

MUST-TRY LOCAL PRODUCTS



'ACHARD' PICKLES



BLUE SHRIMP



BULIME SNAIL



BUTTER AVOCADO



LIFOU VANILLA



MANGROVE CRAB



NIAOULI HONEY



PORCELAIN LOBSTER



RUSA DEER



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Taste the Pacific
with a French twist



WHERE TO EAT?

DISCOVER OVER 350 RESTAURANTS,
GUEST TABLES, BARS AND CAFÉS
ACROSS NEW CALEDONIA!

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[nz.newcaledonia.travel/activities/
local-gastronomy](https://nz.newcaledonia.travel/activities/local-gastronomy)

EXPLORE NEW CALEDONIA

The diverse cultures and landscapes.
The wide-open spaces and the lagoon.
The French touch in the Pacific.
The pleasant average temperature of 25°C.
The beautifully preserved natural environment.



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new
caledonia
Pacific heart®

A Culinary Journey Through Cultures

In New Caledonia, food is more than nourishment — it's a sensory journey. Pacific freshness blends with **French finesse, Kanak traditions and Asian influences** to create a vibrant and multicultural cuisine. From banana leaves to fine cheeses, from venison to sashimi, every dish tells the story of this diverse island. Exceptional local produce, global culinary know-how and moments of true connection... Here, every meal is a taste of identity. Embark on a flavourful journey across the archipelago and discover dishes from here and beyond — served with style and soul.



THE "BOUGNA"

New Caledonia's signature dish, bougna is a **traditional Kanak meal** of root vegetables, chicken or seafood, and coconut milk, wrapped in banana leaves and slow-cooked in an earth oven. It's more than food — it's a cultural experience best shared in a tribe or local guesthouse.



NOUMÉA – WHERE FRENCH GASTRONOMY MEETS ISLAND LIFE

Nouméa, the cosmopolitan capital, is a paradise for food lovers. **Gourmet restaurants, artisan bakeries, lively bars and fine grocers** reflect its French heritage. From foie gras and aged cheeses to fine wines and pastries, everything is prepared with care and flair by passionate chefs. Local ingredients meet French, Oceanian and Asian traditions for a refined yet relaxed culinary experience that delights every palate.

THE ISLANDS – OCEAN-FRESH AND NATURALLY EXOTIC

From the Loyalty Islands to the Isle of Pines, the sea shapes a cuisine of stunning freshness and simplicity. Feast on **grilled lobster, reef fish**, or the local delicacy **bulime** (giant land snail), and taste hints of **vanilla** from Lifou, buttery avocado from Maré, or rich island honey. Whether enjoyed in a seaside restaurant, a remote gîte or during a tribal stay, every meal here is a moment to remember — colourful, romantic, and full of island soul.



THE WEST COAST – FLAVOURS OF THE BUSH & WARM HOSPITALITY

On the wide-open plains of the West Coast, New Caledonia takes on a tropical cowboy spirit. Hearty and rustic meals are at the heart of life here — **think slow-cooked venison, grilled beef and wild game**. Sourced from local farms and hunters, these dishes are best enjoyed around a family-style table or a smoky backyard BBQ. Expect friendly conversations and generous servings — this is the true spirit of the "brousse."

THE EAST COAST – KANAK ROOTS AND ANCESTRAL RECIPES

On New Caledonia's lush East Coast, food follows the rhythms of the land and the traditions of Kanak tribes. **Taro, yam, and cassava** form the base of many meals, often paired with fresh seafood and coconut milk, as in the iconic *bougna*. The region is also famed for its **lychees**, a sweet fruit savoured at the end of the year. Meals here are deeply tied to nature, community, and custom, and sharing dinner at a local gîte becomes a truly immersive and authentic experience.

