

THE LOCAL SPECIALITIES

The Var is a fertile agricultural area with many producers. Spend your holidays in the Gulf of St Tropez and discover the specialities that make the Var a unique region.

THE OLIVE OIL

There are many olive oil mills in the region.

You can visit the olive grove of the Domaine de la Pierre Plantée. Overlooking the Gulf of Saint-Tropez, the estate is now one of the largest plantations in the Var and offers you a guided tour of their olive grove.

DOMAINE DE LA PIERRE PLANTEE
Rte du Muy
83120 Sainte-Maxime
+33 (0)4 94 96 65 65
contact@domainelapierreplantee.com



THE WINE

The Saint Tropez peninsula offers ideal conditions for the production of quality wine in a remarkable environment.

Whether you prefer red, white or rosé wine, there is something for everyone in the Gulf of St Tropez.

The South has 3 AOCs for rosé wine: "Bandol", "Côtes de Provence", "Côteaux Varois", as well as an AOP "Vin de Pays du Var".

[to be consumed in moderation!]

The wine route

THE CHESTNUT

Recognised for its excellent taste, the Var chestnut can be eaten roasted or in marrons glacés. It is produced in the Maures massif whose villages celebrate the chestnut in autumn, notably Collobrières or La Garde-Freinet during the famous chestnut festivals.

Go to the village of Collobrières to taste a delicious chestnut ice cream!



LA TARTE TROPÉZIENNE

Do you know the most famous cake of the Var?

Yes, it is the tarte tropézienne! This essential cake of the French Riviera became famous in the 50s in St-Tropez. This delicious pastry is composed of 2 brioches sprinkled with granulated sugar and filled with a mixture of butter cream and pastry cream. You can find the "tropézienne" in many pastry shops in the region.



THE FIGUE

A stay in the Var is also an opportunity to taste the fruits of Provence, in particular the fig. It has taken up residence in the Var, where the delicious AOC Violette de Solliès is produced, much appreciated by lovers of this sweet little ball.

Every year, on the last weekend of August, come to the traditional Fig Festival in Solliès-Pont.





THE HONEY

Honey has an important place in the gastronomy of Provence, as it does throughout the world. The Var is one of the leading French beekeeping departments.

Local beekeepers will help you discover honeys from the Massif des Maures and the Massif de l'Estérel in particular. Here are the different varieties you can find in the region: rosemary honey, heather honey, chestnut honey, lavender honey, arbutus honey, etc.

THE TRUFFLE

The truffle in the Var is quite a story... Come and discover its markets, its festivals, its folklore, especially in the Aups region (Haut-Var Verdon), a region recognised as a "grand cru" of truffles in France.

Third department for its production, the Var produces 1.5 tons of truffles per year! The Haut Var, with its average altitude, its hot and dry climate, its shallow and chalky soil, has quite naturally become the preferred area for the black truffle.

RESTAURANT CHEZ BRUNO
Spécialités à base de truffe
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THE GOAT CHEESE

Here in the Var, you won't find a cheese platter without local goat cheese.

Indeed, the Var has many goat breeders and producers who offer their products on the local markets.

The local markets

THE SEA FOOD

If you like fish and seafood, your holiday in the Gulf of St Tropez can be the opportunity to discover the fruits of the local fishery:

Sea urchins, octopus, squid, sea bream, sars, bonito, barracuda, sea bass, etc.

Meet every morning from 8am at the fishermen's stall in the port of Ste Maxime. The professional fishermen offer for sale the fish and shellfish that they have just taken out of the water.



OTHERS PRODUCTS

And to bring a touch of Provence to your aperitif, there's nothing like the specialities to spread:

Anchoïade cream, tapenade, sardinade, artichoke cream, etc.

You will find them at the Conserverie du Bec Fin for Provençal products that use quality raw materials, preferably local.

CONSERVERIE AU BEC FIN – Boutique de produits provençaux
50 avenue de Valensole - RD 98
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