

COCOTTES: READY-TO-EAT FOOD THAT IS HEALTHY, FRESH AND JUST PLAIN FABULOUS

By Amanda Roberts - 5th April 2017



Cocottes Fresh & Homemade Food



Spring is here! The magnolias are blossoming. It's time for our palates to wake up and evolve with the changing seasons. We need to replace the heavy spare-tire inducing Gromperekichelcher with super foods because as the clouds disappear, so do the layers of clothing. Our bodies and wastelines are craving fresh and exciting flavours.

Luckily for Luxembourg, there is Cocottes. Making its debut in 2014, this gem of a restaurant somehow slipped under our radar, but since our recent discovery it has been a lunchtime game-changer for the CSL staff.

Our favourite branch is tucked away on a side street of Limpertsberg and is a bit like a secret haven which (while we don't want to sound like we don't get out) has an atmosphere which feels quite chic for lunchtime.

You have probably walked by it loads of times but weren't exactly sure what it was. Let us fill you in. This food is as fresh as you can get. They start food preparation for lunch while most of us are sleeping at 4 am but use the most scientific of timings and the results are gorgeous in their simplicity.

Every single item is made fresh from high quality seasonal products which are locally sourced from the Greater Region, and the menu is superbly executed combining the most delicate of ingredients. There is a large selection of vegetarian, vegan, gluten-free, organic, lactose-free dishes as well selections for meat and fish lovers.



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After enjoying one of their delicious Superfood bowls or one of the other mouthwatering choices, you can rest easy when it's time to clear your mess. Not only does eating at Cocottes nourish you, it's also healthy for the environment. All of Cocottes' packaging materials are biodegradable or recyclable and their take away bags are made from recycled paper. In other words, this is the most satisfying and guilt-free lunch you could ask for.

To top it all off, the staff is cheery and smart and their passion for the products is obvious. From start to finish Cocottes has ticked all our boxes. We highly recommend you stop by for a try.

CSL favourites include:

- The Red Superfood Salad made with red quinoa, beetroot hummus, berries and a refreshing vinaigrette; this salad is absolutely divine.
 - We also love the Summer Superfood Salad made with white quinoa, avocado, cabbage, yellow and white carrots and a variety of nuts; the flavours are so perfectly paired that each bite is a delight.
 - Salmon Tataki is incredibly refreshing and satisfying. The salmon and veggies are unbelievably fresh. The flavour is delicate and sharp at the same time, which makes this a go-to-choice time and time again.
- Cocottes is located in the Glacis (5 Rue Jean L'aveugle), Cloche d'Or (12D Rue Guillaume Kroll) and in the City Centre (3A Rue Beaumont) and is open Monday-Saturday from 8am-6:30pm.

