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#kitchen

An inclusive "third place" dedicated to sustainable food (a community restaurant, cooking workshops, etc.)

Structure : La Cantina

Grabels | Occitanie

An Inclusive Third Place Dedicated to Sustainable Food

La Cantina is a “third place” run by a nonprofit organization under the French Law of 1901, committed to promoting sustainable, accessible, and equitable food in the Grabels and Montpellier areas.

Founded in 2020, the nonprofit works to transform our eating habits. With support from Montpellier Méditerranée Métropole and in partnership with the town of Grabels, La Cantina opened in 2024 in the Valsière neighborhood: a vibrant space open to everyone.

La Cantina is open Tuesday through Friday from 10:00 a.m. to 4:30 p.m. and Saturday from 10:00 a.m. to 3:30 p.m.

La Cantina is:

A community-focused
restaurant A restaurant for everyone. Open Tuesday through Saturday, La Cantina offers a weekly menu featuring organic, local, and flavorful dishes, accessible to everyone thanks to a sliding-scale pricing system.

An eco-friendly
catering service La Cantina offers a 100% eco-friendly catering service, featuring organic, local, and seasonal menus for all types of events. La Cantina provides sustainable and gourmet buffets

A variety of workshops
Our workshops invite people of all ages to discover, learn, and share ideas about more sustainable eating.

A cultural hub: Diverse
events at La Cantina Every month, a show or concert livens up the evening, and the venue is open to organizations and groups wishing to host their events here.

La Cantina is powered by a collective of volunteers and staff members. Everyone contributes to the daily life of the venue: helping out in the kitchen to learn new recipes, welcoming guests and providing service, creating the educational garden, doing odd jobs, and leading workshops and events.

By the Numbers 2

,350 meals per year
2,000 kg of produce saved per year
25 workshops per year

Liens

https://lacantina34.fr/