



A Pearl in the Var - Le Gourmandin Restaurant

BY SUSANA WASE HANSON FOR FR2DAY.COM APR 29, 2010



Le Gourmandin is like a delightful sensory journey. The cuisine here is exceptional and well worth a detour if you come to this side of Provence. All you have to do is ignore the kitschy exterior and interior décor! There 's a proper reception, as in any classy restaurant, and the service is exceptional. After a warm welcome by the hostess (one of the owners), you'll be escorted to your table (book in advance and ask for a table by the window with a charming view over the river that runs through Le Luc), decorated with proper silverware (as opposed to stainless steel) and simple but beautiful blue and white Provençale china.

I ate here on a Wednesday lunchtime and I was offered a **free aperitif**: a choice between white wine and lime or a rosé and raspberry cocktail. With this came a welcome helping of their **house tapenade** and fresh **toasts**.

The **25 euro-per-person three course menu** offered abundant choice: an absolutely **scrumptious** parmesan tortellini with truffle sauce to warm you up or a tuna carpaccio (thinly sliced raw tuna) with fresh pesto and pine nuts as a starter for example. For mains - sliced lamb with pumpkin purée and perfectly cooked and presented mini organic vegetables and juicy swordfish with red pepper and ginger compote - both very good without being too filling.



The menu also came with a cheese course: choice of goat's cheese and olive oil or soft cheese with honey and nuts. Finally, the dessert choices were also fresh and refreshing, without filling your tummy to **volcanic** eruption levels! They included strawberries with a vanilla syrup and peppered with fresh vanilla pods, topped with strawberry mousse that was **out-of-this-world good!**

It's worth me mentioning that Le Gourmandin had one of the most extensive **wine lists** (for standard of restaurant) I have ever seen. They must have a brimming cave with thousands of bottles of local and domestic wines. Of

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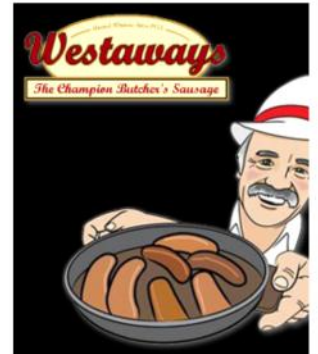
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course this area is surrounded by vineyards.



I had a terrific lunch at Le Gourmandin, perfect for couple dining, flawless service and well worth the bib gourmand label (Michelin guide) and price of €62 for two. I even thought it was almost Michelin star-worthy if you could just ignore the tacky photos on the wall!

Contact details for the restaurant are available on the map below or they may be contacted by email.

Closed Mondays, Thursdays, and Sunday evenings.



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