

**FOOD  
& DRINK**

**MICHELIN DINING  
ON A BUDGET**

**13 BEST BISTROS**

**OLDEST CAFE IN PARIS**

**WHERE TO FIND THE  
PERFECT PASTRIES**

**HIDDEN COCKTAIL BARS**

**PARIS FOR CHOCOLATE  
LOVERS**

**TOP CULINARY SCHOOLS**

**FREE  
SAMPLE  
EDITION**

# reBonjour

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# reBonjour

Food & Drink

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## FROM THE EDITOR

Rain is tumbling from the sky, splattering on the cobblestones, and your umbrella is sailing skyward with each gust of wind. Drenched and annoyed, you wish you had canceled your lunch reservation. You arrive at the bistro and push open the door with a sigh. Waiters in white aprons bustle from the kitchen with delicious smelling dishes. The clinking of cutlery on plates mingles with the happy chatter of diners. Your friend is waiting with a glass of wine at a corner table. You sink into the red banquette, order the *menu du midi*, and soon forget about the wintry mix pelting the streets outside. In fact, you might just have to order an extra cheese course—never mind that you filled up on *boeuf bourguignon* as your main—just to prolong the pleasure. Not to mention a *café* to cap off the meal...

What's better than lunch in Paris? As I reflect on favorite food moments, I always come back to those long *déjeuners*, fueled by good food, wine and conversation, that sometimes last well past 3pm, since the waiter doesn't pop by preemptively with the check. The midday meal isn't just fuel to get us through the day, but a social ritual and leisurely moment where we sit down and take a break from the busy, non-stop movement of our daily lives. What's more, the multi-course restaurant menus are often a great value, prepared with the same finesse and ingredients as dinner.

The joy of lunch in Paris taps into a great French pastime: Preparing food, and eating it, is a serious sport. Such an important topic—and one in which visitors are keen to explore—is the focus for our first-ever edition of reBonjour, a deep dive into the Paris food scene. We've curated this guide for those who wish to go deeper than the postcard: pâtisserie fanatics, vegans and vegetarians, chocoholics on a quest for the capital's best creations.

From market stalls to Michelin stars, from café terraces to hidden cocktail dens, we'll take you on a gastronomic *tour de Paris* that showcases the breadth and bounty of the capital's table. Whether you're learning the lexicon of a French bakery or embarking on your first foray into culinary school, we hope this guide serves as a useful *entrée, plat, dessert...*

Bon appétit.



BONJOUR PARIS EDITOR



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# 13 BEST BISTROS IN PARIS

BY EMILY MONACO





**T**he bistro has experienced a bit of a downturn in Paris these days, and that's no surprise. Your average Parisian is far more excited by on-trend street food or small plates than the hearty beef *bourguignons* and veal *blanquettes* classics of yore, and widespread industrialization of the food industry in France has led many restaurants to serve up ho-hum iterations of such classics to unsuspecting tourists. (Alain Fontaine, president of the French Association of Maitres-Restaurateurs, estimates that just 7,000 of France's 175,000 restaurants make all of their food in-house.) But if you've got your heart set on some classic bistro fare, there are more than a handful of spots still doing things right. You just need to know where to look.

# 1. Les Arlots

*136 Rue du Faubourg Poissonnière, 10th*

This pocket-sized restaurant just steps from Gare du Nord is a stalwart fave of locals who love it for its unpretentious food and old-school décor hinging predominantly on taxidermy (including a framed assortment of *ortolans*, a purported favorite of François Mitterand). The chalkboard menu changes regularly, often boasting slightly modern plays on old-school fare. *Confit de canard* may be served with meaty shiitake mushrooms; egg-mayo may be seasoned with black garlic and topped with smoked eel. The only permanent line item is the now-famous *saucisse des Arlots*, a perfectly seasoned sausage served with mashed potatoes and jus. Vegetarians are not likely to find their bliss here, though pescatarians will usually have at least one option. A long list of natural wines is sure to offer the perfect accompaniment.



© Les Arlots



## 2. Chez Georges

*1 Rue du Mail, 2nd*

When you make a reservation at Chez Georges, be sure you append: Rue du Mail. There are many bistros in Paris bearing this name, but there's only one with the old-school charm of this one. The waiters boast that practiced Parisian tongue-in-cheek derision, and the black-clothed waitresses are masters of bustling efficiency. The hand-written menu is a treasure in and of itself, but it also paves the way for some truly excellent iterations of time-honored bistro faves.



The appetizer salads are behemoths, whether it's the *salade lyonnaise* with its bounty of *frisée* and thumb-sized hunks of salty lardons or the creamy *céleri remoulade* – categorically the best I've ever had. Mains tend to be on the meaty side, with 5A *andouillette*, kidney, and sweetbreads all featuring prominently. (Three kinds of steak-frites and multiple fish options are also on offer for those who can't quite jump on the offal train.) Desserts are simple but always delicious – the *tarte tatin* is caramelized and oh-so-buttery, served alongside an unnecessary but welcome bowl of raw cream.

### 3. Bistrot des Tournelles

6 Rue des Tournelles, 4th



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The Marais comes with a great reputation for great tables, but the Bistrot des Tournelles has got a no-brainer with this small bistro having closely to time-honored tradition in the kitchen, albeit with an almost exclusively natural wine list. Chef-owner by Langella has become famous for his behemoth of a *cordon bleu*, whereby the staple of French cafeterias gets a serious makeover. A thinly pounded turkey breast is lined with a layer of Prince of Paris ham and stuffed with a generous handful of Comté cheese before being rolled in

breadcrumbs and fried. Between this page and the next one  
p.s. you're missing out on 76 pages of bistros,  
Provençal *daube* results in fall-apart-tender beef and his love of  
classic sauces, hidden cocktail bars, Eiffel Tower dining  
and the best places for chocolate





# Le Procope

## THE OLDEST CAFÉ IN PARIS

BY MARIAN JONES



A slice of history goes well with a nice restaurant meal and it's a combination easily found at Le Procope, just up the road from the Odéon metro station in the 6th arrondissement. For there you can find traces of the Revolution, the Enlightenment and heavyweight 19th-century authors like Balzac while enjoying some of the same traditional French cuisine which has been served here for over three centuries. Little wonder then that the restaurant is officially classified as a monument historique.

The signs displayed outside are enticing. “Café-glacier depuis 1686,” reads one, making it the oldest café in Paris if you discount the fact that it closed down for a period in the 19th century. In the late 17th century it was, continues the information panel, almost certainly the first restaurant to serve coffee, the fashionable drink newly arrived from Italy. What's more, it was brought in porcelain cups to customers at their table. All of this was new, and it was the beginning of Parisian café culture.



© Michael Rys / Wikimedia Commons

Le Procope opened its doors in 1686, the brainchild of Sicilian Francesco Procopio dei Cotelli, who opted from the outset for a luxurious atmosphere, choosing crystal chandeliers, mahogany and velvet for the décor. Trade was brisk from the beginning, boosted by actors and audience members from the Comédie Française theater which at that time was just across the road. The novelist Alain-René Lesage was among the early customers and wrote delightfully of the bustling new restaurant where you would find “nobles and cooks, wits and sots, pell mell, all chattering in full chorus to their heart’s content.”

The atmosphere today may be a little quieter, but much of the décor has been kept. Indeed, it is said that the wallpaper has not been changed since 1832! The lady at the ticketed cloakroom desk smiled when I asked her if it was true, as I had read, that the restaurant has a little museum upstairs. “Ah,” she said, “the whole restaurant is a museum, madame. You will see.”



We followed a waiter through a room with dark red and mustard-colored walls, covered in prints and framed documents where the tables – mainly full – were laid with white linen cloths, heavy cutlery and sparkling glasses. In the little corner reserved for us was a heavy old bookcase full of ancient leather-bound tomes and on the ceiling I spotted not just a copy of key text from the Revolution – the Declaration des Droits de l'Homme – but also an old-fashioned ironwork chandelier. Bliss for the history nerd!



But we had, of course, a menu for the day. The classics of French gastronomy all seemed to be on the menu – *soupe à l'oignon gratinée*, *sole meunière* – in a separate section labeled *nos recettes historiques*. *Quenquette de veau traditionnelle* and the intriguing *tête de veau en cocotte, comme en 1686*. What, you're wondering, is a *tête de veau*? It's a head of veau, cooked in 1686 from one of the original recipes of the menu for lunchtime. I mean, Procope offered excellent food, although I slightly wished we'd come in the evening so I could enjoy the more extravagantly named *menu philosophique*. My trout with almonds was elegant and perfectly cooked. The *chocolate meringue* to follow – ice cream and Chantilly cream drizzled with liqueur – was a treat. The coffee came with a little madeleine cake. Of course it did!

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*Unlock the rest to learn more  
about Paris's oldest café*





# TOP Pâtisseries in Paris

BY EMILY DILLING

Paris is a city of excess, a place where long lunches, elaborate dinners, and another bottle of champagne are considered well-deserved pleasures and not once-in-awhile splurges. If you're in Paris for a limited time, double up on your decadence to soak up the joys of the French lifestyle. There's no better way to indulge yourself than by doing a tasting tour of Paris pâtisseries. Here are a few gourmand go-tos to add to your itinerary.





# L'Eclair de Génie

14 Rue Pavée, 75004

Unlike many classic French pastries, *éclairs* leave lots of room for surprises and innovation. Pastry chef Christophe Adam takes advantage of this liberty by producing a wide range of *éclairs* that embrace exciting flavor combinations. From fruity (blood orange, raspberry, strawberry) to more traditional (caramel, chocolate, pistachio) L'Eclair du Génie has something for everyone.

Tel: 01 42 77 85 11. Open 11 am– 7 pm Monday–Friday, and 10 am– 7:30 pm on the weekends. The shop was a runaway success, with other outlets now located around the city, including Galeries Lafayette Gourmet.







## Des Gateaux et du Pain

*63 Boulevard Pasteur, 75015*

Flans, *tartes*, and pastries of all kinds assure that Claire Damon's boutique will turn you into a kid in a cake shop. Fruity specialties which incorporate grapefruit, cherries, and other seasonal fruits make a trip to this 15th arrondissement bakery well worth the metro ride.

Tel: 01 45 38 94 16. Open daily from 9 am– 8 pm, except Sundays when the shop closes at 6 pm. Closed Tuesdays.



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*We share ten more pâtisseries we love in the full edition, as well as ten culinary schools, a Michelin chef's perfect itinerary and eleven affordable Michelin restaurants. Oh and if you like street food, vegetarian food or vegan hotspots we've also got the ultimate guides!*

# 7 IRRESISTIBLE PASTRIES TO TRY IN PARIS



## PARIS-BREST

Choux pastry filled with rich praline-flavored cream



## ÉCLAIR

Light, choux-filled with cream and topped with icing



## MACARON

Delicate almond meringue sandwich with creamy filling



## GÂTEAU OPÉRA

Layers of almond sponge cake soaked in coffee syrup



## TARTE AU CITRON

Crisp, buttery pastry with tangy lemon curd



## MILLEFEUILLE

Layers of puff pastry and cream



## ST. HONORÉ

Puff pastry with cream puffs dipped in caramel





© RossHelen

# Parisian Café Culture

**A COMPLETE GUIDE**

BY POPPY PEARCE





Café culture in Paris has its roots in the Enlightenment period, when intellectuals, writers, and artists gathered at coffee houses across the capital to exchange ideas. Cafés such as Café de Flore, Les Deux Magots, and Le Procope have played host to a wide range of influential historic figures such as Voltaire, Ernest Hemingway, Pablo Picasso, and Benjamin Franklin.

The French are known for placing high value on their leisure and work-life balance, meaning that cafés in Paris offer a space for relaxation, socializing, and enjoying one another's company. They often have outdoor seating on sidewalks, creating a lively atmosphere and a buzzing scene.



It's this romantic image of Parisian culture that adds to the city's global appeal and attracts tourists seeking the café experience: sitting to enjoy a coffee and a croissant, while soaking up the ambiance.

Recently, the Paris coffee scene has been revolutionized by a new generation of independent cafés serving specialty coffee. Although the country has always been synonymous with café culture, international visitors have long complained about the coffee itself as bitter and uninspired. Now, the city is full to the brim with specialty coffee shops that have become the go-to spot for a rendezvous with friends. Check out these 20 cafés, from timeless classics to trendy spots that double as flower shops.



© Robyn Lee / Public Domain

# The Parisian Classics

These classic Parisian cafes exude timeless charm with their historic ambiance, artistic connections, and intellectual legacy. From Les Deux Magots and Café de Flore, frequented by luminaries, to Le Procope, dating back to 1686, each café transports visitors to a bygone era of French culture and intellectual discourse.

## 1. Les Deux Magots

*6 Pl. Saint-Germain des Prés, 6th*

Les Deux Magots, a café tucked away in the Saint-Germain-des-Prés district, is more than a coffee house – it’s a piece of history. Often visited by luminaries in the likes of Simone de Beauvoir and Hemingway, this place is a cultural landmark due to its Art Deco appeal and bohemian atmosphere. This legendary venue continues to draw locals and tourists from around the world because of its literary heritage and the coveted “Prix des Deux Magots” prize. Explore this revered quarter and enjoy a Parisian experience that combines old-world charm with modern sophistication.







## 2. Café de Flore

*172 Bd Saint-Germain, 75006 Paris*

Situated next door to Le Deux Magots, Café de Flore is also a legendary attraction. This famous café, known for having hosted prominent figures such as Picasso and Sartre, is a living example of the exchange of ideas and artistic expression. Café de Flore is more than just a coffee shop; with its curbside appeal, it's a cultural landmark.

### 3. Le Procope

*13 Rue de l'Ancienne Comédie, 6th*



Le Procope, also known as Café Procope, was founded in 1686 by Francesco Procopio dei Coltelli, an Italian chef. It is regarded as the oldest café in Paris, and it's said to be the city's oldest restaurant that's been continuously operational. Many people also believe that Le Procope was the first coffee shop in Europe, giving rise to modern café culture. During its early years, Le Procope was frequently visited by renowned French writers including Jean-Jacques Rousseau and Denis Diderot. Voltaire cherished Le Procope so much that a memorial to the writer now stands on his favorite table. A must-visit, the café transports guests to a bygone era.



## 4. Carette

25 Pl. des Vosges, 3rd

Place des Vosges in Paris is a beautiful square with elegant red-brick buildings and arcades. It features harmonious architecture, serene gardens, and Victor Hugo's residence, making it a quintessential Parisian experience. Carette is built into the arches, offering a flamboyant patisserie fit for the nobility. The café is known for its rich, indulgent pastries sourced from top chocolatiers, and its thick, velvety hot chocolate. Carette's attention to the finest ingredients and traditional methods make the hot chocolate a sought-after treat.



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*In the full version of this article Poppy  
shares nineteen cafés!*

*the full guide also has our favorite markets  
as well as tips for finding the perfect  
baguette*

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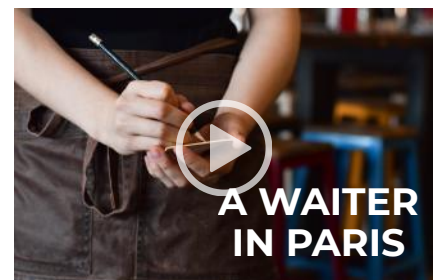
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