

# Vintage REFLECTION

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## Dinner with Millesimes

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**Millesimes 62**

13 Place De La Catalogne,

75014 Paris



Food for the soul It was our first evening in Paris and after a day of travelling and sight seeing Lois and I were famished and looking forward to dinner. We had the pleasure of dining at Le Millesimes, a classic Parisian brasserie restaurant with outdoor seating and a great menu to tempt us. The waiter seated us at a great people watching spot and we soaked up the ambient settings in the warm summer air sipping a cool glass (or two) of bubbly!

Now with me eating a gluten free diet and this being France – famed lovers of bread, it was confusing for our waiter getting his head around my aversion to bread. I asked if the chef could make a GF meal for me and was delighted when he brought over a gluten free menu. I picked the lamb shank (minus the pesky wheat based gravy) and Lois chose an old fishy favourite, swordfish. Both dishes arrived in speedy fashion, beautifully presented. My lamb was scrummy, so tender, succulent and it just fell off the bone with no effort, my plate was filled with plenty of veggies, which I love, especially washed down with another glass of wine.









The staff were friendly, which is a plus when you are in a new city. Our waiter tempted us with the dessert menu, Lois fancied ice cream, choosing a trio of chocolate, coconut and mango flavours, delish. Once again I ordered from the gluten free menu and selected warm figs with ice cream. To be honest, I wasn't too sure what to expect as I'm not really a huge fan of figs, however I was pleasantly surprised as they are so lovely served warm covered with gooey syrup and strawberry ice cream, the combination was a winner and yummiily amazing.







We could not eat another thing, feeling relaxed, completely full and satisfied, we enjoyed a good natter with our waiter as we polished off the wine. Just then, the owner of Millesimes joined us and was keen to chat. The helpful waiter bridged the language barrier and kindly translated for us all. We discussed his attractive restaurant, tempting menu and our fab dinner. He was interested to understand my wheat intolerance – slightly embarrassing. He was understanding and very charming chatting with us about our trip. It was great to meet the creator of Le Millesimes and receive such a warm welcome from him and his team.



Lois and I had a really pleasant evening, nattering as we wined and dined at **Millesimes**, be sure to check them out if your in Paris. The food is fresh and a real treat for your palate – especially for those of us with food intolerances.