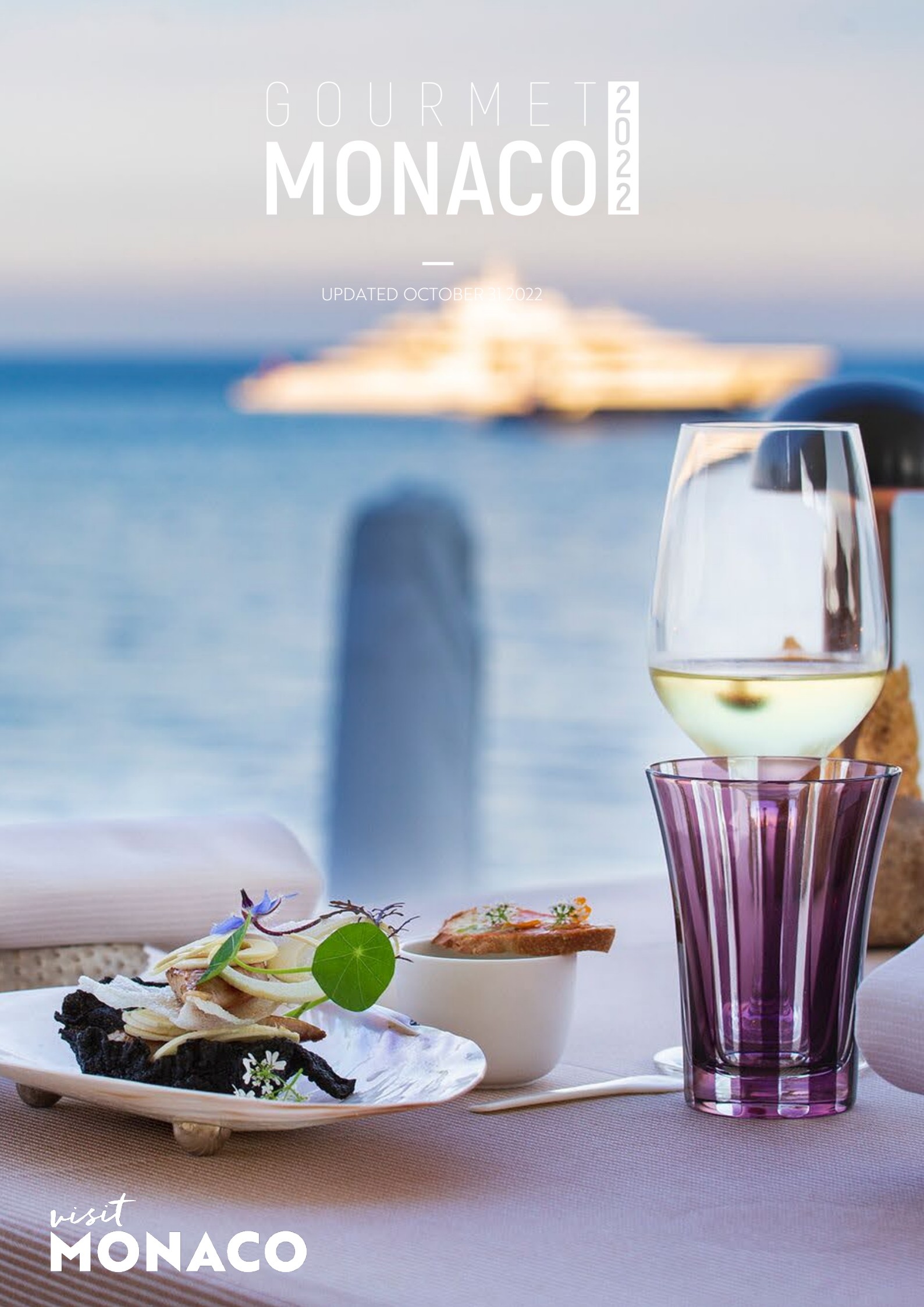


# GOURMET MONACO 2022

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UPDATED OCTOBER 31 2022



visit  
**MONACO**



## Experience the flavours of Monaco

A stay in Monaco is the guarantee of a unique and unforgettable experience in an exceptional destination. For over a century, our small corner of the Mediterranean, synonymous with luxury and glamour and known for its safe and peaceful atmosphere, has been constantly reinventing itself while preserving its distinctive identity.

Michelin-starred restaurants, exotic eateries, sumptuous brunches, fine dining on top-class terraces, local experiences, sustainable and responsible cuisine... Dishes from near and far promise you a memorable journey into a land full of flavours. Here in Monaco, we take our gourmet cuisine seriously, and there are infinite gastronomical possibilities for all ages in our 2 km<sup>2</sup> country.

Whether you're on a romantic break, or travelling with family or friends, the Principality is the ideal place to live in the moment and savour the finest food to be found in this little Mediterranean paradise.

**Monaco is Like Nowhere Else.**



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**NB:**

All information in this communication kit is subject to sanitary decisions of the Monegasque State, and is therefore subject to change.

## Did you know?

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- On 27 May 1987, the Hôtel de Paris Monte-Carlo entrusted the kitchens of the Louis XV to Alain Ducasse. It proved an excellent choice, with the venue going on to become the first luxury hotel in the world to earn three Michelin stars, in 1990. A stellar treble that the iconic Hotel still proudly holds today. "Le Louis XV – Alain Ducasse" never ceases to astonish and enchant with its fine Mediterranean cuisine.
  
- The spirit of excellence extends to the Wine Cellars of the Hôtel de Paris Monte-Carlo, which are the largest of any hotel in the world by surface area. Created behind the hotel in 1874 and modelled on a Bordeaux wine cellar, they house some 350,000 bottles laid down on over a kilometre and a half of racks, and include no fewer than 3,700 exceptional vintages. For those in search of the truly memorable, this rare and private place offers tasting sessions or even fine dinners like no other. The Wine Cellars of the Hôtel de Paris Monte-Carlo can seat up to 40 diners in a specially created reception room. In 1976, H.S.H. Prince Rainier and H.S.H. Princess Grace celebrated their twentieth wedding anniversary here.
  
- Every autumn, chefs and schoolchildren come together for a very special event dubbed the "Day of Taste". Launched by the association "Monaco Goût et Saveurs" in 1998, the event sees chefs visit schools to teach the curious youngsters about the world of cooking and flavours, with a different theme each year (chard and mango in 2020, carrot and kiwi in 2019, etc.). Over the last twenty years, some 17,000 pupils have been given a unique introduction to gastronomy.
  
- The association "Monaco Goût et Saveurs" was also eager to pay tribute to the Principality's history, by bringing a forgotten Monegasque spirit back into fashion: A Mèscia. A spirit born in the age of sail, when seafarers regularly traded the food and drink they had on board (white rum, white vermouth, ouzo, etc.) for Mediterranean lemons to ward off scurvy. While the drink proved popular with the locals, it was never sold commercially, until the association asked Master Sommelier Jean-Pierre Rous to recreate the recipe.





### Recipe to make 1 litre

0.480 l of dry white vermouth - 0.280 l of Greek ouzo -  
0.160 l of white rum - 0.80 l of syrup obtained by  
boiling 1 litre of water with 300 g of brown sugar and  
the zest of one untreated Menton lemon - 4 soup  
spoons of Lebanese orange blossom water.

- Monaco's local savoir-faire has been exported to France and beyond. Monegasque Tigrane Seydoux runs Big Mamma, the restaurant chain specialising in Italian cuisine and ranked among the top ten pizza chains in Europe. Their trademark concept is a kitchen in the middle of the restaurant and open on all sides, with chefs preparing dishes to order using only the freshest produce. The chain has restaurants in Paris, Lille, Lyons, and Bordeaux in France, as well as in London and Madrid.
- Drawing on all their savoir-faire, the Rinaldi family carries on the age-old tradition of fishing in the Principality, looking for only the very best that the Mediterranean has to offer. Eric Rinaldi, a fourth generation fisher, is at the helm of U Luvassu (wolf in English, referring to a variety of sea bass found in the Mediterranean) a restaurant at Port Hercule serving freshly caught seafood. Some of the catch also goes to the kitchens of Monaco's top hotels, while some is sold at the family fishmonger's stall at La Condamine market, on the Place d'Armes.
- The Principality and the Côte d'Azur are teeming with local specialities and ingredients used to make delicious dishes. Do you know which dishes are most popular with the Prince's Family? While they particularly appreciate regional products made with fruit, vegetables, and fish, one of their big favourites is lemon pound cake from the neighbouring town of Menton. A beautifully sweet delicacy with a citrus aroma that was always a treat for Princess Caroline's children, Charlotte, Andrea and Pierre Casiraghi, when they were young.
- One of the Principality's most cherished culinary traditions is the Pan de Natale. Blessed once by families or at the Cathedral during Christmas Eve Mass, the Pan de Natale (or Christmas Bread) is a large home-baked loaf, on which between four and seven small walnuts are laid in the shape of a cross (a sign of faith), along with an olive branch (a symbol of peace), and an orange or lemon branch (a symbol of the abundant local produce). On



Christmas night, the bread is placed on the table and blessed by the eldest or youngest present, with the following words: *"May evil begone and righteousness come, with the aid of God and this olive branch."*

- Every year, in deepest winter, another timeless ritual can be seen in the streets of Monaco. The gardeners of the Principality collect bitter oranges from the trees that grow in the midst of the city. For decades, over 500 trees have been harvested in this way annually, to ensure the fruit does not fall and rot in the street. It is a tradition familiar to the residents, who are invited to come and help themselves to the fruit. The majority of the oranges harvested (over 3 tonnes in 2020) are sent to l'Orangerie, a distillery that uses its savoir-faire to marvellous effect, making an all-Monegasque, completely natural liqueur!
- Two of the most illustrious names in the history of the hotel and restaurant industry met in Monaco. In 1884, César Ritz, manager of the Monte-Carlo Grand Hôtel et Continental invited a certain Auguste Escoffier to join the hotel's kitchens. The creator of the Peach Melba, the man widely considered to be the world's first international celebrity chef is also - incorrectly - assumed to have invented the Crêpe Suzette.
- It was, however, just a short distance away from the now defunct Grand Hôtel that the iconic dessert was born... somewhat fortuitously. The Prince of Wales, the future King Edward VII of England, was having lunch at the Café de Paris, where he was often to be found in those days. As Chef Carpentier was preparing crêpes drizzled with liqueur at the Prince's table, the contents of the pan unexpectedly caught fire. The astonished Prince of Wales asked the Chef for the recipe. Unwilling to admit his error, the Chef replied that the recipe had been specially created for the occasion, and suggested naming the dish "Prince's crêpes". The Prince of Wales instead gallantly proposed that the delicious dessert be named in honour of his dining companion, Suzette.



# Experiences

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A gourmet destination par excellence, Monaco enjoys a fine reputation for the quality of its restaurants and the wealth of different flavours and savours to be experienced. The Principality is often spoken of as a gastronomic bubble of glamour, elegance, and high fashion. Sitting comfortably on a terrace overlooking the city, by the water's edge, or in the sumptuous surroundings of one of a Michelin-starred restaurant, Monaco offers endless possibilities for unforgettable epicurean experiences, with incredible food in a unique setting.

## ■ The world on your plate

Some 139 different nationalities rub shoulders in Monaco all year round. The cosmopolitan atmosphere is reflected in the menus of the Principality's restaurants. From the Far East to the Mediterranean, via the Caribbean or the Indian Subcontinent, you will find a dish to suit your mood and your palate from one of the four corners of the earth, somewhere in the Principality's two square kilometres!

For modern and refined Chinese cuisine, visit the [Song Qi](#) in the Larvotto district. Perhaps you'd prefer something from the Land of the Rising Sun? Japanese cuisine is married to perfection with other cultures for a culinary fusion experience that never fails to surprise and delight at the [Nobu Fairmont Monte-Carlo](#), serving a blend of Nipponese and South American influences in a cosy and welcoming atmosphere. From April to November, Peruvian culture is the order of the day at the [Coya Monte-Carlo](#) mixed with delicate Asian gastronomic touches, just a short distance from [Jimmy'z](#) and [La Salle des Etoiles](#). On Rue du Portier, [Izakaya Cozza](#) proposes a subtle marriage of traditional Japanese cuisine with an Italian flavour.

Sushi is fused brilliantly with Brazilian fare at the [Temakinho](#) at Port Hercule, or with Mediterranean influences at [Moshi Moshi](#) at the port of Fontvieille. At the [Maya Bay](#), you will find a choice of superb Japanese and Thai dishes. In the very heart of Monte-Carlo, just a few yards from the Place du Casino, the [Buddha Bar](#) serves up a wonderful East-West fusion in a relaxed, lounge-style ambience that's perfect for celebrating special occasions. Last but not least, the finest Japanese dishes can be savoured at [Yoshi](#), one of the restaurants at the [Hôtel Métropole Monte-Carlo](#), which has boasted a Michelin star since 2010.

And because the Principality and the Mediterranean is a timeless love story, the sea is always a source of inspiration for our chefs. You will find it blended with Oriental fragrances at the [Maya Jah](#) or fused with vibrant Caribbean flavours by two Michelin-starred Chef Marcel Ravin at the [Blue Bay](#) restaurant at the [Monte-Carlo Bay Hotel & Resort](#). Lovers of Mediterranean cuisine will appreciate the very best of Greek gastronomy at the [Gaia](#), or savour Lebanese fare



at Mezze Kitchen. And for a casual and convivial evening, the 3 Tapas in the Condamine district - as its name suggests - serves sumptuous Spanish aperitifs.

Finally, with Italy on Monaco's doorstep, how could we possibly overlook that country's famed and fabulous cuisine? Here too, there is plenty of choice with fine dining possibilities almost everywhere you look: La Salière at the port of Fontvieille, Caffé Milano for a blend of the modern and the traditional at Port Hercule, Cantinetta Antinori with its Tuscan specialities in the Larvotto district, the traditional trattoria of the Maya Mia on Place de la Crémaillère, or Bella Vita at the bottom of the pedestrian street in La Condamine...  
Let's eat!

### ■ Brunch in Monaco

Travelling is about taking time out, stretching out your days to make the very most of your stay. It's about brightening up your weekend in the company of those you love, with a relaxed meal in an attractive setting.

The kind you will find at the Azzurra Kitchen restaurant of the Novotel Monte-Carlo, which serves its famous poolside brunch every weekend in the heart of the Principality.

Every summer season (June to September), brunch at the Las Brisas restaurant at the Monte-Carlo Bay Hotel & Resort is a convivial slice of gastronomical delight, in a sunny location between the sea and the lagoon. At certain times of the year, the Blue Bay serves up pure moments of deluxe relaxation with brunches including sweet and savoury surprises in a unique setting. There are similarly sumptuous brunches to savour beneath the majestic cupola of the Hôtel Hermitage Monte-Carlo designed by Gustave Eiffel. In addition to the generous feast for grown-ups, there is a kid's buffet and games room especially for younger guests!

For a special brunch in a warm and welcoming Italian trattoria, head **to Mozza** (every Sunday). There you will find a traditional blend of authenticity and romance, thanks to the retro-style decor and gourmet cuisine.

### ■ Local experiences

No stay in the Principality is complete without a taste of the local delicacies! And Monaco is positively brimming with places to appreciate local traditions and savour the dishes typical of this country, with its rich culinary history.

Starting with the classic barbagiuàn, a rissole stuffed with rice and chard that every visitor should try once, not to mention the famous socca and pissaladière at Chez Roger, for the ultimate taste of the Côte d'Azur. For those with a sweet tooth, Monegasque fougasse is the Principality's signature dessert. You will find specialities galore in the market halls of La Condamine, in the very heart of the city, where locals gather every morning to browse the fresh fruit and vegetable stalls.





While you savour the Monegasque delights, look up and you will see the Monaco-Ville district, a short walk away via the Rampe Major and its breathtaking views. Monaco's history was partly written on the Rock, and it is the ideal place to take the Principality's proverbial pulse. Beneath the pine trees on the Place du Palais, the Castelroc serves Mediterranean cuisine inspired by local traditions, including Monegasque stockfish or stocafi. A quintessential dish that you will also find in the colourful streets of the old town, at La Montgolfière with its menu of contemporary takes on traditional offerings.

Continuing through the narrow streets, just past the Place de la Visitation and the buildings that house the country's political institutions, look out for a hidden treasure. With its homemade dishes and unrivalled atmosphere, the Club Bouliste du Rocher is the perfect place to relax in the shade on the restaurant's terrace overlooking Port Hercule. A guaranteed change of scenery - especially if there happens to be a game of pétanque in progress!

If local experiences are what you seek, pique your curiosity with a visit to the Chocolaterie de Monaco, an institution founded in 1920 and the Official Supplier of H.S.H. the Sovereign Prince. Monegasque crowns, Prince's rocks, and other gianduiotti chocolates can be enjoyed on-site or purchased as gifts for friends and family.

At Port Hercule, overlooking the sea, the Brasserie de Monaco invites visitors to taste its selection of beers brewed on-site using organic malts, in a relaxed and cheerful atmosphere. Also by the water, this time at the Port of Fontvieille, is a rather special place. In a region where oyster farms are few and far between the Perles de Monte-Carlo offers the chance to appreciate their quite exceptional Monaco-raised oysters, along with all kinds of other seafood from clams to bream. These marine delights can be savoured on-site or purchased to take away.

### ■ Michelin-starred restaurants

In Monaco, there is the Salle des Etoiles, the "Room of Stars" and its unparalleled shows, featuring some of the world's best-known artists. And there are also many other quite unique star-laden rooms with their own spectacular offerings. Six different restaurants in the Principality share no fewer than nine Michelin stars between them, for the ultimate lunch or dinner experience.

Starting with the Louis XV – Alain Ducasse at the Hôtel de Paris Monte-Carlo and its three Michelin stars, where the Riviera-inspired cuisine uses the finest local produce, married with the stunning vintages to be found in the hotel's fabled wine cellars. On the 8<sup>th</sup> floor of the luxury hotel is another star, this one held by Le Grill whose kitchens have been overseen by chef Franck Cerutti for over 20 years. There, an exciting experience awaits, overlooking the Mediterranean, in the form of a luxury barbecue outside under stars of a different kind, in the night sky. Elsewhere, Pavillon Monte-Carlo de Yannick Alléno looks to blend the finest gastronomic dishes with healthy eating and well-being, "the best of the simple", as the three Michelin-starred chef likes to say, on the restaurant's terrace with unmatched panoramic views of Port Hercule and the Rock.



On the other side of the Place du Casino, the Hôtel Métropole Monte-Carlo's Michelin-starred restaurant is hidden behind the entrance with its two majestic Roman-style columns. Yoshi is the place to be for lovers of Japanese cuisine, with maki, sashimi, fish and meat prepared teppanyaki-style by the creative chef Takeo Yamazaki, accompanied by the finest sakés, whiskies, or Japanese green teas. The constellation continues nearby at La Table d'Antonio Salvatore at the Rampoldi, which earned its first Michelin star in 2021 with its combinations of classics and original and creative dishes. Southern Italian and French influences lend the cuisine an unmistakably unique flavour.

Down the famous hairpin bend on the Formula One circuit, the sea comes into view along the newly refurbished Larvotto beach, at the far end of which stands the Monte-Carlo Bay Hotel & Resort and the Blue Bay. Drawing on the inspiration that earned him two fabled Michelin stars, chef Marcel Ravin weaves his culinary alchemy to blend Caribbean and Mediterranean flavours to exquisite effect. Inside, the atmosphere is warm and lively thanks to the open kitchens, while the tables outside command superb sea views, but wherever you happen to be seated, you are set for a bold and original gastronomical journey.

### ■ **Aperitifs on the terrace and beachside restaurants**

Sipping a cocktail and nibbling aperitifs on an elegant terrace is all part of the destination's timeless charm. There are numerous possibilities to suit your mood, whether you'd prefer to sit by the sea, by the hotel pool, or in the plush interior of a prestigious restaurant. Enjoy the pleasures of the Riviera however you like... but always in moderation, naturally!

The Café de Paris Monte-Carlo remains the place to be in the Principality, especially since the famous Place du Casino was completely renovated. Société des Bains de Mer has also decided to refurbish the iconic Café de Paris building, while retaining its authentic identity and prestige. Until 2023, while work is carried out, the staff of the Brasserie will be serving their gourmet lunch and dinner at the Salle Empire at the Hôtel de Paris Monte-Carlo. The refreshments service will remain at its traditional home on the iconic Place du Casino.

Port Hercule is also packed with terraces perfect for a relaxing snack. With its colourful, plush armchairs, the Jack Monaco, which sits on the famed Formula One circuit overlooking the luxury yachts in the port, serves a varied selection of seasonal dishes and also boasts a generous cocktail menu including made-to-measure and homemade creations. Just a few yards away is the legendary Rascasse, the quintessential place for an unforgettable night out in Monaco. With DJ sets, live music, and salsa nights, the lively bar has plenty of surprises in store and serves a wide selection of dishes and delicious finger foods in a superb atmosphere.

At the Port de Fontvieille, you will find a more intimate dining experience at Le Rouge et le Blanc with its comfortable terrace below the Prince's Palace. Serving a splendid selection of wines to accompany the finest cheeses and cold meats, the concept is hugely popular with locals and visitors alike for its stunning location and high-quality food.



For an elegant and convivial wine cellar just a few yards further on, Gerhard's Cave – whose owner Gerhard is a well-known figure in the district - has over 100 wine and champagne vintages, a third of them from French vineyards. There is also a wide selection of cocktails, rums, whiskies, vodkas, digestives and liqueurs, accompanied by tapas or oysters, to sit and savour while admiring the Rock of Monaco.

At Quai Louis-II, on the promenade that runs alongside the boatlike Yacht Club de Monaco building, another voyage awaits. The Wine Palace Monte-Carlo invites guests to taste one of its 2,300 wines, champagnes, and spirits, in a uniquely chic setting overlooking the sea.

A much-anticipated opening took place at the beginning of the summer. Officially inaugurated by H.S.H. the Sovereign Prince, the new Larvotto seaside complex now boasts a bigger public beach and shaded promenade, while the historic shops have returned. For cool refreshment under the Riviera sun, sip an aperitif as you dip your toes in the water, then continue the evening listening to the gentle sound of the waves, at one of the local eateries: Mediterranean cuisine at the Neptune Monaco Beach and Marco La Rose des vents, wood-fired pizza at the Miami Plage, or the subtly inventive inspirations of La Note Bleue...

### ■ Eating on the go

While some like nothing more than to devote a whole afternoon or evening to the pleasures of sitting at a restaurant table, others prefer to grab a snack on the go, so they can move on to their next adventure. But even a quick bite can be a gourmet experience, thanks to classic and innovative concepts, and food made with high-quality ingredients, to eat in or take away.

At the bottom of the pedestrian Rue Princesse Caroline, Amore Mio only opened in the summer of 2021 but proved an immediate hit with its Italian-style, home-made, healthy savoury and sweet offerings. On the corner of the same street you will find L'Épi d'Or. Voted the best bakery in the Principality, and well known to Monegasques since 1957, it continues to sell delicious baguettes, pastries, and cakes. Coffee-lovers will appreciate Garden Perk, with its wide selection of drinks and American-style snacks including bagels freshly prepared in their open kitchen.

For fans of the USA and burgers, Steak 'N Shake on the covered terrace opposite the Sainte-Dévote corner will no doubt be a popular choice, with its milkshake specially created for customers in the Principality: the "Rocher Monte-Carlo" developed with a local chocolatier. Also in the La Condamine district, Grubers which has outlets in Monaco, Doha, Cannes and Luxembourg, serves burgers that can be made to order with the toppings of your choice, all with 100% fresh ingredients. Finally, there are the restaurant chains we all know, Starbucks on the Promenade Honoré-II and McDonald's at the Fontvieille shopping mall, serving coffee and fast food.

For high-quality fast food featuring all kinds of local specialities, chains such as A Roca (four outlets), Costa (eight outlets) and Maison Mulot (official supplier of H.S.H. the Sovereign Prince, three outlets) favour the authentic flavours of Monaco. Veritable institutions, they have been



present in the Principality for decades, and their products are frequently to be found on the tables of Monegasque homes, many of whom have their own “favourite”! The perfect opportunity to try specialities from Monaco and the local region, such as pan bagnat or pichade.

Finally, visitors in search of luxury should head to the Métropole Shopping Center and the Metcafé, a concept outlet serving high-end snacks in a stylish setting, that is open all day. From breakfast to dinner, the menu was created by chef Joël Robuchon, with the plush and comfortable interior designed by Marcel Wanders. Chef Christophe Cussac is the man now responsible for bringing his own flash of inspiration while preserving the original chic-casual concept. An elegant and varied selection of food to savour on the go can also be found at the Mada One, where Chef Marcel Ravin has developed his “snackonomy” concept with stylish creations perfect for when you feel peckish, at any time of the day.

### ■ **Gourmet ideas**

Gastronomy takes pride of place in Monaco. All year round, a host of culinary initiatives are organised to promote new experiences, introduce new dishes and flavours, and provide an education on the benefits of good food from an early age... Here are five examples that perfectly illustrate the Monegasque commitment to eating well.

#### **Monte-Carlo Gastronomie Trade Fair**

The Monte-Carlo Gastronomie trade fair has been held in Monaco for over a quarter of a century. The event invites visitors to taste and purchase a wide variety of carefully selected products, including authentic flavours from France, Italy, and across Europe. There you will find the finest wines, champagnes, seafood, truffles, caviar, cheeses, chocolates, and more. For Monte-Carlo Gastronomie’s 25th anniversary this autumn, between 26 and 29 November, eight amateur chefs will prepare recipes suggested by Monaco, Goût et Saveurs for a jury of top chefs presided by Joël Garault, who earned a Michelin star at the Vistamar at the Hôtel Hermitage.

#### **Live cooking**

Italian-Argentine chef Mauro Colagreco, who oversees the kitchens of the triple Michelin-starred restaurant Le Mirazur in Menton and has been named the world’s most influential chef by his peers, is also responsible for the menu of the Monegasque restaurant KOMO in collaboration with pastry chef Pierre Hermé. Several times each year, he invites guests at his restaurant to share a very special moment of live cooking, preparing a complete meal before their eyes, from starter to dessert. An incredible shared experience - no doubt with some culinary secrets revealed discreetly!

#### **Cookery, oenology, and mixology classes**

The Méridien Beach Plaza offers cookery classes in which the hotel’s chefs teach participants how to prepare authentic regional recipes. Under the watchful eye of chef sommelier Dominique Milardi, clients are also introduced to a selection of exceptional vintages for a truly memorable wine-tasting class. Mixology classes with professional bartenders are another fascinating experience.



### **“Little Chefs” experience at the Métropole Monte-Carlo**

As part of its programme reserved exclusively for guests, the Hôtel Métropole Monte-Carlo opens the doors of its kitchens to children aged between 6 and 10, with Patrick Mesiano, the restaurant’s Head Pastry Chef. The budding chefs are given a very special introduction to the art of pâtisserie, making their own choice of tasty treats from dainty cupcakes to personalised chocolate eggs. As an added bonus, the novices leave with their own Petit Chef aprons and can take home their creations to enjoy with their families!

### **Sushi classes at the Buddha Bar Monte-Carlo**

The restaurant on Place du Casino invites you to embark on a veritable culinary voyage to discover the art of sushi and maki. After a fascinating lesson in how to cook rice perfectly, slice fish, and make the sushi and maki themselves, finish by tasting pre-prepared dishes to wow your tastebuds!

#### ■ **Unique one-off experiences...**

The pop-up store concept is proving hugely popular around the world, and the Principality is no exception. When it comes to gastronomy in particular, the idea behind these one-off experiences is to combine mobility, innovation, and variety.

Proof can be found with Ma vie en rose Monte-Carlois, which invites visitors of all ages to take a stroll around the pop-up stores and temporary installations at the heart of Société des Bains de Mer’s venues. With artistic walks, and delightfully light-hearted concepts from talented artists, experience “la vie en rose” in Monaco in the springtime! For those in search of a special dining experience, two Michelin-starred Chef Marcel Ravin will be serving up culinary delights by the pool at a grand “Rose is the Future” dinner on 30 April. Meanwhile, the Hôtel Hermitage will be hosting “Rose is Rosé” in collaboration with Moët & Hennessy – LVMH on 7 May, inviting visitors to taste a selection of exceptional wines.

Monte-Carlo Société des Bains de Mer also launched its “Festival des Etoilés Monte-Carlo” for the first time in 2021. The simple yet ambitious concept will see one of the Resort’s own Michelin-starred “house” Chefs team up with a special Michelin-starred guest Chef for a unique collaboration, guaranteeing diners at the Group’s various star-laden restaurants a truly exceptional experience. Marcel Ravin, Michel Sarran, Franck Cerutti, and Riccardo Camanini have already joined forces to delight the lucky guests. They will be followed by Mauro Colagreco, Alain Ducasse and others. The festival will end in style, with a dinner orchestrated by all of the Chefs in November, at the legendary Casino de Monte-Carlo.

Summer 2021 was positively packed with pop-up delights: ephemeral flavours at the Fairmont Monte-Carlo, which hosted two sumptuous banquets featuring the culinary talents of Chefs Christopher Coutanceau and Glenn Viel – both of whom helm restaurants with three coveted Michelin stars - at the Nikki Beach, and the Hôtel de Paris, where Chef Andrea Berton returned to prepare the very best of his Italian cooking. With two Michelin stars and three Gambero Rosso forks to his name, the former protégé of Alain Ducasse wowed the diners’ tastebuds with



his fresh new take on traditional Italian dishes in a decor created by Pierre-Yves Rochon (interior designer of top international hotels - ed.).

There were pop-up events at the Fairmont Monte-Carlo and Nobu during the Monaco Yacht Show. From 21 to 26 September, the restaurant welcomed the Chefs from Nobu Istanbul for a fleeting but exquisite collaboration that put Turkish cuisine in the Monegasque spotlight like never before.

### ■ **Healthy eating in the Principality**

With cooking and cuisine more popular than ever, healthy eating is all about what we put into our bodies. Only nutritious food will do.

That is what visitors will find at Elsa, the 100% organic-certified and wild-caught fish restaurant at the Monte-Carlo Beach. The restaurant has welcomed a new chef to its ranks: Mélanie Serre. The setting and the menu promise local, organically-sourced, seasonal fare. The menu, which has been awarded level 3 Ecocert certification, is inspired by the very finest vegetables and fruits, with each item of local produce painstakingly prepared. All served with a side order of breathtaking views over the Mediterranean.

In the luxury haven of well-being, beauty, and performance that is the Thermes Marins Monte-Carlo, the restaurant L'Hirondelle serves healthy and tasty cuisine on the terrace overlooking the port and Monaco-Ville. An idyllic setting for gourmet lunches, and a menu that includes plenty of gluten-free options, green detox, and sustainably sourced seafood.

On the market place, EOLA (for Eat Organic, Live Active - ed.) uses carefully selected, locally sourced ingredients to make fresh, high-quality dishes.

Near the Place du Casino, Eat Me serves organic food, 90% of which is suitable for vegans. And the à la carte meat and fish dishes are always cooked at high temperatures, to retain all their nutritional value. From the cakes and pastries to the dishes of the day, everything is gluten- and lactose-free.

### ■ **Sustainable Monegasque gastronomy**

In Monaco, the gastronomy is exciting, passionate... and sustainable. From the carefully chosen produce to the shared belief in using respectful, responsible cuisine, the Principality is committed. From the Michelin-starred restaurants to the Brasserie, our local eateries are committed to sustainable development.

To support restaurateurs as they navigate the ecological transition, the Monaco Government Tourist & Convention Authority has launched the Responsible Restaurant certification, aimed at highlighting existing good practice and encouraging selective sorting and efforts to reduce waste and the use of plastics. So far, around thirty establishments have signed up to the initiative.



Meanwhile, the Principality is committed to the Mr Goodfish programme, to raise awareness about the fishing industry and promote more sustainable consumption of seafood. From fish wholesalers such as Les Halles du Midi and F.M.B. Monaco to restaurants, and even educational institutions like the Vocational and Catering School, numerous organisations have joined the approach. Most of the Principality's hotels, including the Novotel Monte-Carlo, Fairmont Monte-Carlo, Hermitage Monte-Carlo, Métropole Monte-Carlo, Monte-Carlo Beach and the Columbus Monte-Carlo recently, have also signed up.

As part of the Monaco against waste initiative, customers are invited to ask partner restaurants for La petite Boîte, the "Little Box" or doggy bag, to take home their unfinished meal. By recovering uneaten food, restaurants and their guests contribute to the effort to reduce food waste.

As part of its efforts to promote sustainable gastronomy, the Principality of Monaco has seen the Café de Paris become the first restaurant in the world to be awarded Green Globe certification. The scheme, recognised by the travel industry, uses 300 indicators to assess establishments' sustainable development credentials. The legendary brasserie on the Place du Casino has earned recognition for its sustainable actions, and also for its social initiatives and donations of food to charity.

In Monaco, one special project is aiming to usher in a revolution... quietly and without fuss. And it's working! For some years now, Terrae, an organisation founded by Jessica Sbaraglia, has been working to introduce eco-friendly urban agriculture all over the city. Terrae designs, installs, maintains, and runs organic vegetable gardens, some on the ground, others on Monegasque and European balconies and roofs. At the foot of the elegant Tour Odéon, a veritable 1,600 m<sup>2</sup> sustainable agriculture ecosystem is to be found. The plants and growing methods used respect the values of organic farming and permaculture, and the produce is for local consumption, in canteens, markets, restaurants, and the general public. From January to December, Terrae works to raise awareness and change the way people think. Workshops for children and adults, conferences, special events... Terrae's vital statistics are impressive:

- 4 tonnes of vegetables harvested every year, with no pesticides used
- 6 tonnes of waste recycled
- 2,000 children attend awareness-raising workshops every year
- A 13,000 m<sup>2</sup> urban farm under construction

It is an institution familiar to everyone in Monaco, a place where all the locals have come for a drink on the terrace or a meal in the interior with its sport decor. A family restaurant opened in 1993, Stars'n'Bars is an essential player in the Principality's sustainable development drive, according to the magazine Monaco Act Green, published by the Grimaldi Forum and the Monaco Government Tourist and Convention Authority. A ban on plastic drinking straws, water bottles and other single-use recipients, electricity from renewable-only sources, environmentally responsible menus, locally sourced organic ingredients: the initiatives adopted by Stars'n'Bars have proved a spectacular success in the Principality.



## New and notable

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### ■ Mélanie Serre, new head chef at Elsa, the Monte-Carlo Beach restaurant

Elsa, the 100% organic and wild-caught fish restaurant at the Monte-Carlo Beach, has welcomed a new chef to its ranks: Mélanie Serre. After already opened her own restaurant in Paris, Mélanie Serre will showcase local gastronomy and products with a pleasurable experience for her guests.

### ■ Pavillon Monte-Carlo

Excellence, sharing, and modernity. Three words that perfectly encapsulate the Pavillon Monte-Carlo, a restaurant by Yannick Alléno at the Hôtel Hermitage Monte-Carlo opening on 15 April 2022. The triple-Michelin starred Chef's new eatery serves locally inspired cuisine prepared simply but elegantly, in keeping with its location at the Hermitage, one of the Principality's finest treasures.

### ■ Em Sherif

Em Sherif Monte-Carlo invites you to savour the finest Lebanese Mediterranean dishes at Monaco's most prestigious luxury hotel. Located on the ground floor of the celebrated Hôtel de Paris Monte-Carlo, Em Sherif Monte-Carlo, which opened on 2 April 2022, takes diners on a culinary voyage of the senses inspired by Lebanese and Mediterranean-style cuisine, in a warm and welcoming setting with unrivalled sea views.

### ■ Giacomo

Tigrane Seydoux, a native of Monaco with no fewer than 17 restaurants around the world, including in Paris, has opened his first concept outlet on the newly redeveloped Larvotto beach named Giacomo. At Giacomo, you will find a cuisine with strong Italian influences, prepared from high quality ingredients in a friendly atmosphere.

### ■ Cova

Fans of the Mediterranean flavours found at Café Cova on Boulevard des Moulins now have a new address in the Larvotto district, on the ground floor of the new Palais de la Plage. Those with a sweet tooth will be delighted by the pastries for which the original Cova, founded in Milan in 1817, became famous.

### ■ La Môme

Already present in Cannes, La Môme has now opened its latest venue in Monaco, on the roof of the Hôtel Port Palace to be exact! The decor, designed by Liautard and the Queen, is inspired by the iconic Grace Kelly.

### ■ The Niwaki





At the Palais de la Plage in the Larvotto district, The Niwaki serves a selection of refined dishes in a relaxing and exclusive Japanese-themed setting.

■ **Trinity**

The iconic McCarthy's on Rue du Portier has undergone a transformation to become Trinity, a fine restaurant with a menu by Chef Justine Piluso, seen in the 2020 edition of popular TV show Top Chef. The Irish-themed bar serves gastro-pub food.

■ **La Maison du Limoncello**

Limoncello now has its own home in the Principality! The quintessential lemon liqueur has set up shop on the Rock. Opened in summer 2021, La Maison du Limoncello welcomes customers looking for a taste of the famous liqueur, made on the premises, and also serves its own specialities and creations handmade using local citrus fruits, from green olive paste with Menton lemon to lemon-infused vodka and duck paté with mandarin.

■ **Mauro Colagreco's Mitron Bakery**

Mauro Colagreco, the chef responsible for the world's best restaurant and voted the world's top chef by his peers, has opened a bakery in the Principality. Mitron Bakery can be found at La Condamine market in the very heart of Monaco, and the concept aims to restore bread to its rightful place among our traditional staple foods. Ancient varieties of wheat are milled, before being used to create delicious baked goods made in a traditional wood-fired oven.

■ **Maybourne Riviera**

Maybourne Riviera is the new five-star address nestling on the heights of Roquebrune-Cap-Martin, a village neighbouring the Principality of Monaco. The hotel boasts 79 luxury rooms and suites and a modernist architectural style with breathtaking panoramic views over the olive trees to the Mediterranean horizon. Chefs Mauro Colagreco and Jean-Georges Vongerichten, who will take inspiration from the seasons to create sublime dishes using local produce and seafood, oversee the kitchens of the Maybourne Riviera.



# FAQs

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## ■ **Portrait of three women in Monegasque gastronomy**

Women are increasingly occupying managerial positions in a variety of industries, and the high-end restaurant sector - previously dominated by men - is no stranger to this positive development.

Em Sherif is a story of family... and women. Already a global presence with 16 establishments worldwide, the restaurant has now opened at the Hôtel de Paris Monte-Carlo. The brand was created by Mireille Hayek, and the executive chef in Monaco is none other than her daughter, Yasmina Hayek. Guests at Em Sherif Monte-Carlo can expect to savour the finest Lebanese cuisine. Trained at the Institut Paul Bocuse, Yasmina Hayek learned from the very best: Jean-François Piège, Mathieu Pacaud, Rasmus Kofoed... Her aim has always been to charm the taste buds with generous and authentic dishes.

Victoria Vallenilla is not yet 30 years old and is already head chef at Coya Monte-Carlo, the first woman to hold the position in the history of the Monte-Carlo Société des Bains de Mer group. Arriving from her native Venezuela, she studied hotel & catering in Nice, where she learned the rudiments of the discipline. She then honed her culinary skills at the former Vistamar at the Hôtel Hermitage Monte-Carlo, under the guidance of Joël Garault and Benoit Witz, before completing her training at La Trattoria with Alain Ducasse. She joined Coya Monte-Carlo in 2018, and is now responsible for the kitchens of the international concept restaurant, bringing an authentic South American touch to the colourful, mouth-watering menu.

Since December 2018, Claire Sonnet has been displaying all her talents as Front of House Manager at the Louis XV – Alain Ducasse at the Hôtel de Paris Monte-Carlo. At a hugely prestigious restaurant with three Michelin stars and a reputation for unmatched excellence, the Frenchwoman is blazing a trail in a position usually held by men. Claire Sonnet, described by Alain Ducasse as *"the first woman in high gastronomy in the world"*, has been working alongside the Monegasque Chef for a decade, and sees herself as an ambassador for his vision. Rigour, attention to detail, availability, all with a smile. Those are the words that Claire Sonnet lives by.

## ■ **How is food in the Principality evolving?**

Gastronomy around the world, and especially in Monaco, is becoming more and more environmentally and socially responsible. And in the years ahead, like the Principality itself, cuisine in Monaco is set to find a new place between tradition and innovation, constantly reinventing itself while staying true to what makes it so special.



Monaco has always aspired to satisfy its guests with excellence and luxury. And while those two words remain all-important, with Michelin-starred restaurants dotted around the Principality, luxury is also about powerful, meaningful experiences, with ground-breaking new concepts. Keeping it simple, surprising people, and adapting to different dietary needs are becoming every bit as important as refinement, splendour, and elegance. The Principality is the nexus where supreme excellence, respect for ingredients, and environmental responsibility all meet.

### ■ **What about gastronomy across the wider region?**

A taste of excellence à la monégasque is also the chance to hop on board a helicopter and take an unforgettable flight for lunch in one of the finest restaurants on the Côte d'Azur. An unmissable adventure!

The "Héli Gastronomie" experience is an incredible day, starting with a free shuttle from your accommodation to the helipad, a return helicopter flight, and an exceptional meal at a prestigious restaurant, such as the Bastide de Moustiers, at the gateway to the real Provence and Alain Ducasse's home-from-home a short 30 minute flying time from Monaco, or Chez Bruno, a pretty traditional Provençal mas where the exquisite truffle is king.

Monacair also invites you to lift off and explore the best restaurants to be found in the region, such as the Michelin-starred Faventia and Le Gaudina at the five-star Terre Blanche resort hotel in the Pays de Fayence, or the delightful Cheval Blanc in Saint-Tropez, with its three Michelin stars.

Closer to the Principality, with no need to take to the air, there are a host of equally unique hotels and restaurants between Menton and Cannes: Le Mirazur is a fine-dining restaurant with three Michelin stars just a stone's throw from the Italian border, serving cuisine inspired by Chef Mauro Colagreco. The kitchens of the two Michelin-starred La Chèvre d'Or in Eze are overseen by Chef Arnaud Faye, who was awarded the prestigious title of "Meilleur Ouvrier de France" in 2019. There is also Le Cap, the Michelin-starred restaurant at the Grand-Hôtel du Cap-Ferrat run by Chef Yoric Tièche, Le Chantecler, another Michelin star holder overseen by Chef Virginie Basselot at the famous Negresco in Nice, and La Palme d'Or with its two Michelin stars at the Hôtel Martinez in Cannes, where Chef Christian Sinicropi helms the kitchens.

### ■ **A typical day of gastronomy in the Principality**

Visit Monaco has all the inspiration you need to find the best places to eat in the Principality and treat your taste buds to some typical Monegasque fare: <https://www.visitmonaco.com/en/routes-and-walks/27579/gastronomic-getaway>



### ■ **How is Monaco making sure that visitors can come safely in the Principality?**

To continue to welcome visitors from all over the world in the best conditions, the Prince's Government has created the Monaco Safe certification, a real pledge of health safety and confidence for customers and visitors to the various establishments that are open to the public.

Visitors will thus be able to discover the Principality while enjoying both security and peace of mind. At the heart of a period where attention to the traveller is more than essential and where resilience is key, Monaco wants to be responsive.

### **For more information click on the links below:**

- Official Link of the Government of Monaco: <https://covid19.mc/en/>
- Link to Monaco Safe video covering the key measures to be taken by various kinds of establishment: <https://www.youtube.com/watch?v=AFyFPyO2lrg>
- Links to sanitary measures taken by hotels in Monaco:
  - Monte-Carlo SBM (Hôtel de Paris Monte-Carlo, Hôtel Hermitage Monte-Carlo, Monte-Carlo Bay Hotel & Resort, Monte-Carlo Beach, Casinos de Monte-Carlo): <https://www.montecarlosbm.com/en/travel-information>
  - Métropole Monte-Carlo: [https://metropole.com/wp-content/uploads/2020/11/Health\\_Protection\\_Measures\\_HotelMetropoleMC.pdf](https://metropole.com/wp-content/uploads/2020/11/Health_Protection_Measures_HotelMetropoleMC.pdf)
  - Fairmont Monte-Carlo & Novotel Monte-Carlo: <https://all.accor.com/event/information.en.shtml>
  - Meriden Beach Plaza: <https://marriott-re-2019ncovc.com/>
  - Columbus Monte-Carlo: <https://www.columbushotels.com/presentation/info-faq-covid>



# Contact-us

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## Monaco Government Tourist and Convention Authority

Athos Palace  
2, rue de la Lùjèrneta  
98030 Monaco Cedex

Site Internet: [www.visitmonaco.com](http://www.visitmonaco.com)

Facebook: [@VisitMonaco](https://www.facebook.com/VisitMonaco)

Twitter: [@VisitMonaco](https://twitter.com/VisitMonaco)

Instagram: [@VisitMonaco](https://www.instagram.com/VisitMonaco)

LinkedIn: [Monaco Government Tourist Authority](https://www.linkedin.com/company/monaco-government-tourist-authority)

Contact: [VisitMonaco.Content@gouv.mc](mailto:VisitMonaco.Content@gouv.mc)

