

Le Mayen

MENU • WINTER 2022/23

BON APPÉTIT



Max Barras, Angèle Rey Barras & Marianne Bonvin Barras

Golf Crans, 1938

Welcome

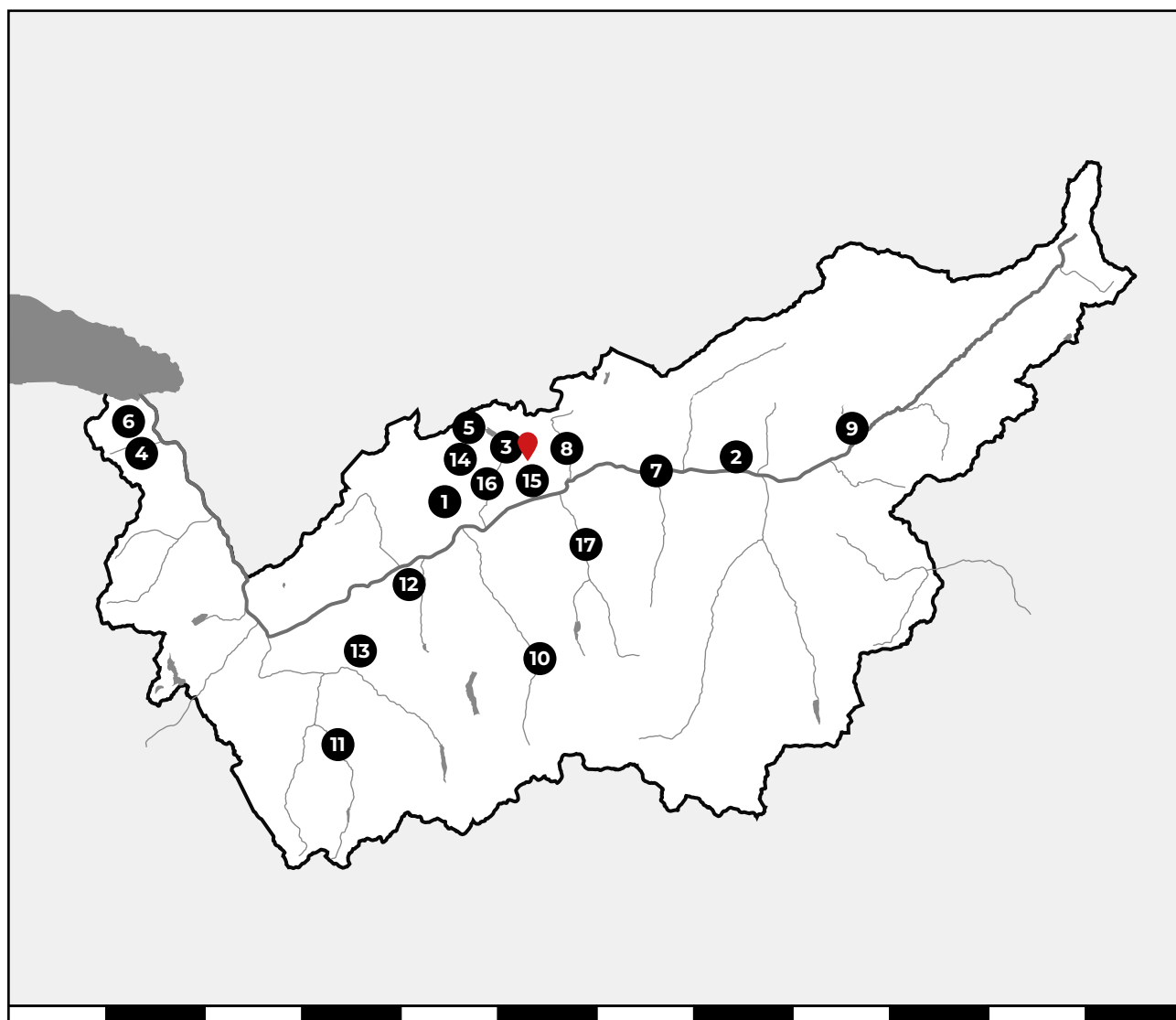
Since 1968, we have been welcoming you to our family restaurant.

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

GOAT CHEESE

1	Grimisuat	Ferme Besson
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FILETS DE PERCHE DE LOË

2	Rarogne	Valperca
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RACLETTE CHEESE

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

FRESH EGGS FROM ICOGNE

14	Icogne	Ferme de Monteiller
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FRESH BREAD

15	Crans-Montana	Boulangerie Tail lens
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COUNTRY CURED MEAT

15	Crans-Montana	Boucherie du Rawyl
16	Lens	Boucherie la Lienne
17	Vissoie	Salaisons d'Anniviers

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	
Salad Bergère ●	27.-
Toast of Grimisuat goat log, honey, spices and assorted seeds	
Mayen salad ●	27.-
Swiss chicken breast, rebibe cheese, Valais dried meat and nuts	
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	

Extras

Poached eggs from Icogne	3.-
Valais dried meat	6.-
Pan-fried mushrooms	6.-

Our salads are served with a homemade French sauce.

● Vegetarian ● Gluten-free

*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	
Meunier rösti ●	47.-
Low temperature lamb mice with balsamic vinegar reduced juice	
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 fresh beef	49.-
For 2 people minimum, 250g per person	
Marinated Swiss beef, home-made 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	
Raclette burger (200g) #EXTRACHEESY	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 ●●	28.-
Mix of Gruyère and Vacherin	
Cheese fondue with tomato ●●	31.-
Mix of Gruyère, Vacherin and homemade tomato sauce	
Mayen fondue ●●	33.-
Mix of Gruyère, Vacherin and goat cheese	
Fondue with fresh mushrooms and Calvalais ●●	33.-
For 2 people minimum	
Mix of Gruyère, Vacherin, mushrooms and Calvalais	
Fondue Corbyre ●●	34.-
For 2 people minimum	
Alpine cheese fondue from Corbyre	
Philippe Rochat cheese fondue ●●	33.-
For 2 people minimum	
Exceptional fondue composed by the chef Philippe Rochat	
Fondue Aurélien ●●	35.-
For 2 people minimum	
Fondue composed by mafondue.ch to support the young freeskiier Aurélien Coubès	
Fondue with black truffles ●●	39.-
For 2 people minimum	
Mix of Gruyère, Vacherin and grated black truffles	
Cheese sides	
Homemade pickled zucchini	5.-
Homemade pickled chanterelles	11.-
Extra "coup du milieu" Abricotine or Williamine	7.-

For a gluten-free fondue, ask our service staff for gluten-free bread.

Our Special Dishes

Schübling Olma ●	28.-
Served with rösti or french fries and seasonal vegetables	
Perch fillets from Loë, meunière style	47.-
100% Valais perch farming, served with rösti or french fries and seasonal vegetables	

Children's Corner

Mini beef steak ● Served with french fries or rice and vegetables	22.-
Mini cheese rösti ●● Raclette cheese PDO and fondue mix	16.-
Mini Valais rösti ● Raclette cheese PDO, fondue mix and Valais dried meat	19.-
Chicken nuggets and fries	17.-
French fries ●●	9.50

Desserts

Bonhour cake ● Homemade chocolate cake with vanilla ice cream	14.-
Valais Kirsch cherries ●●	12.-
Toblerone mousse ●● Chocolate mousse with Toblerone	12.-
Homemade pie of the day ● Depending on the availability of fruit	8.-
Meringues & Gruyère double cream ●● Meringues and double cream from Fribourg, served with red fruit	14.-
Chocolate fondue ●● For 2 people minimum Served with fresh fruit	16.- per person
Sorbet with alcohol ●● Valaisan Sorbet (apricot and abricotine), Williamine Sorbet (pear and williamine), Colonel (lemon and vodka)	14.-
Coupe Danemark ●● 3 scoops of vanilla ice cream, hot chocolate and whipped cream	14.-
Iced coffee ●● 3 scoops of crunchy espresso ice cream, coffee and whipped cream	14.-
Ice cream ●● Ice cream: vanilla, swiss chocolate, crunchy espresso Sorbet: apricot, lime and williams pear Ice rocket	4.50/scoop 4.50/scoop 3.-
Gourmet coffee ● Assortment of desserts served with the coffee or tea of your choice	14.-

