

The restaurants we had the pleasure to try out for you

In some villages there is only one restaurant and it's therefore always best to call to ensure they are open or are not booked out for a wedding or something else.

Ask us, we will be happy to discuss and it will be our pleasure to book for you (we will book under the name of LA PARARE).

♥The restaurants marked with a hart are our favourite restaurants with which we have a personal contact.

We are always looking for new addresses. Do not hesitate to share your discoveries with us and if possible, give us a card for the restaurant. Likewise, if you have a bad experience please keep us informed, we try to keep our list up to date and dynamic.

Dinner at home:

If you do not want to go out for dinner but rather buy something to eat at home you will find plates, cutlery and glasses as well as fridges and other items in the « Honesty bar » in the garden. Please take care for stains as some furniture and fabrics in the rooms are fragile and some irreplaceable. Please put all dirty plates on the table under the Olive tree so we can pick it up and put in the dishwasher. There are small bins in the bar for small litter. Besides the drinks and wine to put on the note book in the bar it is all FOC. However we kindly ask you to put large litter in the big bin in front of our main entrance and keep it all tidy. Thanks for your kind cooperation and understanding.

Sometimes we can prepare a personalised dinner, whether it is a nice platter with cold cuts or something else. It will also depend on other requests and timing, remember we have no restaurants nor its equipment. The best is to ask the evening before.

In order for nobody to "starve" we always have some readymade meals you can heat up in the oven.

Table d'hotes: we do ones a week and depending on request and we need to be a minimum of 6 persons.

The restaurants or food places nearby:

La Meranda, tel : 09 86 46 06 28 Chateauneuf Villevieille : 2 min by foot,

Open from 8H30 till 12pm and 16 until 19h except of Monday.

Just at 100m from La Parare, same building as the church you will find this very small grocery shop with various things to eat and snack and for the items you may have forgotten. It's very small; please do not wait for closing time as all might be gone. You can also order a Pizza before 18H30

Chez Rose, Tel.:04 93 79 26 84 **Chateauneuf Villevieille**. 5 min foot

Closed on Sunday evening and Tuesday all day. The only restaurant in the village. Patrick, the owner is very nice, though interior decoration is not his main interest. Nice views and the traditional ravioli is fine.

L'Ecailler des Vallées : Fish store in Contes also serving lunch: 0493550738;0675300013 **open from 8H30 am - 19H PM except of Wed. 8H30 am -16HPM** (closed Sunday pm and Monday entire day).

Everyday fresh fish and a nice platter of sushi, maki. If you like wasabi, make sure to ask for it as most locals prefer without. Nice seafood salads, calamari and others. You can eat there on the spot or take it to La Parare.

France Pizza (Panini and salads): 0493885393 just down the hill in Contes, you can pick it up on the way home or ask for delivery. Open 7 days a week from 11H30am till 13H and starting 18 pm till 22pm Free delivery, the full list is in your room book..

Le Select: 1 Place Jean Allardi 06390 Contes. 0493791865, Brasserie, simple style but good food. Open 7 days a week for lunch and closed in the evening on Sun to Wed/Thurs depending on season.

Le Grenadier 11 Place Ollivier 06390 Contes Tel : 0621770519

Pancakes, paninis, sandwiches. 7H30-18h30 Closed on Sundays.

La Fleur de Thym, Contes Tel.:04 93 79 47 33, www.lafleurdethym.fr , 7 min by car
Open Tuesday to Saturday lunch and dinner and Sunday evening between mid-July – end Aug.
When arriving Contes, you find the restaurant is just next to France Pizza. Good menu and nice service.
No outside dinner space but there is AC during the warmer days and an open fire during the winter.

Chez Regine : Tel : 0493911618 www.restaurantchezregine.com/carte.html ,12 min by car
Open all days. Last resort when all other restaurants nearby are closed. Pizzeria, pasta, meats a bit of everything. Go to Contes- direction Nice – Pointe de Contes dir Blausasc,direction L'Escarene and you will find it on your left hand side.

Country side

♥**Auberge de la Madone, Peillon**, Tel.: 04 93 79 91 17 www.auberge-madone-peillon 20 min by car.
Chef: Thomas Millo, closed on Wednesday.
Arriving at the village of Peillon is a happening in itself. This medieval village is clinging to the rock.
Very nice terrace with beautiful views. French classic cuisine for a great dinner but you can also have just a short menu and there is always a vegetarian dish as well.

Le Moulin de l'Oliveraie, Blausasc : Tel.:04 93 79 59 16 <http://www.moulin-de-loliveraie.com>
15 min by car, closed Sunday evening and Mondays. Lunch is served 12-14 and dinner 19h30-21.
This old former olive oil mill is a nice restaurant where you can still see the big mill stone. Small terrace with beautiful view over the valley. French cuisine with some interesting dishes, well presented. Ask for the table under the olive tree.
Take the road to Contes direction Nice. Pointe de Contes take a left to Blausasc. The restaurant is indicated and there is a parking right in front.

Café de la Fontaine, la Turbie. Tel : 0493285279, 30 min by car.
4 av. Du Gen. de Gaulle La turbie. Open 7 days a week in July and August. Low season closed on Mondays and Tuesdays.
Very nice bistro style restaurant where you eat very well. It belongs to the 2 stars Hostellerie Chez Jerome in la Turbie but the price is not the same. Very good value for money. Several services per evening and always full. Needs to be booked in advance!

Sea side : Cap d'Ail- Monaco- St Jean Cap Ferrat and Villefranche:

♥**La Pinède, Cap d'Ail**, Tel : 0493783710, www.restaurantlapinede.com 30 min by car.
Open from March till October everyday (lunch and dinner with exception of Wednesdays).

Idyllic place on the rocks. Warm welcome by Elliot and Michel who will present their beautiful fish which they will grill for you or present in a salt crust. An unforgettable moment !
Take the road to Contes – La Trinite,- Auchan- Laghet- La Turbie- Monaco-Cap d'Ail and the direction to Mala beach. Look out for the little sign of la Pinede. The road bring you some stunning sea views.
Possible to have a nice swim just next to the restaurant. It's a bit of an island feel, rocks are a bit uncomfortable so in general not a lot of people but very clear water. Sydney has had some of his best naps on those rocks.....

La Différence Roquebrune Monaco, Tel : 0492073551, www.ladifference.com. 35 min by car.
« Sentier des douaniers » just below the Tennis country club of Monaco .
Restaurant just above the seas, stunning views. Locale nice cuisine.

Le Cabanon Pointe des Douaniers a Cap d'Ail: tel : 0493780194. When having a stroll going along the shore on the rocks from Cap D'Ail (La Pinede) to Monaco you can have a nice stop and a lunch. Account on Face Book; @leCabanoncapdail

♥**Le Mirazur**, Menton Tel:0492418686, www.maurocolagreco.com

30 avenue Aristide Briand. 45 min. by car on the middle corniche right on the (former) Italian border. Mauro is an Argentin-Italian chef with 2 stars. With his own garden and grown veggies Mauro is an artist and currently rated as No 4 in the world. The only topic during your meal will be the food you are enjoying. All is extraordinary. Of course the price is according to the level but you will have memorable moment. Fantastic view over the sea going from Menton to Italy. Please check his web site for the prices.

♥ **Paloma Beach, St. Jean Cap-Ferrat.**: Tel.:04 93 01 64 71,,: www.paloma-beach.com

Ca 45 min. by car. Open all days from Easter till September lunch and dinner.

For dinner or lunch in combination with a nice beach day or a stroll around the cape you can enjoy one of the best locations ever.

Excellent fresh, salads, and pastas. For a very special occasion, and if booked far ahead you can book the one little table for two on the jetty. It's a challenge to get it more romantic.

With a bit of luck, you may see a celebrity being picked up from his yacht by the staff of Paloma beach.

In the evening all mattresses are gone and you can sit on the sea shore, with candle light, feet on the pebbles, look at all lights along the coast and have one of your most romantic evenings.

Villefranche-sur-Mer

35 min. by Car. Small medieval harbour village, former fishers village. No big yachts only small fishing boats (called pointus). A very nice atmosphere even in the high season. You can have a swim before or after dinner as the beach is just next to all the restaurants and bars. There are several to choose from and we have always eaten well in Villefranche - here after short list:

♥ **L'Aperté a Villefranche** sur Mer, 30 min en voiture. Tel: 0493018488, 1 Rue Obscure (behind hotel Welcome). Closed on Mondays.

Small, very nice restaurant with a menu based on local products and dishes with an interesting touch. Nice presentation. To finish, a flavoured Rhum – speciality of the house.

L'Oursin bleu, Tel : 0493019012 <http://www.restaurant-oursin-bleu.com/> nice place with a more sophisticated menu. Open all year, all week.

Le Maissa : tel : 0493017508 www.lemayssa.fr/ Upstairs just next to the harbour – magic views. Same owner as Paloma Beach.

Brasseries in Villefranche – open all day

Le Cosmo 04 93 01 84 05. 11 Place Amélie Polonais. Closed Monday and Tuesday.

Les Palmiers Tel : 0493017163 No fuss, but you eat well and have a nice view. Open all days 11.30-23.30.

Restaurants in the Old Town, Nice:

♥ **Bistrot d'Antoine** : 27 rue de la Prefecture Vieux Nice Tel : 0493852957 Closed Sunday and Monday.

Please note : this is a very good and very popular restaurant, best to book some days ahead but sometimes it's still possible to get a table at the second seating at 9pm.

♥ **Peixes** 4 Rue de l'Opéra, 06300 Nice 04 93 85 96 15 closed on Sunday. Open all day starting noon. Peruvian ceviche: beautiful and innovative small dishes. Ceviche is marinated fish dishes but you will also have very nice cooked food. No reservation, but in general you always get a table if you come late for lunch or early for dinner.

Carre Llorca : 3 Rue de la Prefecture 06300 Nice; 0493929586 www.carrellorca.co

Refined dishes with flavours from the Mediterranean kitchen – Alan Lorca has several restaurants also with Michelin star. Bright and nice restaurant very well situated in the old city. Closed Sundays.

Bar des Oiseaux : 5, rue St Vincent 0493802733.

Same owner as Bistrot Antoine – here all dishes are served with fresh pasta made next doors. Can be difficult to get a table but worth trying. Closed Sunday and Monday,

Indien - Delhibelhi Tel :0493925187, 22 Rue Barillerie (vieux Nice). www.delhibelhi.com

We are very fond of Indian food, and this is where we go when we have a craving. Good services and reasonable prices. Open daily 19.00-23.30.

Nice port and nearby Rue Bonaparte:

♥ **Bistrot Du Port**: Tel : 0493552170, 28 Quai de Lunel 06300 Nice Face Book; @Le Bistrot du Port. Closed Tuesday and Wednesday.

Very good Bistro on the east side of the harbour. Nice ambiance.

Le Local Tel: 0493140829, Rue Rusca (port) ; 12 a 14H30 et 18H30 a 23H, Face Book ; @Le Local Closed : Sunday evening.

Deli and restaurant in one with real Italian products. Nice out-door seating area, relaxed and casual.

L'Atelier du Port : Tel : 0983038844 48 Rue Bonaparte 06300 Nice. Closed Sundays.

Lots of young people, both staff and around the tables. Nice dishes with locally sourced products.

♥ **Vinivore** Tel : 0493146809 10 Rue Lascaris Nice. Face Book ; @ **Vinivore Le Bistrot**. Very good food, service and nice ambiance. For dessert go for the cheese – they have an excellent selection. Next door they also have a bar.

♥ **Restaurant Jan** : Tel : 0497193223 12 Rue Lascaris, Nice 06300, www.restaurantjan.com

The restaurant has an elegant decoration and excellent food at a high level. International staff working with the chef from South Africa. One Michelin star.

Bon Œil : Tel : +33 9 80 33 08 38 12, rue Emmanuel Philibert Nice 06300. Short but innovative menu at good prices and also some lighter dishes like quiches, sallads and soups.

Pipo : no reservations Tel: 0493558882 13 Rue Bavastro Serving the local speciality socca – a pancake made out of chick-pea flower. Very nice and very popular as it's not expensive.

La réserve de Nice Tel: 0497081480 (l'autre cote du port sur le Cap de Nice)

60 boulevard Franck Pilate www.lareservedenice.fr

Exceptional location with a view over the harbour of Nice. Fine dining. April to September, Open daily from 12.15 to 14.00 and from 19.15pm to 22.00.

Parking Marechal Nice East:

♥ **Bar à Vin Nice Saveurs & Anthocyanes**: 10 Rue Gioffredo 06000 Nice. Tel : 0483503324

Antoine and Frederic will receive you with a big smile and lots of charm, happy to share his wide knowledge of wine. You can buy a bottle to bring or to drink with your meal – same price. Nice and simple bistro food.

♥ **La Chaise Bleue** Gourmande 8 Rue Gioffredo, 06000 Nice 07 69 38 93 65. Closed on Sunday.

Next to the above mentioned Bar a vin Antoine has opened a typical Nicois restaurant. The local Nice specialties are “revisited” and presented in an elegant way. Traditional local food, local products of high quality and here they know their wines and they are excellent. Very good a friendly service.

♥ **Flaveurs** Tel :0493625395 , 25 rue Gubernatis 06000 Nice www.flaveur.net

The two brothers in charge of the kitchen quickly got their well-deserved Michelin star. Very fine and delicate, beautiful presentations.

Nice Center Jean Médecin- Promenade des Anglais

La Rotonde / Negresco: www.hotel-negresco-nice.com Tel : +33 (0)4 93 16 64 00 Promenade des Anglais.

The Negresco is a landmark in Nice and a luxury hotel since always – still owned and run by Mme Auger. Very special decoration. Good food and service to match – a lunch on the terrace is a real pleasure.

Franchin Tel: 0493871574, www.franchin.fr , 10 Rue Massenet 06000 Nice : Typical French Brasserie with a nice selection of dishes and good service.

Le Canon Tel: 0493790924 www.lecanon.fr 23 Rue Meyerbeer 06000 Nice. Open for lunch and dinner Monday to Friday. Young and a bit trendy, original decor and nice food.

Nice Riquier

Brasserie Le Virginie: 2 Place Auguste Blanqui, 06300 Nice 04 93 55 10 07 open 09:30–14:30,17:30–22:30 www.levirginie.fr/

Like a Parisian Brasserie with local dishes and great seafood.

Restaurants in the Nice area:

Carros : when you come from the inland via Vence

Restaurant La Forge : Tel: 0493293150 www.restolaforge.com Nice restaurant both summer as well as winter. Good place to stop coming from Vence towards La Parare. Closed Monday and Tuesday evenings and Wednesday the whole day.

Cagnes sur Mer

Charlot 1e tel : 04 93 31 00 07. 87 Prom. de la Plage, 06800 Cagnes-sur-Mer open 7 days a week

Ouvert 12:00–15:30, 19:00–23:00

A great fish and shell fish restaurant, wonderful oysters and much more.

St Paul de Vence :

La Colombe d'Or, St Paul de Vence 40 min en voiture Tel :04.93.32.80.02

www.la-colombe-dor.com/indexEN.html An institution. Classic kitchen, very nice terrace and an art collection to die for. Has to be booked well in advance.

Le Tilleul : Tel: 0493328036 www.restaurant-letilleul.com Place du Tilleul St Paul de Vence.

Nice and pleasant with good out-door seating.

Antibes

Le Vauban : Tel: 04 93 34 33 05, 7 Rue Thuret, 06600 Antibes: Very good table in the old town of Antibes.

Chez Joseph: Tel : 0493613652, Plage de la Garoupe 06160 Le Cap d'Antibes. Classic beach restaurant, elegant and chic. Not for free, but a beautiful view to compensate.

La Taille de Gèpe: Tel 04 93 74 03 58, 24 rue de Fersen, Antibes. Tue – Sat 12 – 14 ; 19 -22
Special decoration, dishes served with flowers – very pretty.