

DINING TIPS

It can be worthwhile popping into a restaurant during the day and reserving a table for the evening if you wish to eat somewhere specific at busy times (8 – 9:30pm). You will struggle to find a restaurant willing to seat you for lunch after 2pm.

Meal of the Day is a superb way to have a cheap three-course meal. It is offered traditionally because the French believe that everyone should be entitled to dine on a nutritious three-course meal each day regardless of income level. The meal of the day, or *formule*, is a set price menu of between two and four courses. Usually the *formule* will give a choice of two or three items for each course so you can usually put together something you'll like. Sometimes a coffee or a glass of wine or a drink (*boisson*) will be part of the *formule* as an alternative to a pudding.

Plat de jour the chef's daily special; often a great choice

un Plat a dish (usually of the day) not a plate.

Vegetarians can often struggle in Nice.

You may want to ask the following question:

Je suis végétarien(enne);

Il y a-t-il des plats sans viande?

I am a vegetarian, are there any non-meat dishes?

A medium steak is cooked

à point

well done is

bien cuit

rare is

bleu or saignant

This will get you a fairly cold steak fresh

off the cow.

The words *à volonté* on the menu means you can keep re-ordering the same dish at no extra cost. Seafood restaurants can offer mussels *à volonté*. Also, on the Cours Saleya, the restaurant Bistro Romain offers Carpaccio of beef or salmon *à volonté*. Carpaccio is thin-sliced raw meat or fish, usually served drizzled with plenty of olive oil and sometimes Parmesan shavings.

A cheap way to order wine a plenty is to order

un pichet - This is a jug with the local house wine

and is usually as good as a decent bottle at home.

One liter

un pichet

Half liter

un demi pichet

Quarter liter

un quart

A jug of tap water

une carafe d'eau

When ordering draught beer, you ask for
or the smaller

une pression or *une bière à la pression*

un demi

half draught beer/half lemonade

un demi panaché

A coffee after a meal will always be an espresso unless you specify otherwise.

Asking for the bill is:

l'addition, s'il vous plait.

We are often asked about tipping. Technically, in France service is often included. You can see this on the bottom of the bill "service compris". However, it is becoming customary to tip 10%, whether service is included or not, and more depending on the quality of the service. Cash is always well received, and we find it can help you leave more quickly if the servers are busy.