

# Le Mayen

MENU • SUMMER 2024

BON APPÉTIT



Marianne Bonvin

Golf Crans, 1936

# Welcome

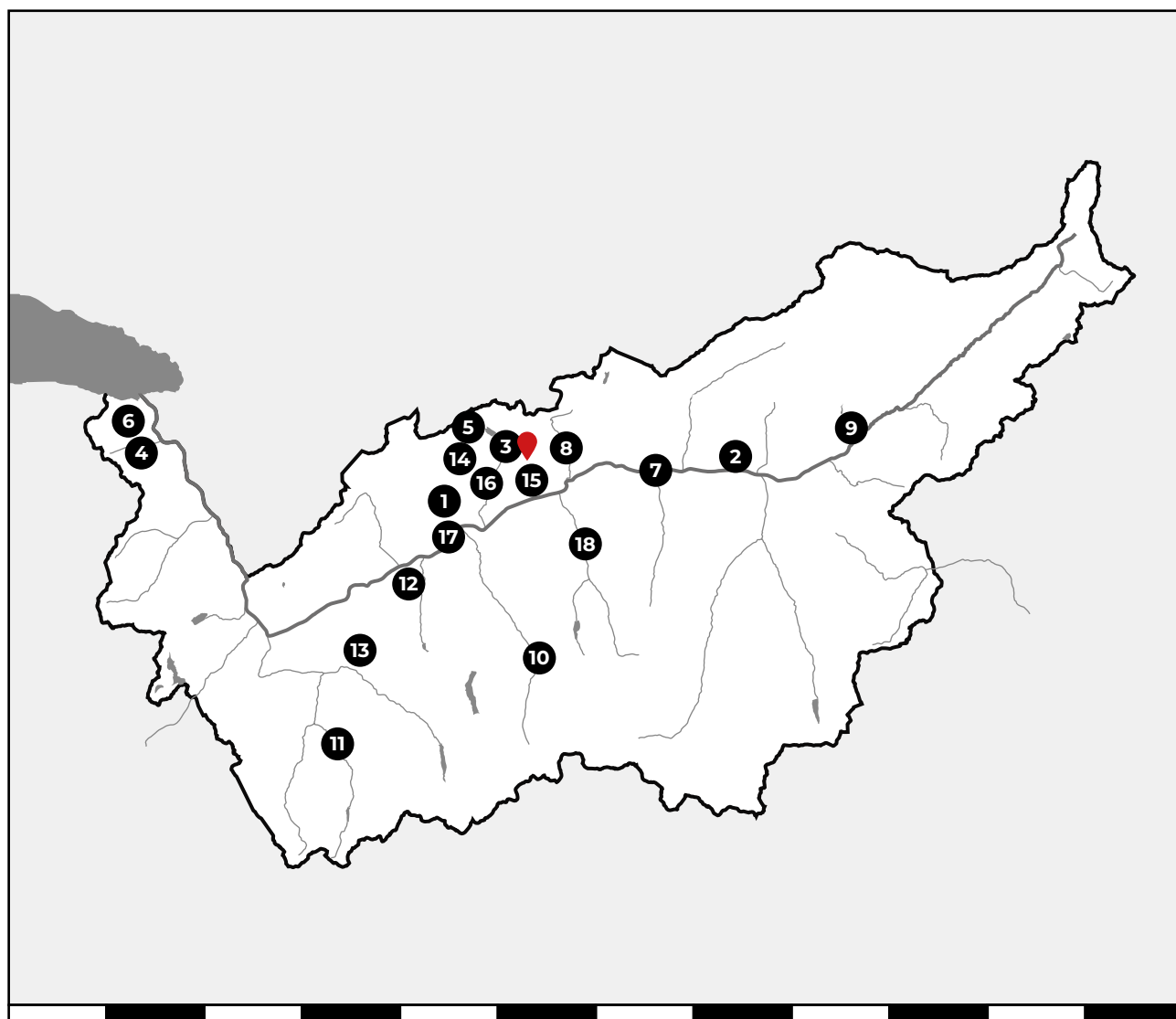
Since 1968, we have been welcoming you to our family restaurant.

For two generations the Bonvin-Clivaz family has been welcoming guests from all over the world to the Mayen. The selection of regional dishes in our restaurant will make you discover or rediscover the delights of the Valais region. Our passion is to offer you good products, from our local producers and cooked with love by our chef Marco and his team.

## Map of Valais

24 km

Our Valais products are indicated by a dot on this map.



## OUR VALAIS PRODUCTS

<b>GOAT CHEESE</b>		
<b>1</b>	Grimisuat	Ferme Besson

<b>FILETS DE PERCHE DE LOË</b>		
<b>2</b>	Rarogne	Valperca

<b>RACLETTE CHEESE</b>		
<b>3</b>	Corbyre	Alpage de Corbyre à Crans-Montana
<b>4</b>	Tanay, Vouvry	Alpage de Tanay
<b>5</b>	Er de Lens/Mondralèche	Alpage Er de Lens à Crans-Montana
<b>6</b>	Vouvry	Alpage Jeur-Loz
<b>7</b>	Turtmann	Augstbordkäserei Turtmann, Wallis 65
<b>8</b>	Crans-Montana	Ferme des Trontières
<b>9</b>	Bitsch	Laiterie Bitsch, Gomser 1
<b>10</b>	Les Haudères	Laiterie Centrale d'Evolène
<b>11</b>	Liddes	Laiterie de Liddes, Bagnes 4
<b>12</b>	Nendaz	Laiterie de Nendaz
<b>13</b>	Verbier	Laiterie de Verbier, Bagnes 1

*& others depending on arrival*

<b>FRESH EGGS FROM ICOGNE</b>		
<b>14</b>	Icogne	Ferme de Monteiller

<b>FRESH BREAD</b>		
<b>15</b>	Crans-Montana	Boulangerie Taillens

<b>COUNTRY CURED MEAT</b>		
<b>15</b>	Crans-Montana	Boucherie du Rawyl
<b>16</b>	Lens	Boucherie Cotter
<b>17</b>	Sion	Boucherie Pitteloud & Elias
<b>18</b>	Vissoie	Salaisons d'Anniviers

*Swiss Beef, Swiss Chicken, Swiss Veal, Swiss Perch, New Zealand or Swiss Lamb.*

# Starters

Soup of the day ●	14.-
Traditional country slate	31.-
Valais dried meat, cured ham, dry bacon, sausage and local cheese	1/2 portion 21.-
Slate of dried meat	33.-
Valais dried meat	1/2 portion 23.-
Cassolette of fresh mushrooms ●	23.-
Served with a fresh poached egg from Icogne	
Raclette PDO ●	7.50
Portion of Valais Raclette PDO with raw milk	
Raclette PDO with grilled bacon	11.50
Portion of Valais Raclette PDO with raw milk and grilled dry Valais bacon	
Flamed Raclette PDO ●	11.50
Portion of Valais Raclette PDO with raw milk flamed with Abricotine or Williamine	

# Salads

Green salad of the season ●	10.-
Mixed salad from the market gardener ●	14.-
Green salad, corn, carrots, cucumbers and tomatoes	
Country salad	27.-
Grilled bacon, croutons, raclette cheese PDO and fresh egg from Icogne	1/2 portion 20.-
Salad Bergère ●	27.-
Toast of Grimisuat goat log, honey, spices and assorted seeds	1/2 portion 20.-
Mayen salad	27.-
Swiss chicken breast, rebibe cheese, Valais dried meat and nuts	1/2 portion 20.-
Poke bowl ●	28.-
Quinoa, beans, cucumber, radish, mixed seeds, strawberries and apple	
Choice of side dish: Smoked Swiss salmon, Swiss chicken breast or poached eggs from Icogne	

# Salads Supplements

Poached eggs from Icogne	4.-
Pan-fried mushrooms	6.-

*Our salads are served with a homemade French sauce.*

● Vegetarian

*The prices on the menu are in Swiss francs.  
In case of allergies or intolerances please contact our service staff.*

# Röstis & Cheese Croûtes

Valaisan rösti .....	33.-
Raclette cheese PDO, fondue mix and Valais dried meat	
Biquette rösti ● .....	33.-
Grimisuat goat cheese, nuts and honey from the Laiterie <i>Au Petit Chalet</i> in Montana	
Montagnard rösti .....	33.-
Raclette cheese PDO, fondue mix, bacon and fresh egg from Icogne	
Vegetarian rösti ● .....	29.-
Vegetables of the day and fresh egg from Icogne	
Nothern rösti .....	35.-
Swiss smoked salmon, dill cream and horseradish	
Thai rösti .....	38.-
Sliced Swiss chicken, coconut milk, green curry and julienne vegetables	
Fresh mushrooms rösti ● .....	35.-
Pan-fried fresh mushrooms with cream	
Cheese croûte ● .....	25.-
2 levels croûte .....	26.-
Cheese and ham	
3 levels croûte .....	28.-
Cheese, ham and fresh egg from Icogne	
Fresh mushrooms croûte ● .....	31.-
Side salads	
Mini green salad of the season .....	5.-
Mini mixed salad from the market gardener .....	7.-

# Meat & Burgers

Swiss beef tartar with Genepi (200g) .....	39.-
Served with french fries and toast	
Swiss beef entrecote with homemade butter (250g) .....	47.-
Served on the stove with french fries and seasonal vegetables	
Chinese fondue with marinated beef two ways .....	49.-
For 2 people minimum, 250g per person	
Half Le Mayen marinade, half Lensarde marinade from <i>La Lienne</i> Butchery	
Homemade sauces, french fries, rice and mixed salad from the market gardener	
Extra meat (100g) .....	9.-
Country Burger (200g) .....	29.-
Swiss beef, raclette cheese PDO and Valais dried meat	
Vegetarian Burger ● .....	27.-
Vegetarian patty, raclette cheese PDO	
Crunchy Chicken Burger .....	35.-
Fried chicken, burrata, bacon, red onions and tartar sauce	
Raclette Burger (200g) <b>#EXTRACHEESY</b> .....	35.-
Swiss beef, Valais dried meat, served with a portion of raclette à la minute (only in the evening)	

*Our burgers are served with french fries and a green salad.*

# Raclettes & Fondues

Raclette tasting ●	37.-
Tasting of 4 Valais PDO raw milk raclette cheeses, at your discretion	
Raclette from the boss	49.-
Tasting of 4 Valais PDO raw milk raclette cheeses, at your discretion	
Served with a plate of Valais dried meat, cured ham, dry bacon and local sausage	
Cheese fondue ●	29.50
Mix of Gruyère and Vacherin	
Cheese fondue with tomato ●	33.-
Mix of Gruyère, Vacherin and homemade tomato sauce	
Mayen fondue ●	35.-
Mix of Gruyère, Vacherin and goat cheese	
Fondue with fresh mushrooms and Calvalais ●	36.-
For 2 people minimum	
Mix of Gruyère, Vacherin, mushrooms and Calvalais	
Philippe Rochat cheese fondue ●	36.-
For 2 people minimum	
Exceptional fondue composed by the chef Philippe Rochat	

# Cheese Sides

Homemade pickled zucchini	5.-
Homemade pickled chanterelles	11.-
“Coup du milieu“ Abricotine or Williamine	7.-

*Our fondues are served with bread, potatoes, onions and pickles.  
For a gluten-free fondue, ask our service staff for gluten-free bread.*

# Our Special Dishes

Schübling Olma	29.50
Served with rösti or french fries and seasonal vegetables	
Perch fillets from Loë, meunière style	49.-
100% Valais perch farming, served with rösti or french fries and seasonal vegetables	
Lamb mouse low temperature	49.-
Served with rösti, balsamic vinegar reduced juice and seasonal vegetables	

# Children's Corner

Beef steak (120g) .....	29.50
Served with french fries or rice and vegetables	
Mini Valais rösti .....	19.-
Raclette cheese PDO, fondue mix and Valais dried meat	
Chicken nuggets and fries .....	19.-
French fries ● .....	12.-

## Desserts

Bonhour cake ● .....	16.-	
Homemade chocolate cake with vanilla ice cream		
Valais Kirsch cherries ● .....	14.-	
Toblerone mousse ● .....	13.-	
Chocolate mousse with Toblerone		
Homemade pie of the day ● .....	9.50	
Depending on the availability of fruit		
Meringues & Gruyère double cream ● .....	15.-	
Meringues and double cream from Fribourg, served with red fruit		
Chocolate fondue ● .....	16.-	
For 2 people minimum		
Served with fresh fruit		
per person		
Sorbet with alcohol ● .....	15.-	
Valaisan Sorbet (apricot and abricotine), Williamine Sorbet (pear and williamine), Colonel (lemon and vodka)		
Coupe Danemark ● .....	15.-	
3 scoops of vanilla ice cream, hot chocolate and whipped cream		
Iced coffee ● .....	15.-	
3 scoops of crunchy espresso ice cream, coffee and whipped cream		
Mövenpick ice cream ●		
Ice cream: vanilla, swiss chocolate, crunchy espresso .....		5.- per scoop
Sorbet: apricot, lime and williams pear .....		5.- per scoop
Ice rocket .....		3.-
Gourmet coffee ● .....	15.-	
Assortment of desserts served with the coffee or tea of your choice		

 Le Mayen

 @lemayen.restaurant.68

 mayen.ch

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