Saint-Tropez

French Riviera. Dock sheet for the chef.

transientchef.com/st-tropez

Checked November 2026. Re-checked every 90 days.

First calls

- **Your captain**: Ask who they use before you call anyone below
- **Agence Maritime Tropézienne (Céline Arnaud)**: Catalano Shipping; harbour liaison, provisioning, Club 55 bookings
- **Capitainerie, Port de Saint-Tropez**: Old port berths; 1 Quai de l'Épi; book summer well ahead +33 (0)4 94 56 68 70, capitainerie@portsainttropez.com
- **Just Provisions**: Fratelli Cosulich group; confirm St Tropez delivery windows
- **Froggy Gourmet (Antibes)**: Yacht and villa provisioning, 20+ years; delivers down the coast +33 (0)4 93 34 05 38
- **Gourmet Deliveries**: Fresh product, floristry; refrigerated along the Riviera Gaby +33 (0)6 18 73 80 20

Order before you land

- Jul to Aug: lock provisioning days ahead minimum
- Beach club and restaurant tables: weeks ahead via agent
- Wagyu, custom cuts, game: 2 to 4 days via Froggy, Just, Green Chilli
- Bonded beverage: paperwork ahead via agent or provisioner
- Plan menu to market days: Lices Tue/Sat, fish market Thu to Sat
- Bioshop Market, Grimaud: order by phone or email and collect

Where the boat sits

- Old port: 734 berths, to ~70m; summer berths book well ahead
- Gulf / Pampelonne: big boats at anchor, tender only
- Pampelonne zones set by size (order 177/2026); ask captain which zone
- Marines de Cogolin, Port Grimaud, Sainte-Maxime: bigger berths
- Budget the tender transfer: the hidden hour in every provision
- Village parking brutal in season; go early

Market days

- Place des Lices: Tue and Sat 0800 to 1300, year-round
- Fish market, Porte de la Poissonnerie: Thu, Fri, Sat 0800 to 1300
- Place aux Herbes: daily 0700 to 1245, 1 Apr to 31 Oct
- Place des Lices mobbed by 1000 in season; go at open

Crew food

- Auchan Gassin-La Foux: bulk crew at best local pricing
- Place des Lices late morning: fair prices for St Tropez
- Stage crew bulk before you arrive in the gulf if possible
- Metro: big boats buying case lots only

The one-day ground run

1. Place des Lices at 0800 (Tue/Sat): produce, charcuterie, cheese
2. Fish market Thu to Sat from 0800; Place aux Herbes next door
3. Aux Deux Frères, 5 rue des Commerçants: bread, pastry
4. La Tarte Tropézienne, Place des Lices: signature dessert
5. Boucherie Thierry, 60 Rue Georges Clemenceau: whole-carcass cuts
6. Cave Jeroboam, Place de la Croix de Fer: rosé, cellar
7. Bioshop Market, Grimaud: organic
8. Auchan Gassin-La Foux: volume, crew staples
9. Confirm provisioner order: proteins, specialty, bonded beverage

What goes wrong

- Peak August: village unworkable by midday; dawn or delegate
- Product can't wait on a hot quay for a tender
- Miss the market days and you're on Place aux Herbes and provisioners
- Off-season: Aux Deux Frères shut mid-Jan to late Feb; Herbes Apr to Oct only
- Bonded/VAT errors: confirm eligibility or overpay 20%

Dates

- Les Voiles de Saint-Tropez: 25 September to 3 October 2027
- Paradis Porsche rally: the weekend after Les Voiles
- Peak season: July to August

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

Chef to chef. No commissions, no sponsored vendors.