

Le Mayen

MENU • WINTER 2023/24

BON APPÉTIT



Max Barras, Angèle Rey Barras & Marianne Bonvin Barras

Golf Crans, 1938

Welcome

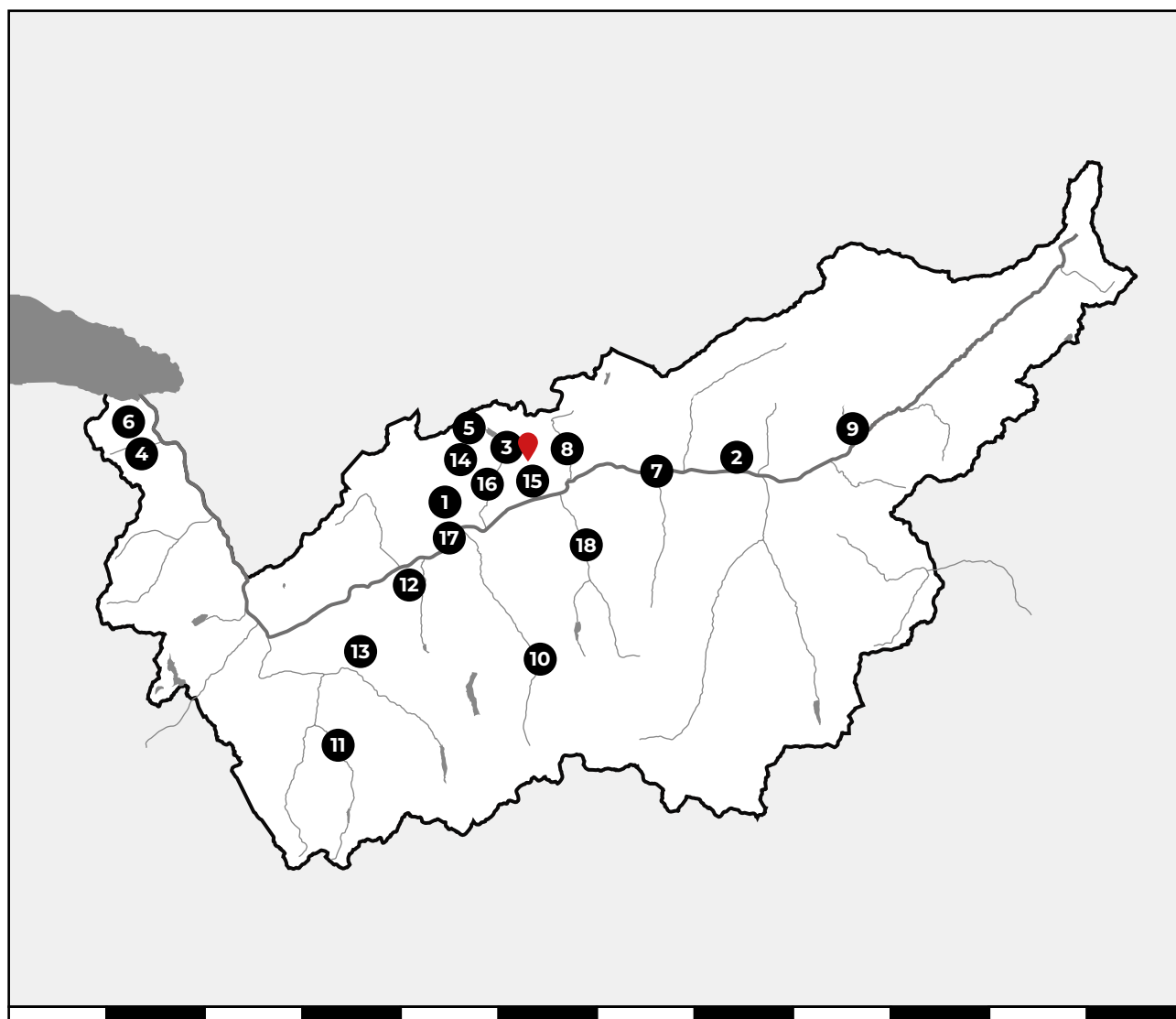
Since 1968, we have been welcoming you to our family restaurant.

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/Mondralèche	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

& others depending on arrival

FRESH EGGS FROM ICOGNE

14	Icogne	Ferme de Monteiller
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FRESH BREAD

15	Crans-Montana	Boulangerie Taillens
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COUNTRY CURED MEAT

15	Crans-Montana	Boucherie du Rawyl
16	Lens	Boucherie Cotter
17	Sion	Boucherie Pitteloud & Elias
18	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	
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 ●	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	
Corbyre fondue ●	35.-
For 2 people minimum	
Alpine cheese fondue from Corbyre	
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	
Fondue with black truffles ●	41.-
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.-

*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	47.-
100% Valais perch farming, served with rösti or french fries 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	
Sorbet: apricot, lime and williams pear	
Ice rocket	
Gourmet coffee ●	15.-
Assortment of desserts served with the coffee or tea of your choice	

Rate us!



 Le Mayen

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