Antibes

French Riviera. Dock sheet for the chef.

transientchef.com/antibes

Checked November 2026. Re-checked every 90 days.

First calls

- **Your captain**: Ask who they use before you call anyone below
- **Froggy Gourmet (Bruno Lépicier)**: Premium proteins, seafood, caviar, truffle; 25-27 Av des Frères Roustan +33 (0)4 93 34 05 38, info@froggygourmet.fr
- **Green Chilli (Antonio Dias)**: Own reefer trucks, Rungis airfreight, orders taken 24/7
- **Just Provisions**: Fratelli Cosulich group; temp-controlled fleet, hard-to-find items
- **BFG Provisions**: New Antibes office; order through the Athens group +30 210 220 1277, info@bfg-provisions.com
- **Gourmet Deliveries**: Family-run; warehouses at Nice MIN and Rungis Gaby +33 (0)6 18 73 80 20
- **Riviera Gourmet**: Biot, 10 min from port; meat, fish, produce, wine

Order before you land

- Specialty proteins (A5, Jack's Creek, aged, game): 2 to 4 days
- Rungis pulls via Green Chilli or Gourmet Deliveries: 1 to 2 days
- Bonded beverage: paperwork several days minimum
- Reserve peak produce: spring (Apr to May), autumn (Sep to Oct)
- Voiles d'Antibes, Cannes, Monaco Yacht Show, August: order well ahead

Where the boat sits

- Port Vauban: ~1,500 berths, yachts to 165m; harbour office VHF 9
- IYCA Billionaires' Quay: 19 berths, 70m to 165m, security protocols
- Port Gallice (Juan-les-Pins): small, needs small-vehicle delivery
- Provisioner reefer trucks deliver direct to the passerelle
- Old Town streets close to vehicles in market hours; walk

Market days

- Marché Provençal, Cours Masséna: mornings to 1300 (opens 0730)
- Closed Mondays 1 Sep to 31 May; summer open daily to ~1345
- Arrive before 1000; vendors close when sold out
- Boulangerie Veziano: 0630 to 1300, closed Mon and Tue

Crew food

- Carrefour / town supermarkets: everyday crew staples, most boats
- Metro Nice (trade card, case lots): big boats only
- Al Dente, 20 Rue Lacan: sandwiches, pasta; confirm boat delivery
- Marché Provençal late for end-of-day produce deals

The one-day ground run

1. Marché Provençal at open: Jacques cheese, gardeners, Denis fish
2. Boulangerie Veziano, 2 Rue de la Pompe: bread, coffee
3. Boucherie Prevosto, 16 Rue Sade: aged beef, lamb, charcuterie
4. Flacons Divins, 6 Rue du Docteur Rostan: wine
5. Call provisioner: proteins, Rungis, bonded beverage, delivered
6. Carrefour hypermarket, Route de Grasse side: staples
7. Big boats only: Metro Nice (trade card) for case-lot crew bulk

What goes wrong

- Bonded/VAT errors: overpay 20% or take goods you aren't entitled to
- Monday market closed Sep to May; Sunday-night arrival kills fresh plan
- Charter/private status change alters bonded eligibility; reconfirm each season
- In-season tourist pricing at market; check displayed prices
- Voiles d'Antibes week: Port Vauban quay access gets harder

Dates

- Les Voiles d'Antibes: 2 to 6 June 2027, Port Vauban
- Cannes Yachting Festival: 7 to 12 September 2027
- Monaco Yacht Show: 22 to 25 September 2027
- Peak August: provisioner capacity stretched along the coast

Something changed? transientchef@gmail.com, "Antibes" in the subject. Fixed the same week, your name on the page.

Chef to chef. No commissions, no sponsored vendors.