

© ANNA KATALIN

# CARTOON FORUM

15-18 SEPT. 2025  
TOULOUSE - OCCITANIE



## Bistrot & Brasseries



### Nearby restaurants



#### La Cendrée

In the historic setting of a Capitol residence, with its monumental fireplace, you will dine in a warm and cosy atmosphere. Traditional French cuisine is served, and you can sample some regional specialties.

📍 11 Rue des Tourneurs

🕒 Tuesday > Saturday  
12:00 - 14:00 / 19:30 - 21:30

☎️ (33) (5) 61 25 76 97

● €€

12/20 Gault&Millau

#### Le J'Go

The J'Go is Gascony in town – a gustative introduction to the native values and identity of people from the department of Gers. Experience the spirit of Southwestern France, a playground in which conviviality meets pleasure, and a nice bar.

📍 16 Place Victor Hugo

Monday > Friday

🕒 12:00 - 14:30 / 18:30 - 23:00

🕒 Saturday open until 00:00

Sunday 11:30 - 23:00

☎️ (33) (5) 61 23 02 03

● €€

#### Brasserie de l'Opéra

This is an absolute must for all those who love the ambiance of a Parisian brasserie: a large, circular zinc bar, black-aproned waiters flitting from table to table, and a warm decor. Nice selection of French and regional cuisine, as well as seafood, on the menu.

📍 1 Place du Capitole

Sunday > Monday

11:00 - 22:00

🕒 Tuesday > Thursday

11:00 - 22:30

Friday, Saturday open until 23:00

☎️ (33) (5) 61 21 37 03

● €€

12/20 Gault&Millau

#### Le Bibent

A magnificent brasserie on the Place du Capitole completely renovated and re-opened by famous French chef Christian Constant. Excellent bistro-style cuisine. Cramped tables, the oldest restaurant in Toulouse.

📍 5 Place du Capitole

🕒 Monday > Sunday

09:00 - 22:15

☎️ (33) (6) 48 71 73 65

● €€

12,5/20 Gault&Millau

#### Le Saint-Sauvage

With its warmly decorated ambiance and soft music, this restaurant is a stone's throw from the Capitole and invites you to share a special moment enjoying their specialties.

📍 20 Rue des Salenques

Tuesday > Friday

🕒 12:00 - 14:00 / 20:00 - 22:00

Saturday 20:00 - 22:00

☎️ (33) (5) 61 23 56 86

● €€€

13/20 Gault&Millau

# Gastronomic restaurants

## Le Genty Magre

Located in the heart of Toulouse, this cosy and comfortable restaurant offers original and refined French gourmet cuisine. Its chef, Romain Brard, combines ancestral recipes with a modernised vision in a concept of "bistronomie" (a combination of "bistrot" and "gastronomie").

 3 Rue Genty Magre  
Wednesday > Saturday  
 12:00 - 13:00 / 19:30 - 21:00  
 (33) (5) 61 21 38 60  
● €€  
13/20 Gault&Millau

## Au Pois Gourmand

Nestled in a beautiful 19th-century colonial-style house overlooking the Garonne River, the Plazotta family welcomes you to taste their original and modern cuisine prepared using the fragrances and flavours of local produce as well as delicate spices.

 13 Rue Emile Heybrard  
Monday > Friday  
 09:00 - 21:30  
Saturday 17:30 - 21:30  
 (33) (5) 34 36 42 00  
● €€€  
13/20 Gault&Millau

## L'air de famille

With a menu scribbled on a large blackboard, created according to the morning market, this restaurant offers seasonal cuisine where vegetables figure prominently. Another rising chef, full of quality and inventiveness, who learned his trade at Sarran's.


Be sure to make a reservation, the place is very much in demand!

 6 Rue Jules Chalande

Tuesday > Saturday

 12:00 - 14:00 / 20:00 - 22:00

Closed for dinner on Tuesdays  
and Wednesdays

 (33) (5) 67 06 54 08

● €€  
13/20 Gault&Millau

## Chez Emile

Located in the heart of old Toulouse on one of its prettiest squares, Emile is renowned for its regional cuisine (their mythic cassoulet) and fine wine list. It is bistro-chic with a cosy atmosphere. In the summer, you can dine on the terrace.

 13 Place Saint Georges  
Tuesday > Saturday  
 12:00 - 13:30 / 19:30 - 21:30  
 (33) (5) 61 21 05 56  
● €€€  
12,5/20 Gault&Millau

## Brasserie du Stade Toulousain

Both casual and elegant, this brasserie is owned by Michel Sarran. Fast service, tasty food, a bistro-style setting enhanced with photos and pictures of rugby stars—it has a well-established tradition of regional specialties.

 114 Rue des Troènes  
Monday > Friday  
 12:00 - 14:00 / 20:00 - 22:00  
Closed for dinner on Mondays and  
Fridays  
 (33) (5) 34 42 24 20  
● €€

## Les P'tits Fayots

This cosy, elegant restaurant, set out over two floors, offers modern, creative cuisine, with the finest produce from the Gers at its centre. The young head chef brings the place to life with his enthusiasm, busy in his kitchen in full view of the customers. You won't miss a thing...

 8 Rue de l'Esquile  
Monday 19:30 - 22:00  
 Tuesday > Friday  
12:00 - 14:00 / 19:30 - 22:00  
 (33) (5) 61 23 20 71  
● €€  
14/20 Gault&Millau

## Solides

Opposite the market, this restaurant stands out first and foremost for its chef's fine bistro cuisine, which favours short distribution channels. In a bohemian atmosphere, enjoy the house specialty, vol-au-vent with sweetbreads, cockerel crest and chicken sauce, and excellent regional cheeses.

 38 Rue des Polinaires  
Tuesday 19:30 - 22:00  
 Wednesday > Saturday  
12:00 - 14:00 / 19:30 - 22:00  
 (33) (5) 61 53 34 88  
● €€  
14/20 Gault&Millau

# Starred or distinguished restaurants

## Les Jardins de l'Opéra\*

Located in an inner courtyard on the Place du Capitole (just behind the Grand Café de l'Opéra), the peaceful atmosphere agrees completely with Stéphane Tournié's cooking. Creative and full of flavour, it emphasises the Southwest region's products with talent.

 1 Place du Capitole  
Tuesday > Saturday  
 12:00 - 14:30 / 20:00 - 23:00  
 (33) (5) 61 23 07 76  
 €€€  
13,5/20 Gault&Millau

## Cécile

In the lively, bustling Carmes neighbourhood, a close-knit young team welcomes you to this modern bistro with a large open kitchen and contemporary decor. The short menu is inspired by a real mix of cultures: exotic touches are incorporated into dishes such as Thai duck tartare and farm-reared pork loin with mango and pomegranate.

 43 Place des Carmes  
Monday > Friday  
 12:00 - 13:30 / 20:00 - 21:30  
 (33) (5) 34 25 75 65  
 €€

## Michel Sarran\*

In a lovely setting with a garden terrace, Michel Sarran is considered the best restaurant in the city. Not only does he have creativity, but above all, he prepares delicious food. Refined dishes, excellent choice of wine, and perfect service, with conviviality and warmth.

 21 Bld Armand Duportal  
Monday > Friday  
 12:00 - 13:45 / 20:00 - 21:45  
 (33) (5) 61 12 32 32  
 €€€€  
17/20 Gault&Millau

## Le Cénacle

The cosy atmosphere, with its superb fireplace and reproduction of a painting by Caravaggio, invites you to linger in this Cénacle, and the cuisine is no exception. The chef particularly likes to bring out the best in simple products, and for those on a budget, the lunch menu is perfect!

 46 Rue des Couteliers  
Tuesday > Saturday  
 12:00 - 13:15 / 19:30 - 21:15  
 (33) (5) 67 16 19 99  
 €€€  
14/20 Gault&Millau

## Cartouches

It would be impossible to count all the cartridges in the game bag here, between the wine list with a natural slant, the cured meats to nibble, the cut of meat to be shared, and, above all, the simple, flavorful market cooking. There is never a dull moment in the company of Nicolas Brousse and his wife, who treat their clients as if they were old friends.

 38 Rue Pierre-Paul Riquet  
Monday > Friday  
 12:00 - 14:00 / 19:00 - 23:00  
 (33) (5) 61 25 07 07  
 €€  
13/20 Gault&Millau

## Le Py-r\*\*

A pleasant welcome in refined surroundings. A balanced menu offering fish and/or meat with unusual vegetables. Nice combination of flavours. As for the decor, you dine in a superb space where white predominates and the walls are hung with eye-catching paintings by contemporary artists.

 19 Descente de la Halle aux Poissons  
Monday > Friday  
 19:30 - 00:00  
 (33) (5) 61 25 51 52  
 €€€€  
15/20 Gault&Millau

## Hedone\*

Balthazar Gonzalez has developed an effective concept: just five tables and a single set menu at lunchtime and at dinner, which allows him to give free rein to his creativity. Excellent, even outstanding fresh produce; a preference for vegetables and seafood; explosive flavours with some real show-stopping moments.

 3 Impasse Saint-Félix  
Tuesday > Saturday  
 12:00 - 14:30 / 20:15 - 22:30  
 (33) (5) 82 74 60 55  
14/20 Gault&Millau  
 €€€

## Une table à deux

Trained in Toulouse, Morgane and Nicolas packed their bags for Korea and Malaysia, in search of new flavours. Back home, they've returned to Les Carmes to delight diners with their playful cuisine, which borrows as much from the Mediterranean as from more tropical climes with remarkable mastery and balance. Excellent value for money, especially at lunchtime.


 10 Rue de la Pleau  
Monday > Friday  
 12:00 - 13:15 / 19:30 - 21:00  
 (33) (5) 61 25 03 51  
 €€  
11,5/20 Gault&Millau


## Special diets restaurants




### Bloomy Bistronomie Végétale

Sustainable plant-based cuisine in a warm, authentic setting. Offering ever-changing dishes and unique cocktails. Enjoy a culinary journey with globally inspired recipes and an extensive selection of plant-based beverages. Bloomy also provides catering services and can be booked for private events.

 38 Rue de la Colombette


 Tuesday > Saturday  
12:00 - 14:00 / 19:00 - 21:30


 (33) (5) 32 58 43 57


 €€


### Roquette & Julienne

Generous, homemade vegetarian cuisine with seasonal produce. Offering diverse dishes on-site or to-go. Founded by Valérie in 2016, this restaurant continually reinvents its recipes to delight your taste buds. Roquette & Julienne also offers catering services, making it perfect for events and gatherings.

 18 Pl. des Pradettes

 Monday > Saturday  
12:00 - 14:00


 (33) (5) 61 16 56 08


 €€

### Peacock

Vegetarian canteen in a wellness centre, with local, organic, seasonal ingredients. Offering vegan brunches and eco-friendly options. Peacock reduces food waste by offering discounted prices for end-of-day surplus. Follow their updates on social media to stay informed about their fresh, bio ingredients and special offers.

 20 Rue de la Bourse

 Wednesday > Sunday  
09:00 - 18:00


 (33) (9) 88 32 93 89


 €€

### Flow House

Bio and seasonal soups, quiches, and burgers in line with Biocoop's standards. Offering vegan, vegetarian, gluten-free, and lactose-free options. With a commitment to sustainable and healthy eating, Flow House provides diverse meals from breakfast to dinner, ensuring everyone finds something to enjoy.

 4 bis Avenue Frédéric Estèbe


 Monday > Friday  
11:00 - 18:00


 (33) (5) 61 75 89 63


 €€

### Ekylibre

Vegetarian restaurant specialising in açai smoothie bowls with fresh fruits and cereals. Offering a range of bio juices and nutritious dishes. The focus on fresh fruits and vegetables introduces customers to healthier and more delightful ways of eating. Ekylibre aims to boost your vitality with every bite.

 19 Pl. Saint-Georges  
Monday > Saturday

 09:30 - 15:00  
Opens at 11:00 on Mondays and  
closes at 18:00 on Saturdays


 (33) (5) 34 33 88 41


 €€

### Sixta

Trendy spot with ethical tea and vegetarian meals from organic, local produce. Inventive weekly menus and 'nap pods'. Sixta focuses on reducing environmental impact, offering a relaxing atmosphere for enjoying healthy and creative vegetarian dishes. The ethical tea room complements the experience, making it a haven for eco-conscious diners.

 28 Rue de Bayard


 Tuesday > Saturday  
12:00 - 18:00


 (33) (9) 54 52 92 67


 €€

### Une table à deux

Convivial café offering 100% vegan dishes, with a range of hot drinks and sweet and savoury treats. Includes a small vegan grocery section. Founded by two women, Brûlé highlights their culinary expertise and commitment to veganism. Perfect for brunch or a casual lunch, with high-quality vegan products available for purchase.

 12 Rue Alexandre Fourtanier

 Monday > Friday  
12:00 - 13:15 / 19:30 - 21:00  
Closed for lunch on Wednesdays





 (33) (9) 88 44 78 94

 €€

# Atypical places & International food

## El Dayaa

This restaurant is the ideal place to discover tasty, original, and traditionally prepared Lebanese specialties. From hummus to shawarma, it offers you a culinary trip to Lebanon.

 23 Boulevard Lascrosses  (33) (5) 61 12 22 00  
 Monday > Saturday  
12:00 - 23:30  €


## Yoko Sushi

You're fond of sushi, makis, and sashimi? Have a delicious Japanese experience at Yoko Sushi, located just a step from the Congress Centre.

 8 Esplanade  
Compans Caffarelli  (33) (5) 62 30 80 14  
 Monday > Sunday  
11:30 - 14:00 / 18:30 - 22:00  €





## Le Mami-Wata

This restaurant offers the best African and West-Indian food with exotic flavors. Mami Wata attracts a loyal and eclectic clientele of different nationalities and from all walks of life.

 25 Rue Heliot  (33) (5) 61 62 77 04  
 Monday > Thursday 19:00 - 23:50  
Friday > Saturday 19:00 - 01:00  €

## Dans le noir?

Dans le noir? restaurant offers all over the world the opportunity to taste gourmet, creative, and seasonal cuisine in complete darkness, accompanied and served by unexpected guides.




 84 Allée Jean Jaures Pullman  (33) (5) 61 10 23 21  
 Thursday > Saturday  
19:30 - 23:00  €€



## Bars

### Le caribe bar

Mojitos, caipirinhas, and excellent tropical cocktails. Latino and Cuban music. Concert on Thursday night. Good atmosphere.

 12 Place Victor Hugo  Tuesday > Sunday  
 (33) (5) 61 22 48 99 18:00 - 02:00




### Le Glou Café

Good and various tapas, strong cocktails, "rhums arrangés" from Reunion Island, a terrace, and music from the Antilles.

 36 Boulevard de Strasbourg  Tuesday > Friday  
 (33) (5) 61 21 80 92 10:00 - 01:30  
Saturday 10:00 - 02:30

### L'envol Côté Plage

Bar on the beach. Ideal location to enjoy a cocktail at sunset.

 32 Avenue Jean René Lagasse  Everyday  
 (33) (5) 31 61 56 12 12:00 - 15:00  
19:00 - 02:00

### Le Saint des Seins

This bar specialises in concerts and DJs and can accommodate 200 people.

 5 Place Saint-Pierre  Monday > Sunday  
 (33) (5) 61 22 11 39 16:00 - 02:00

### V&B

Just in front of the Congress Centre, come and discover hundreds of wines, beers, whiskies, and spirits from all around the world, accompanied by delicious tapas.

 5 Esplanade Compans Caffarelli  Monday > Saturday  
 (33) (5) 61 13 38 06 10:00-21:00

### Le Bar Basque

In the heart of downtown Toulouse, Le Bar Basque has been an emblematic place on Saint-Pierre Square for more than thirty years.

 7 Place Saint-Pierre  Tuesday > Saturday  
 (33) (5) 61 21 55 64 16:30 > 00:00