PRINTABLE ITINERARY

3-Day Paris Food Itinerary

From our guide **Top 10 Best Places to Eat in Paris**. Print it or save it to your phone.



Three days is enough to eat at every place on this list without repeating an area. The plan below groups the places so each day stays in one or two neighbourhoods.

Day 1: The Marais and Canal Saint-Martin

Start the morning at Du Pain et des Idées for a pastry, then walk along the Canal Saint-Martin. For lunch, take the metro to the Marais and eat a falafel at L'As du Fallafel, then spend the afternoon around the Place des Vosges. Book dinner at Chez Janou for Provençal food and the chocolate mousse. Remember that the bakery is closed at weekends, so move this day to a weekday.

Day 2: Grands Boulevards, Pigalle and the Marais crêperie

Eat lunch at Bouillon Chartier, going at an off-peak time, then walk through the covered passages of the nearby 2nd and 9th arrondissements. In the evening, have dinner at Bouillon Pigalle, or switch to Breizh Café in the Marais if you prefer a booked table. Finish with a walk up to Montmartre.

Day 3: Left Bank, Aligre and the 11th

Spend the morning at the Marché d'Aligre, then enjoy lunch at Le Relais de l'Entrecôte or Le Comptoir du Relais in Saint-Germain, depending on whether you have a booking. In the evening, take the metro to the 11th arrondissement for dinner at Bistrot Paul Bert. If you want a final drink, La Cave du Paul Bert and other wine bars are on the same street.

The 10 places at a glance

1. Bouillon Chartier

How to get there: Metro to Grands Boulevards or Bonne Nouvelle, then a short walk.
How long to spend: About an hour.
Best time to go: Mid-afternoon or late evening to avoid the longest queue.
Tip: Be ready to share a table, and ask for the bill when you are ready, since the staff will not rush you but will turn the table quickly.
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2. Bouillon Pigalle

How to get there: Metro to Pigalle or Blanche, then a short walk.
How long to spend: About an hour.
Best time to go: Early in the evening or after the main dinner rush.
Tip: Book a table on the official website for busy evenings, or arrive early or late if you are walking in.
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3. Breizh Café

How to get there: Metro to Filles du Calvaire or Saint-Sébastien-Froissart, then a short walk.
How long to spend: About an hour and a half for a full galette and crêpe meal.
Best time to go: Lunch on a weekday, or book ahead for dinner.
Tip: Have a savoury galette first and a sweet crêpe to finish, and order the cider.
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4. L'As du Fallafel

How to get there: Metro to Saint-Paul, then a short walk along rue Pavée to rue des Rosiers.
How long to spend: Half an hour.
Best time to go: A weekday lunch, or an early Sunday visit before the crowds build.
Tip: Avoid Saturdays, when it is closed, and aim for Sunday to Thursday.
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5. Bistrot Paul Bert

How to get there: Metro to Faidherbe-Chaligny or Charonne, then a short walk.
How long to spend: Two hours for dinner.
Best time to go: A weekday dinner, booked in advance.
Tip: Book the later seating for a more local atmosphere.
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6. Chez Janou

How to get there: Metro to Chemin Vert or Bastille, then a short walk.
How long to spend: One and a half to two hours.
Best time to go: An early evening aperitif followed by dinner, booked ahead.
Tip: Save room for the chocolate mousse, and ask what pastis suits you.
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7. Le Relais de l'Entrecôte

How to get there: Metro to Saint-Germain-des-Prés, then a short walk.
How long to spend: About an hour.
Best time to go: Arrive before opening time for lunch or dinner.
Tip: Try a different branch if the queue is long, since all three serve the same menu.
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8. Du Pain et des Idées

How to get there: Metro to Jacques Bonsergent or Goncourt, then a short walk.
How long to spend: Twenty to thirty minutes.
Best time to go: A weekday morning, soon after opening.
Tip: Remember it is closed at weekends, and buy extra bread for later.
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9. Marché d'Aligre

How to get there: Metro to Ledru-Rollin or Faidherbe-Chaligny, then a short walk.
How long to spend: One to two hours.
Best time to go: A weekend morning for energy, or a weekday for calm.
Tip: Bring a bag and cash for small stalls, and check the covered hall's days.
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10. Le Comptoir du Relais

How to get there: Metro to Odéon, then a short walk.
How long to spend: Two hours.
Best time to go: Lunch on a weekday, or a booked dinner well in advance.
Tip: Call the hotel line to confirm the booking policy for lunch and dinner.
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Getting around Paris

The metro is the fastest way to move between the neighbourhoods in this guide, and each restaurant is a short walk from a station. Paris is compact, and most of these places are within the central arrondissements. A contactless payment or a multi-day pass covers the trips, and the RATP website has current fares and passes.

Walking is the best way to link nearby stops, such as the Marais restaurants and the Canal Saint-Martin. Buses are slower than the metro but give you a view of the streets, and cycling is possible but needs care in traffic. Late at night, check the last metro times, since the service stops after midnight on most nights.

Opening times, prices and transport change often, so check with each venue or operator before you go. For the full guide, photos and FAQs, see https://toptravelinsider.com/top-10-best-places-to-eat-in-paris/.