

WELL+ΔWAY

CANNES VITALGUIDE™

WHERE TO EAT

FUSO

33 Rue des Suisses
Om \$\$

For a quickie, delicious breakfast, get your morning fuel at FUSO, offering appetizing acai bowls and poke bowls for delivery or pickup. You can't go wrong with the "Bol du Mois", a specialty bowl overflowing with fresh, seasonal, rainbow-hued produce.

www.fusobowl.com, [@fuso_fr](https://www.instagram.com/fuso_fr)

Armani/Caffe

La Croisette, 42 43 Bd
Om \$\$\$

The allure of Armani/Caffe spans its croissants and fresh fruit plates to celebrity sightings -- Kim Kardashian West was recently spotted at this A-list eatery, located smack-dab on the Croisette.

www.armani.com/restaurant, [@armanicaffecannes](https://www.instagram.com/armanicaffecannes)

La Casa di Nonna

41 Rue Hoche
Om \$

Tucked away on the bustling Rue La Hoche, La Casa di Nonna is beloved for its quaint, Italian grandmother vibes (think fresh floral decor and Calabrese-style cuisine) and cozy atmosphere. This hybrid restaurant-tearoom is a popular lunchtime spot, don't be surprised if you glimpse a celeb or two noshing on Casa di Nonna's giant, nourishing salads.

[@La-Casa-di-nonna-Cannes](https://www.instagram.com/La-Casa-di-nonna-Cannes)

Le Troquet a Soupes

64 Rue Meynadier
Om \$

Serving up tasty salads and (you guessed it) velvety, home-cooked, seasonal soups - the butternut squash with fresh ginger and lentils simmered in coconut milk are just a couple standouts - Le Troquet a Soupes is a Cannes institution. This picturesque, laid-back joint is always brimming with regulars.

le-troquet-a-soupes.lafourchette.rest, [@leetroquetasoupes](https://www.instagram.com/leetroquetasoupes)

WHERE TO SWEAT

Real Pilates Cannes

32 Rue d'Antibes
\$\$

When it's time to finally put down that glass of rosé and get your sweat on, head straight for Real Pilates Cannes. Located just a two-minute walk from the Croisette, in the heart of Cannes, this long-time studio is a favorite among fitness-minded locals.

www.francepilates.com/fr, [@realpilatescannes](https://www.instagram.com/realpilatescannes)

Vinyasa Yoga Studio

14 Rue Buttura
\$\$

Treat your body, mind and soul to a cardio-centric yoga class without worrying about trying to translate. Hatha, Vinyasa flow, and power yoga classes are taught in French and English.

www.vinyasayogastudio.com, [@Vinyasa-Yoga-Studio](https://www.instagram.com/Vinyasa-Yoga-Studio)

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Vg = Vegan

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WHERE TO GET NAUGHTY

Amorino

85 Rue Felix Faure
Om \$

This oft-Instagrammed mecca of sweet treats is an excellent place to indulge your naughtiest cravings. There are several vegan ice cream flavors to choose from, in addition to refreshing gelato desserts and sorbet drinks, a dizzying array of candy-colored macarons and the best chai latte in Cannes. amorino.com/us, [@amorinousa](https://www.instagram.com/amorinousa)

Dr. Falafels

14 Rue Helene Vagliano
Om \$\$

Got a mean case of the midnight munchies? Get your fix here, with an indulgent-yet-healthy menu, central location off of Rue La Hoche and late-night hours. Choose from a wide range of falafel that come with everything from silky hummus to freshly cut French fries, or tuck into tacos (served with sautéed bell peppers, onions and homemade pico de gallo). drfalafels.business.site, [@Dr.Falafels](https://www.instagram.com/DrFalafels)

WHERE TO JUICE

Juice Lab

11 Rue Mace
Vg \$

This trendy Parisian startup is now the go-to place for superfood smoothies, matcha bowls, organic juices and other elevated healthy fare. Get the Wake Me Up (orange, grapefruit, pear, lemon, mint) to boost your brain or sip on the Green Power (spinach, celery, carrots, kale, cucumbers, fennel) to banish a midday slump. juicelab.com, [@juicelabparis](https://www.instagram.com/juicelabparis)

AIRPORT CHEAT SHEET: NCE

Joe & The Juice

Terminal 1
Om \$

Dying for some real food before being faced with hours of in-flight meals? Hit up Joe & The Juice for a freshly squeezed juice and sandwich combo—the Rye Bread Smashed Avo (rye bread, lemon, chili flakes, avocado, hold the feta, parsley) and Go Away Doc juice (fresh carrot, apple, and ginger) will get you that preflight nutrition fix. www.joejuice.com, [@joeandthejuice](https://www.instagram.com/joeandthejuice)

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