanship** come together in inspired harmony.

Come and enjoy a unique experience at **La Table de Saint-Roux**, our **locavore restaurant**, where every dish celebrates the products from our **vegetable garden** and the creations of our artisans. Each season invites you to discover new flavours, in tune with the land.

Planning a private or professional event? Our **sales team** will help you organize **weddings, birthday celebrations, seminars, or team-building events** in an exceptional setting. With **equipped meeting rooms, charming accommodations, customized activities**, and **quality catering services**, everything is designed to make your stay truly memorable.

### RESTAURANT RESERVATIONS

latable@chateausaintroux.com  
+33 (0)4 98 10 02 61  
www.chateausaintroux.com

### EVENT SALES SERVICE

evenements@chateausaintroux.com  
+33 (0)4 98 10 02 61  
www.chateausaintroux.com





## LA TABLE DE SAINT-ROUX

« From garden to plate »



*« Homemade dishes, with fresh seasonal products sourced directly from our estate or from local producers. Discover a responsible cuisine inspired by the beauty of Provence. »*

More than just a restaurant, **La Table de Saint-Roux** invites you to **rediscover childhood memories** through **local, gourmet, and family-style cuisine**, with a menu that evolves according to the harvests from our vegetable garden, **seasonal produce**, and the inspiration of our chefs.

**La Table de Saint-Roux** is also an invitation to explore the many facets of our estate. Delight in our **wood-fired breads**, prepared daily by **Géraud Fleuri**, our artisan baker.

And what could pair better with your meal than the perfect **food and wine pairing** featuring **Château Saint-Roux wines**, crafted by **Alexis Cornu**, our oenologist?



*Bon Appétit !*



## THE VEGETABLE GARDEN

With an immense **vegetable garden of 3,800 m²**, the estate combines its reputation for excellence with an **eco-responsible approach**, promoting **healthy and local food**.

## THE BAKERY

### GÉRAUD FLEURI

*Baker Chef at Château Saint-Roux*



The Château Saint-Roux bakery embodies the expertise of our **Baker Chef**. Baked in a wood-fired oven, our bread is made using traditional methods. Géraud works with **living dough** and showcases **the authentic taste of artisanal bread** baked on-site.

His secret? The natural yeast is made from the **grapes grown on the estate**. A must for bread lovers : our bread is also available at the cellar!

## THE PASTRY SHOP

### MAÏLYS VALETTE

*Pastry Chef at Château Saint-Roux*



The pastry shop at Château Saint-Roux celebrates gourmet indulgence through **artisanal creations** crafted with care and precision.

**Maïlys Valette**, our passionate pastry chef, imagines delicate desserts to crown your meal at La Table de Saint-Roux. Inspired by the rich flavours of Provence and guided by the rhythm of the seasons, her desserts highlight **locally sourced ingredients** and reflect an **eco-responsible culinary philosophy**.

## OUR LOCAL PARTNER

### TRISTAN JOLY

*Cheesemaker and Owner of La Fromagerie de Lorgues*



LA FROMAGERIE  
DE LORGUES

La Fromagerie de Lorgues offers nearly **150 varieties of cheeses** from **France and Europe**, as well as exceptional farm cheeses from local producers.

Tristan Joly, passionate about flavour and tradition, is committed to working with **farmers who respect animal welfare and the environment**, while ensuring exceptional taste and quality in every cheese.

[www.fromagerie-lorgues.fr](http://www.fromagerie-lorgues.fr)

## ARTISANAL DISCOVERY WORKSHOPS

### LITTLE FARMER WORKSHOP

Step into the enchanting world of our mini-farm, a place filled with life that delights both children and adults during an **educational and hands-on visit** to the Saint-Roux estate.



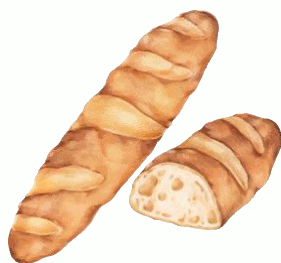
Enjoy a **1½-hour immersive guided tour** with your family, led by **Charline Parfum or Suzy Pichot**, and discover the daily life of our mini-farm.

This fun, interactive, and educational activity, suitable for children aged six and up, is designed as a **learning experience** that allows children to **connect with animals** in a safe and respectful environment.

They'll discover the rhythm of nature, the sounds of the countryside, and the gentle pace of farm life. A moment of **sharing and wonder**, capturing the magic of rural Provence.

### BAKE YOUR OWN BAGUETTE

Join our baker for an authentic experience and learn the **art of the French baguette**. After a few simple explanations and practical tips, you'll **knead your own dough** and **bake your bread** in a **traditional wood-fired oven**.



A friendly, hands-on workshop where children and adults share a warm and sensory moment together. The workshop lasts **1½ hours**, designed for **groups of 4 to 12 participants**, and must be **booked in advance**.

Held every **Monday, Wednesday, and Saturday at 10:30 a.m.**



## WINE DISCOVERY WORKSHOPS

### THE SOMMELIER'S WORKSHOP

Dive into the world of wine through a complete exploration of our **terroir**, our **winemaking methods**, and the **art of tasting**.

Guided by our sommelier, you'll tour the estate and taste a **selection of our wines**, accompanied by **cheeses from La Fromagerie de Lorgues** and **wood-fired artisanal bread**.

Over the course of **1½ hours**, you'll learn how to decode a wine, recognize its **aromas**, understand its **balance**, and appreciate the delicate harmony of a **perfect pairing** between **wine, bread, and cheese**.

### « À CHACUN SA COULEUR »

Would you like to better understand the wines of Provence? This fun and sensory workshop invites you to **discover the many facets of wine** through a **guided tasting session**.

You'll explore the **different styles of wine**, identify those you enjoy most, and express your **personal preferences**.

By playing with your senses, you'll better grasp how each wine tells a story of the land. A delightful **45-minute experience** celebrating the emblematic wines of our region.



### WINE & FOOD PAIRING TASTING

Take part in a **sensorial and gourmet tasting** exploring the harmony between **food and wine**. Discover the secrets behind **balanced pairings** and learn how to match dishes and wines with finesse.

This **45-minute oenological experience** will help you better understand the **aromatic richness** of our wines through the prism of **flavour and texture**.

# CHEF'S MENU

*Served only at lunchtime, excluding weekends and public holidays*

€ 39

## STARTERS

**Eggplant with sesame, perfect egg and inaka  
miso broth** \*(1,2,6,7)

or

- **Trio of Beets, Fourme d'Ambert cheese and  
passion fruit vinaigrette** \*(3,9)



## MAIN COURSES

- **Fresh pasta of the day** \*(1,2,3)

ou

**Dish of the day**

## DESSERTS

**Dessert of the day**

Or

**Café Gourmand** \*(1,2,5)



● *Vegetarian option available*

\*Allergens : 1. Cereals 2. Eggs 3. Milk 4. Peanuts 5. Nuts 6. Soy 7. Sesame 8. Lupin 9. Sulphites  
10. Mustarde 11. Celery 12. Molluscs 13. Shellfish 14. Fish

# SAINT-ROUX AUTUMN MENU

(Starter – Main Course – Dessert)  
Excluding pasta of the day and dish of the day

€ 54

## STARTERS

Eggplant with sesame, perfect egg and inaka miso broth <sup>\*(1,2,6,7)</sup> €15

● Trio of beets, Fourme d'Ambert cheese and passion fruit vinaigrette <sup>\*(3,9)</sup> €15

Sea bass ceviche, royal celery with truffle and pickled shiitake <sup>\*(1,6,11,14)</sup> €17

Pan-seared foie gras escalope breaded with almonds, sweet potato chips and white kimchi <sup>\*(1,5,9)</sup> €19

## MAIN COURSES

Fresh pasta of the day <sup>\*(1,2,3)</sup> €22

Dish of the day (lunchtime only, excluding weekends and public holidays) €22

Roasted pork tenderloin with hyssop, mangosteen-sautéed cabbage and charcutière sauce <sup>\*(9,10)</sup> €29

● Porcini mushroom risotto <sup>\*(3)</sup> €29

Lamb and eggplant ravioli, black-eyed beans and light coriander broth <sup>\*(1,9)</sup> €34

Mullet fillet with sobrasada, sun-dried tomato crumble, split pea mousseline and carrot tempura, with a lemon emulsion. <sup>\*(14)</sup> €36

● Vegetarian option available

<sup>\*</sup>Allergens : 1. Cereals 2. Eggs 3. Milk 4. Peanuts 5. Nuts 6. Soy 7. Sesame 8. Lupin 9. Sulphites  
10. Mustarde 11. Celery 12. Molluscs 13. Shellfish 14. Fish

# À LA CARTE

## CHEESES

**Cheese plate** \*(1,3,6,8,9) €12

*Selection of cheeses from our master cheesemaker  
Tristan JOLY*

## DESSERTS

**Café Gourmand** \*(1,2,5) €12

**Saint-Roux Baba**, Savarin with gin syrup, bergamot confit,  
and thyme-lemon mousse\*(2,3) €13

**Peanut & Vanilla Finger**, Vanilla mousse, banana caramel,  
and crunchy coconut-peanut praline \*(2,3,5) €13

**Strawberry Lemon Delight**, Soft sponge cake, lemon  
cream, strawberry confit, and fresh strawberries \*(2) €14

## CHILDREN'S MENU

**Crispy chickent or fish fillet** (depending on availability) €15  
Served with garden vegetables and/or pasta or fries

**Ice cream cup and syrup with water**

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10. Mustarde 11. Celery 12. Molluscs 13. Shellfish 14. Fish