

# Restaurants

Recommended by Gate 1 travellers

## Toulouse

### French bistro-style

#### **Émile** \$\$–\$\$\$

A Toulouse institution since the 1940s, offering refined South-Western French cuisine with a renowned cassoulet, served in a charming pink-brick house on lively Place Saint-Georges.

12:00 PM – 2:00 PM and 7:30 PM – 9:30 PM – Tuesday to Saturday.

13 Place Saint-Georges, 31000 Toulouse. 05 61 21 05 56.

#### **Ligot** \$\$–\$\$\$

Aveyronnais bistro offering traditional dishes like aligot and Aubrac beef in a cozy, Parisian-style setting on Place Saint-Georges.

12:00 PM – 2:00 PM and 7:00 PM – 10:00 PM – Open daily.

14 Place Saint-Georges, 31000 Toulouse. 05 61 53 32 08.

#### **Ekylibre** \$\$–\$\$\$

Trendy vegetarian café serving colorful açai bowls, avocado toast, and smoothies in a relaxed setting with outdoor seating on Place Saint-Georges.

9:30 AM – 6:00 PM – Tuesday to Saturday; 11:00 AM – 6:00 PM – Monday; Closed Sunday.

19 Place Saint-Georges, 31000 Toulouse. 05 34 33 88 41.

#### **Café Brûlé** \$\$–\$\$\$

Cozy vegan café offering all-day brunch, specialty coffee, and plant-based pastries in a relaxed setting near Place Saint-Georges.

9:00 AM – 6:00 PM – Wednesday to Friday; 10:30 AM – 6:00 PM – Saturday; 10:30 AM – 3:00 PM – Sunday; Closed Monday and Tuesday.

12 Rue Alexandre Fourtanier, 31000 Toulouse. 09 88 44 78 94.

#### **Bistroquet à la Une** \$\$–\$\$\$

Lively bistro blending traditional French cuisine and tapas, offering seasonal dishes and a convivial atmosphere with terrace seating near Place Wilson.

12:00 PM – 11:00 PM – Open daily.

10 Rue Labéda, 31000 Toulouse. 05 34 30 55 71.

#### **Oh La Vache !** \$\$–\$\$\$

Charming bistro offering classic French dishes like duck breast and ribeye steak, accompanied by gratin dauphinois, in a rustic, farmhouse-inspired setting near Place Wilson.

7:00 PM – 11:30 PM – Tuesday to Saturday; 12:00 PM – 2:00 PM and 7:00 PM – 11:30 PM – Saturday; Closed Sunday and Monday.

2 Rue d'Austerlitz, 31000 Toulouse. 09 86 24 60 18.

### **Le Bistrot de l'Étoile \$\$-\$\$\$**

Charming traditional bistro offering hearty French cuisine, including daily "plats canailles" like tête de veau and tripes à la provençale, in a retro-inspired setting with vintage enamel signs.

12:00 PM – 1:45 PM and 7:30 PM – 10:00 PM – Monday to Thursday; 12:00 PM – 1:45 PM and 7:30 PM – 10:30 PM – Friday; 7:30 PM – 10:30 PM – Saturday; Closed Sunday.

6 Rue de l'Étoile, 31000 Toulouse. 05 61 63 13 43.

## **French lighter style**

### **L'Alimentation \$\$-\$\$\$**

Trendy wine bar and bistro offering seasonal small plates, charcuterie, and natural wines in a lively, modern setting with a grocery and wine cellar.

12:00 PM – 2:15 PM and 6:00 PM – 2:00 AM – Tuesday to Saturday; Closed Sunday and Monday.

3 bis Rue Maurice Fonvieille, 31000 Toulouse. 05 62 27 00 02.

### **Eat Salad \$**

Modern salad bar offering customizable bowls with fresh ingredients, house-made sauces, and healthy options in a bright, fast-casual setting near Place Saint-Georges.

11:30 AM – 3:00 PM and 6:30 PM – 10:00 PM – Open daily.

2 Rue Paul Mériel, 31000 Toulouse. 05 31 22 77 30.

### **La Faim des Haricots \$\$**

All-you-can-eat vegetarian and vegan buffet featuring homemade salads, savory tarts, daily specials, and desserts in a colorful, relaxed setting near Place du Capitole.

12:00 PM – 10:00 PM – Open daily.

2 bis Rue du Puits Vert, 31000 Toulouse. 05 61 22 49 25.

## **French gastronomic experience**

### **La Conserverie \$\$-\$\$\$**

Intimate gastronomic restaurant offering an 8-course seasonal tasting menu centered on fermentation, in a refined setting within a former esoteric bookstore.

7:30 PM – 11:00 PM – Tuesday to Saturday.

16 Grande Rue Nazareth, 31000 Toulouse. 05 61 53 32 08.

### **Hortùs \$\$**

Gastronomic restaurant offering refined Mediterranean-inspired cuisine with a focus on seasonal, organic ingredients and limited animal proteins, in a minimalist and elegant setting.

12:00 PM – 1:30 PM and 7:30 PM – 9:00 PM – Tuesday to Friday; Closed Saturday, Sunday, and Monday.

17 Rue Croix Baragnon, 31000 Toulouse. 05 62 87 56 97.

### **Ma Biche sur le Toit \$\$-\$\$\$**

Chic rooftop restaurant by chef Michel Sarran, offering modern French cuisine with Asian influences, craft cocktails, and panoramic views over Toulouse from the 6th floor of Galeries Lafayette.

10:00 AM – 2:00 AM – Monday to Friday; 10:00 AM – 3:00 AM – Saturday; Closed Sunday.

4-8 Rue du Lieutenant Colonel Pélissier, 31000 Toulouse. 05 31 61 56 19.

# Restaurants

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## Carcassonne

### Sit down experience

#### **Comte Roger \$\$–\$\$\$**

Elegant restaurant nestled within the medieval city walls, offering refined regional cuisine with a focus on seasonal ingredients, including their renowned cassoulet, served in a contemporary setting with a shaded terrace.

12:00 PM – 2:00 PM and 7:15 PM – 9:30 PM – Tuesday to Saturday; Closed Sunday and Monday.  
14 Rue Saint-Louis, 11000 Carcassonne. +33 4 68 11 93 40.

#### **Restaurant Adélaïde \$\$–\$\$\$**

Welcoming bistro nestled within the medieval city walls, offering traditional French and Mediterranean cuisine, including a renowned duck confit cassoulet, in a cozy setting with a terrace overlooking the Château Comtal.

12:00 PM – 2:30 PM and 7:00 PM – 9:30 PM – Open daily.  
5 Rue Adélaïde de Toulouse, 11000 Carcassonne. +33 4 68 47 66 61.

#### **Chez Christine \$\$–\$\$\$**

Contemporary Mediterranean bistro offering refined, seasonal cuisine by chef Jérôme Ryon, featuring local ingredients in a stylish, light-filled setting with a terrace inside the medieval city walls.

12:00 PM – 2:00 PM and 7:30 PM – 9:30 PM – Open daily.  
4 Rue de la Porte d'Aude, 11000 Carcassonne. +33 4 68 25 95 72.

## Southern tapas

#### **L'Escargot \$\$–\$\$\$**

Tapas bar and wine cellar nestled within the medieval city walls, offering house-made small plates like duck skewers, grilled squid, and signature escargots, served in a convivial setting with a terrace near the Grand Puits.

12:00 PM – 2:30 PM and 7:00 PM – 9:30 PM – Open daily; Closed Wednesday.  
7 Rue Viollet-le-Duc, 11000 Carcassonne. +33 4 68 47 12 55.

## Sandwiches and salads

#### **La Boulangerie de la Cité \$\$**

Charming bakery, tearoom, and delicatessen offering house-made breads, pastries, and seasonal specialties crafted by the Hôtel de la Cité's chefs, nestled in a 15th-century timber-framed house with a garden terrace facing the Basilica of Saint-Nazaire.

9:00 AM – 6:00 PM – Wednesday to Sunday; Closed Monday and Tuesday.  
3 Rue Saint-Louis, 11000 Carcassonne. +33 4 68 71 98 71.