



Chez Mauricette
Rue Belliard 170, Brussels
02 230 4046, www.chez-mauricette.com

Chez Mauricette

This recently-opened restaurant at the heart of the EU quarter proves that it is easy to eat fast food both healthily and relatively cheaply.

The emphasis is very much on nutritional, fresh, seasonal produce served at a reasonable price, according to its creator Valérie Kohl, who adds “We hope to show that taking the time to eat healthily is not a luxury.”

It's open from 7am for breakfast which includes three formulas, priced at a mere €5. Lunch is from

11.30am-3pm and includes a juice bar serving green smoothies, salads, dish of the day and a choice of delicious quiches - all with a selection of very tasty French bread. For the “Comptoir Gourmand”, you pay just €2.80 per 100g.

- A nice selection of teas and coffees are served from 3-6pm. It's very cosy and there's also a pleasant terrace offering lovely views of Parc Léopold opposite. Open daily (closed weekends), this exciting new eatery also does takeaways, ideal for the many offices and apartments nearby. It's already proved a big hit and is a concept in Brussels that most certainly deserves to catch on.

Leopold Brasserie and Bar

Affordability is one of the targets that this very pleasant brasserie/bar sets itself. Happy to report that it succeeds on this as well as the other two (speed and quality). One of its busiest periods is at lunchtime which, given that it's situated just metres from the European Parliament and a favourite of eurocrats and visitors, should not come as a surprise.

What is maybe more surprising are the very reasonable prices, starting from just €13.50 for a

main course. The lunch options always include a fish and meat dish and it isn't just the food that is reasonably priced.

So too are the wines which, as Bart Cornelissen, long-serving food and beverage manager explains, are priced a lot lower than many other places of similar quality in Brussels. This, he says, is a deliberate policy, adding, “Many restaurants add 3-4 times to the price they pay but we do not do that. I would rather keep prices lower because that way you are probably going to sell more.”



Leopold Brasserie and Bar
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