

Where to eat...

BREAKFAST

Goldbrick House, Bristol

While the full restaurant upstairs—with its quirky maze of rooms and fine British food—doesn't open until lunch, the boisterous bar and café downstairs does. The menu offers either traditional breakfasts (full English or vegetarian), something a little different (leek and black pudding bubble and squeak, or potato pancake with scrambled egg and chestnut mushrooms) or even a comfort-food-packed brunch (cheesy chips and stylish bacon butties). All are served with a warm, West Country smile and some half decent tunes in the background.

LUNCH

Saf, Curtain Road, London

Let's be honest, the sudden arrival of summer took many by surprise. And it offered an early warning that the summer sojourn on the beach is not far off. Which means it's time to shift the unsightly winter padding. What better way than to indulge in a lunch consisting of raw vegetables? If that sounds unappealing, head to **Saf**, where the so-called "raw chef" Chad Sarno serves up an impressively varied vegan menu. Who knows, you may even enjoy it.



DINNER

Apsleys, Mayfair, London

You have to be careful not to overdo things at Apsleys, chef Nick Bell's new venture at the Lanesborough hotel. The temptation at any decent Italian restaurant is to go native: antipasti, primi, secondi, followed by a dessert. Gluttony seems less sinful when you're breaching the cultural divide. But at Apsleys, anyone attempting four courses plus petit fours would need a suite upstairs in which to recover. Recommendations include the excellent boar ragu; the squid, stuffed with garlic and its own crushed tentacles; and the swordfish, which came with an unadvertised side order of roast potatoes, and was all the better for it. With the service almost as faultless as the food, there's very little to criticise. Oh yes, that garish mural, which is like being forced to stare endlessly at a kaleidoscope while suffering a grade-five hangover. If you get the table next to it, ask to be moved.

