

Taste Life

Good times, well spent

Win Win
Wine

worth £60

Hitchin
Letchworth
Stotfold
Fairfield Park
Baldock
and surrounding areas

Street food life

Local street food heroes

Plus

The Roasts
with the most

Ten great local Sunday roasts

*Vegging
out*

Plant-based dining

*Doorstep
dining*

Deliver-who?



*“Your body is not a temple.
It’s an amusement park,
enjoy the ride.”* Anthony Bourdain

Welcome, and thank you for reading, the very first issue of Taste Life Magazine.

In this issue we take a boozy trip to the Hermitage Rd bottomless brunch, and meet the people behind two great local eateries; The Khoi Khoi and street food pioneers, turned restaurateurs, Cantina Carnitas.

Our regular Pick Ten feature looks at ten great local Sunday Roasts, before we jump on the train line to have a look at what's on offer in Cambridge. Another regular, cocktail of the month, is mixed together with some picks of local cocktail bars.

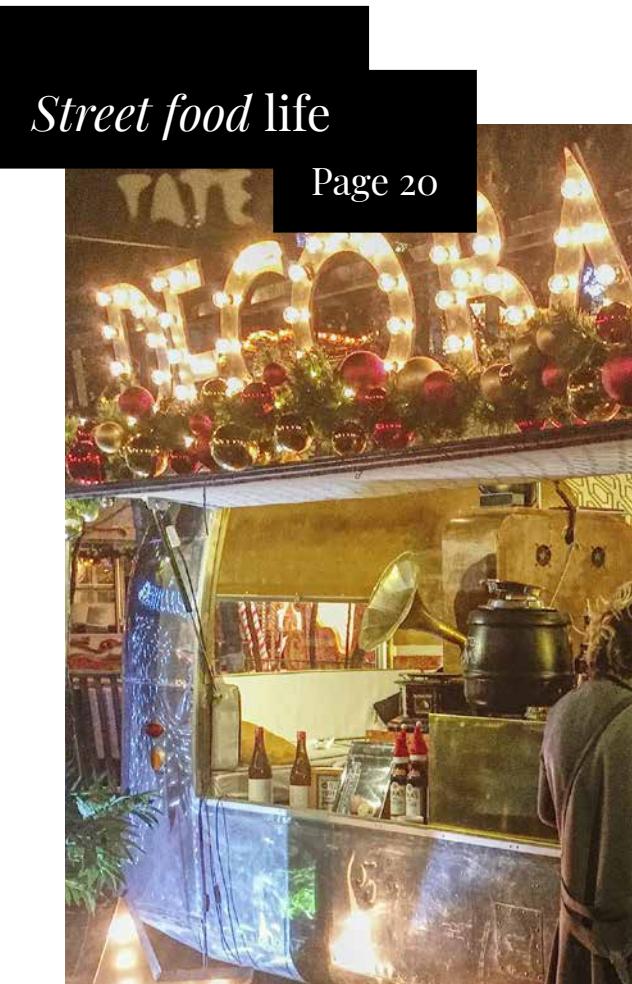
We take a closer look at street food in our feature article on page 20, tuck in to a meat-free trip around some local vegan & vegetarian spots, and take a look at some local live music haunts.

Doorstep Dining on page 30 takes a look at the food delivery market and some of the great locals who are delivering during lockdown.

We try and keep everything local or within a short drive within the local area. Please do get in touch with any suggestions, corrections or anything else you'd like to see; articles@tastelifemagazine.com.

We hope you enjoy our magazine and remember, we're all about...

Good times, well spent.



What's inside

You can find our directory of local places to eat & drink at the back of the magazine



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@TasteLifeMagazine

www.tastelifemagazine.com

What a Stupid time to launch a magazine

Fairly soon after creating our Facebook page, someone commented to say what a stupid time it is to be starting a magazine about going out, when we quite clearly aren't presently able to do so.

Being as sensitive to social media feedback as the next fledgling editor, it sat with me for the rest of that day. But like a lot of us in the hospitality industry there was a little less to do than usual, so I carried on regardless. Truth be told, it also got me out of a few of those 'little' jobs your other-half sniffs out like a curious beagle in these situations.

I've wanted to create a food, drink & live music magazine for the local area, where I grew up and still live, for quite some time. With the unscheduled extra time on my hands, it felt a bit like it was now or never, or at the very least, *why not?*

In the traditional sense of launching a magazine, our social media friend may well have a good point. After all, the entire industry is on lockdown. Owners, chefs, staff, suppliers and even marketers like myself, are in some way adversely affected by this unexpected and most unwelcome situation. Emotionally, financially and physically, the hospitality industry and the wider world may never be the same again.

Creating this first issue of Taste Life Magazine has taught me a number of things so far. One is that, whether forced upon us or not, hospitality is constantly evolving to meet the ever-changing needs of the customer - tastes, diet, social, financial and technological. This is clear from the variety and ingenuity of the fantastic local food & drink that we have on our doorstep. Another is that it reminds me that above everything, people are at the heart of it all. There are stories everywhere about the paths the people who've set up and run the establishments we all enjoy have taken, the effect Covid-19 is having and how they're adapting, so they can continue providing excellent hospitality to the customer.

One thing is clear, we have an abundance of hope and optimism. When we are through these most testing of times, the thought of a meal, drink and catch-up with friends and loved ones is a day that we all relish.

So whether it transpires that this was indeed a stupid idea, only time will tell. In the meantime, I hope you find something of interest inside, and continue to support those businesses still operating and for those that cannot, for whatever reason, don't forget them, we'll need them all again very soon.



For the time being, we're digital only, with a view to producing a printed version later in the year.

Matt Offley MCIM
Editor

For all media, advertising & any other queries
please contact us via email:

ARTICLES@TASTELIFEMAGAZINE.COM



Sun Street in Hitchin
Photo courtesy of Andrew Hyde
www.andrewhydephotographer.co.uk

Thanks a Brunch, Guy



We took a boozy trip to the Hermitage Rd. bottomless brunch to see what all the fuss was about - from what we can remember, it was a good time, well spent!

Pick of the brunch

Clear your diary for the rest of the day, this could get messy. The bottomless brunch is very much 'on-trend', but, despite spreading like gluttonous wildfire across the country, the brunch is nothing new.

Back in 1895 writer Guy Beringeris, widely credited with inventing the brunch, first penned the word brunch in the periodical Hunter's Weekly. Guy suggested that a brunch is the perfect way to sweep "away the worries and cobwebs of the week", and suggested combining breakfast and lunch later in the day on a Sunday. His

reasons were, truth be told, a little selfish - brunch would allow Guy and his friends more time to get over their hangovers...I think I would have got on with Guy.

Now I've never been very good at day drinking, that's not to say that I don't enjoy it, it's just that it makes me ready to curl up and snooze a good eight hours before my bedtime. So you might think this wouldn't be my bag, I probably would have agreed with you. That was until I experienced the Power Ballads Bottomless Brunch at Hermitage Rd.



" It makes you satisfied with yourself and your fellow beings. "

We weren't going back to the 80's alone, so with very little persuading, managed to cajole some friends along, all you can eat and drink for an hour and a half to some belting cheesy ballads, oh go on then. As Guy suggested, a brunch is the perfect opportunity for making life a little brighter and makes for an occasion that is "cheerful, sociable and inciting. It is talk-compelling.", who am I to argue with Guy from beyond the grave.

Sensibly we had cleared the diary, warned the kids we'd be good for nothing for the rest of Saturday, and gleefully planted our nine greedy backsides, stomach's ready, mouths wide open at our table in the heart of the bustling urban-chic that is 'The Herm'. Despite the hour and half time limit, which let's be honest does you a favour, the drinks flowed nicely and the food was delivered well-prepared and timely. Our convivial hosts kept everything running like clockwork, drinks orders taken frequently and delivered promptly, this was

ticking all the boxes for sure. By the fourth drink and the second Bon Jovi you simply can't fail to enjoy yourself, and enjoy, we did. More 'living the dream' than 'living on a prayer' if you like.

It's a limited menu, food and beverage wise, but that's understandable and really doesn't matter - it simply gives you less thinking time and more cheerful, sociable time. By the end of our allotted slot, there was dancing, singing and smiles all round. And that's just what a meal with friends should be, fun and sociable, so it's no wonder brunches are so popular. In fact, it's just what Guy would have wanted, and it's only fair that I let him have the last word - as he put it, a Brunch; "It makes you satisfied with yourself and your fellow beings."

The Hermitage Rd Bar & Restaurant bottomless brunch runs on various Saturday's throughout the year - check with the venue for dates (www.hermitagerd.co.uk).

Taste Life

Just as soon as we're able, check out these other local spots to enjoy a bottomless brunch. Bottomless Brunches usually have a limited table time, typically around an hour and a half. Please check with the restaurant for up to date prices & availability of these and all other events post-lockdown.

The Crown Henlow



2 courses, Bottomless booze, tea & coffee every Saturday morning at the Crown Henlow, served between 10am and 1pm. £25.95 with booze, £17.95 for the soft option. And they have rooms too, if you really want to make a (very long) day of it!

www.crownpub.co.uk

Bottomless Prosecco or Mimosa, 2 courses, Saturdays and Sundays - sittings at 3pm & 4.30pm. £30 per person.

www.cinnabarvenues.co.uk/events

Cinnabar Hitchin



Kite at the Red Hart Hitchin



First Saturday of every month, 12pm - 3pm
£35 for 1 course plus bottomless frizzante or lager
£20 for 1 course plus mocktail or hot drink
(prices per person)

www.kitedhart.co.uk

Saturday & Sunday until 2pm, unlimited glasses of prosecco, bellinis or mimosas, and a choice of dishes including a full English & a Veggie breakfast

www.pitcherandpiano.com/bars/hitchin

Pitcher & Piano Hitchin



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Meet the boss

Braai vo!



We check in with Letchworth's little corner of South Africa at the Khoi Khoi

A couple of years ago we'd started to kind of, well, you could say avoid, this part of Letchworth. Don't get me wrong, there was nothing untoward or threatening about this end of Eastcheap. You see, we had a small child, and there was a toy shop, a big one, with big windows and lots of toys. Being the sucker that I am we, invariably, couldn't escape this end of town without a small handful of pocket-money plastic.

But that was then, and this is now - no more toy shop. Where Buzz and Woody once sat, Khoi Khoi Bar and Vino sits proudly in their place - now It's my turn, Daddy has a new toy shop! as Rafiki might say it's 'the circle of life' - 'Hakuna Matata' Eastcheap!

Enough of the Africa puns already, you see, the Khoi Khoi is a Bar and Braai (pronounced "Bry"). Braai is a social custom in South Africa, meaning a Barbeque or Roast. Not be confused with a traditional Barbeque, a Braai is simply, meat cooked over an open fire. Traditionally, the Braai would be left on after the cooking has finished and people would gather around it for the rest of the evening.

Something new for Letchworth, this maybe just what the town needs; a new bar, a different style of cooking and live music to boot. An intimate live music stage stands opposite the bar, playing host to a variety of live music evenings at Khoi Khoi. Now we're cooking.

An interesting combination indeed. So we decided to check-in with owner Herbie and manager Adrian to see how it's all going, find out what life in lock down is like for them and discover a little more about Letchworth's very own corner of South Africa.



"We've tried to make a whole night out under one roof - good food, good company and live music to finish!"

Hello Herbie and Adrian...

First off, please settle an argument, how should we be saying 'Khoi Khoi' - is it, 'Koy Koy' or 'Ko-ey Ko-ey'?!

It's pronounced Koy koy, which are the indigenous people of South Africa.

So why a South African themed bar and grill?

Khoi khoi is a unique tribe in sub Sahara Southern Africa. I have been following the khoi khoi nomadic way of life with so much curiosity and fascination. The Khoi khoi is one the oldest tribes on earth still living traditional nomadic life. We named our business after the Khoi tribe to celebrate music and dance to recognise their existence. Their lives tell us a story of resilience, love, kindness and giving, and natural rich culture.

Which leads me on to; what made you choose Letchworth?

I have been living in letchworth for a number of years and there couldn't have been a better place to bring the spirit of the Khoi khoi to a town that is open to cultural exchange, music, and good food and drink. That's why our bar is so diverse. We believe that khoi khoi bar and vino will travel places.

When you're not working, what makes for a great night out for you?

We love live music, which is why we have it so often at Khoi Khoi, we've tried to make a whole night out under one roof. Good food, good company and live music to finish!

What are your 3 favourite local places to eat & drink?

Kazuko in Hitchin, the food is just amazing, especially the sushi! So nice to have something different. The hermitage for an all round night out, live music & cocktails. 2 of our favourite things. And It's a bit further out but the Tilbury in Datchworth is where we go for a treat. The food is so creative and the wine list is so diverse.

What are Letchworth people eating & drinking most of at Khoi Khoi?

Our new boerwors hot dog is absolutely flying out! It's a traditional South African sausage served in a way everyone recognises. Our new cocktail menu is going really well too, everyone loves a cocktail in the sun!

If you could choose the next restaurant or bar to open in Letchworth, what would you like to see in town?

I think a good bistro style restaurant could be good, something a bit different to what we have already.

Post-lockdown, what do you think your biggest challenge will be?

Creating that fun vibrant atmosphere whilst still maintaining social distancing will be tricky with so many rules in place but we will find a way!

You have a great delivery & collection menu during lockdown, how popular is it?

It's really taken off. For many people it's their first taste of our food and we're so pleased with the feedback we've received.

Do you think you'll continue with the delivery service post-lockdown?

Absolutely, probably reduced to midweek though but we will have to play it by ear I think.



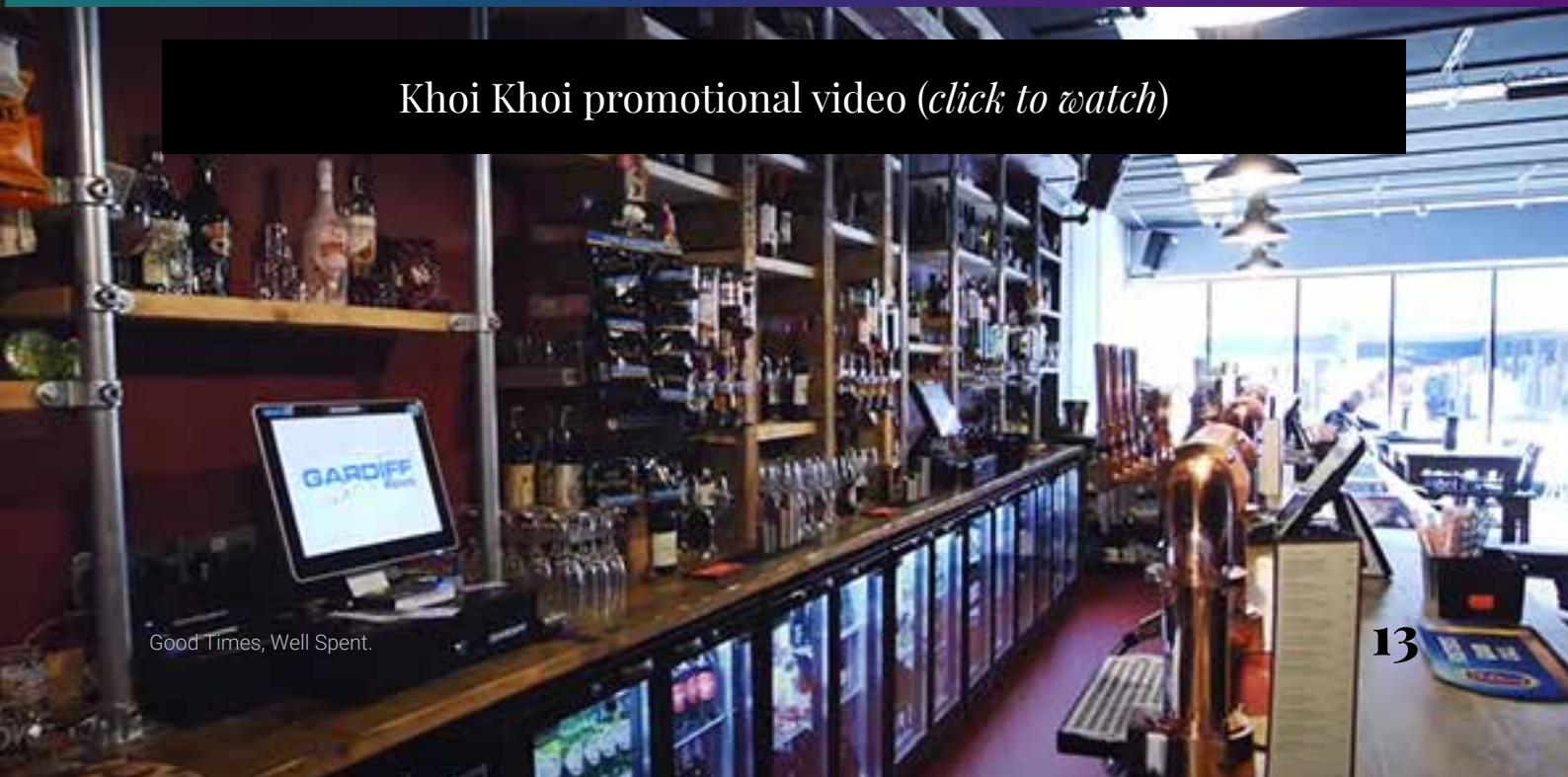
DON'T FORGET
20% OFF



THANK YOU!

PLEASE PHONE YOUR ORDERS THROUGH
TO RECEIVE THE DISCOUNT

Khoi Khoi promotional video (*click to watch*)



Pick ten

The Roasts with the most

Ten great local Sunday Roasts,
with all the trimmings

We can thank good old William Kitchiner for his contribution to creating the traditional Sunday roast. Veggies, look away now.

Back in 1871 he recommended eating 6 pounds of meat each week as part of a 'healthy' diet. In his book 'The Cook's Oracle' he suggested we eat this gargantuan amount of meat (that's 96 ounces or twelve 8 ounce steaks) along with 4 ½ pounds of bread a week and a pint of beer each day. Pass the Gaviscon!

In his book William detailed how to roast "the noble sirloin of about fifteen pounds" over the fireplace for around 4 hours. Of course, most households didn't have the luxury of a bovine-sized fireplace. Instead, they would drop off a smaller sized joint at the local baker's on their way to church on a Sunday, where it would be cooked in the cooling bread oven (bread wasn't baked on a Sunday) and picked up on the

way home from church; the tradition of the Sunday Roast began.

Interestingly, the ubiquitous partner of the Sunday Roast, the Yorkshire pudding, used to be served as a starter with lashings of gravy. It was hoped that everyone would be so full from this starter that they would eat less meat (which, of course, was very expensive).

Thankfully, these days we have a plethora of local places to go for a good old Sunday Roast. So if you fancy a day off from the pots, pans and Marigolds/dishwasher, check out one of these local restaurants and catch up with family and friends over a leisurely Sunday Roast.

The Roasts with the most

The Black Horse Ireland



A short drive, just past Shefford, to this ever popular lunch spot for a great quality roast is always worth the effort.

www.blackhorseireland.com

The Cricketers Weston



Enjoy a convivial 'family host a roast' at this lovely country pub, there's a fantastic clay pizza oven too if you're not in a roast mood.

www.thecricketersweston.co.uk

The Millstream Hitchin



Relaxed and well priced, enjoy a generous roast served by the ever-friendly team at the Millstream, just on the outskirts of Hitchin.

www.mcmullens.co.uk/millstreamhitchin

The Broadway Hotel Letchworth



The only carvery on the list - if you need your food served fast and piled high, pop to the Broadway for a great value local roast.

www.broadwayhotel.co.uk

Taste Life

The Roasts with the most

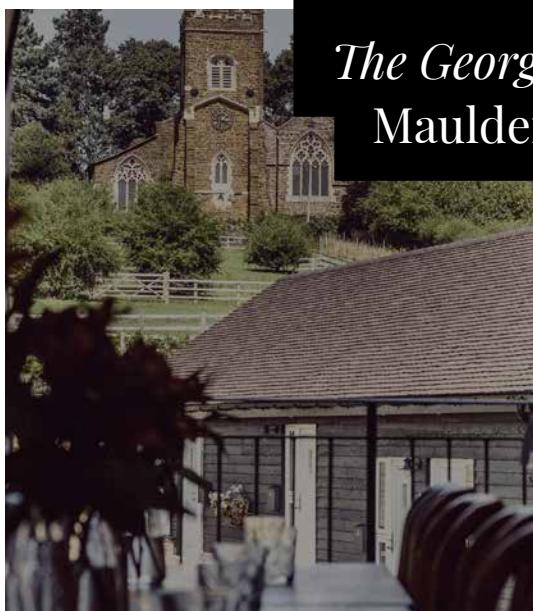
The Albert Hitchin



Aaron & Trevor's sister pub in Camden was cited by Time Out as one the best Sunday Roasts in N.London, the newly refurbished Albert has to be worth a visit.

www.thealbertpub.com

The George Maulden



A delightful setting makes the George a short trip worth making for your Sunday Roast, accompanied by a beer, wine or cocktail.

www.thegeorgemaulden.com

The Chequers Stotfold



In the heart of Stotfold, this traditional family pub cook up a lovely roast on a Sunday, with Gluten-free needs well catered for.

www.chequerspubstotfold.co.uk

The Flying Horse Clophill



You had me at 'beef dripping roast potatoes' - a short Sunday drive to this charming country pub just off the A6 is one worth taking.

www.theflyinghorse.co.uk

The Roasts with the most

Hermitage Rd. Hitchin



Enjoy a set 1,2 or 3 course Sunday lunch,
worth it for the gravy alone, oh, and the Rocky
Road Brownie which is a delight!

www.hermitagerd.co.uk

The George Baldock



Baldock's own boutique hotel, offer a small
but well-formed Sunday roast menu - try the
delightful black pudding scotch egg to start.

www.thegeorgeatbaldock.co.uk

Have we missed anything?

We appreciate that there are many more great local places to go to for a Sunday Roast. We'd love to hear from you with your hidden gems, cosy hang-outs or simply delightful food - let us know where you enjoy going for your roast, we'll be publishing another Sunday Roast feature again soon.

Please get in touch via the email address below with your suggestions & recommendations...

articles@tastelifemagazine.com

Taste Life

in association with

The Wee
Vinoteca

www.weevinoteca.com

Competition

Win Win Wine

We've teamed up with our friends at The Wee Vinoteca in Hitchin, for your chance to win a case of 6 mixed wines worth £60, delivered direct to your door (terms & conditions apply - see website for details)

So you can enjoy a few glasses of fantastic wines on us, to help get you through the lock down, or toast with friends when we're back together again! Enter at;

www.tastelifemagazine.com/win-free-stuff

About The Wee Vinoteca

The Wee Vinoteca is a welcoming, wine-lovers oasis, in the heart of Hitchin town centre. The brainchild of husband and wife team Duncan and Hannah Gammie - The Wee Vinoteca is all about keeping things simple, with a small but ever-changing range of wines to suit all budgets. This is matched with a simple menu of snacks to complement the wines. They have designed the bar to have a homely feel and welcome families, babies and dogs.

Duncan and Hannah have continued working hard during lock down to serve their customers with a home delivery service & you can order online at www.weevinoteca.com

Wine of the month

Even during the glorious months of summer, rosé wine can sometimes be a tough sell. Many people assume that all rosé wines are either cheap, sweet or feminine. Greek wine can also be a bit of a tough sell, the most famous (or infamous) wine export from Greece is retsina, which is a horrible wine infused with pine resin and tastes like air freshener. So if I was to tell you one of our more popular wines at the moment is a Greek rose, you'd be forgiven for being a bit skeptical of it. However, at The Wee Vinoteca, we love the slightly unusual, especially when they offer as good value as this one.

The 4-6H rosé is by Gaia Wines and made with Agiorgitiko (pronounced Ah-yor-YEE-te-ko). It is a fragrant red wine grape native to Greece's Peloponnese peninsula. The grape skins are soaked with the grape juice for only 4 to 6 hours (hence the name of the wine '4-6H'), this gives the wine a very pale colour and keeps the end product crisp and refreshing. This puts the 4-6H

rosé at the same end of the rosé wine spectrum as a Provence style rosé.

This wine is very aromatic and shows intense notes of strawberry, pomegranate and rose petal. Along with juicy acidity this wine benefits from being only 12% ABV, making it very, very quaffable. This wine is best served ice cold on a hot sunny day and whilst great on its own, it's a great allrounder for food. This would work with barbecued salmon and asparagus, spicy chicken drumsticks or even slow cooked pork belly.

The Gaia 4-6H rosé is available from The Wee Vinoteca for £14 a bottle or £82 for a case of 6. We are offering all Taste Life Magazine readers **5% off** any orders by using Promocode: **TASTELIFE** at the checkout.

Duncan and Hannah

The Wee
Vinoteca
www.weevinoteca.com



4-6H rosé by Gaia Wines

Price:
£14 a bottle / £82 for 6

Origin:
Greece

Buy online:
www.weevinoteca.com

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Trending

Street food life

In my not-so-distant past, the only food trucks that I'd experienced were the weekly chip van and the hygienically-challenged burger van after football. The quality wasn't the best, but I still enjoyed the novelty of buying and eating food in the street with my fingers, or a small wooden fork if I was being flashy.

Street food is simply a way of life if you grew up in India or the far east, born out of necessity and, more often, poverty. Even as far back as ancient Rome or Greece, street food was essential for the poorer urban residents who didn't have the luxury of a fire to cook on. From those ancient times of necessity, to today's taste for novelty, street food has landed in the UK with a bang and looks like it's here for the foreseeable.

The term 'street food' wasn't bandied around that much in the UK until the start of the last decade, ten years later, in 2019, 'street food' reached its peak amongst web searches in the UK. I guess the good folk of India or ancient Greece or Rome would have called it, well, just lunch or dinner I suppose.

According to Deliveroo, street food is consumed by 2.5bn people worldwide every day. In fact, some sources estimate this figure in India alone (The Food and Agriculture Organisation, 2012). Around a quarter (24%) of consumers stop by a street food vendor at least once a month (Caterer.com). Gone is the notion that street food is of less quality, 37% of people thought street food is becoming a more gourmet experience.

Cheap and nasty it certainly isn't. Around a third (29%) of people see it as a more expensive option when eating out, but it's the experience, the variety and the opportunity to try something different that makes it so appealing. You might well trip over a few awkward lovers too, 32% of diners said they'd take a first date to eat street food, a preferable, less-formal option, it would seem.

If you've ever experienced a trip to a street food event, and if you're anything like me, you'll get drawn in to it all by the array of sights and smells, just by the sheer vibrancy of it all.

So open your minds and your mouths to the street food experience. Before we were all forced off the street by good old 'Mr. C' you could catch regular street food markets in Hitchin, Letchworth and Baldock. Keep your eyes peeled for such events when we can hit the streets again. We've compiled a list of some of the regular events and street food vendors on the next page, to get you started on your journey as a 'tastebud traveller', please support them now and when they're back on the street.

The word on the street

The guys at Cantina Carnitas in Hitchin are long-time advocates of the street food movement, as well as starting a popular Mexican street food eatery they run the regular Hitchin Street Food event in the market square, have opened a bricks & mortar restaurant in Bucklesbury, sell a range of sauces and even clothing. World domination beckons for Matt and Jeff, so we caught up with them to talk street food...



Hola Matt and Jeff...



First off, from two guys and a Bain Marie to Bucklersbury bricks & mortar, what's been your biggest challenge?

The biggest challenge for us was to go from a late night idea driven by passion and fun, to realising all the sketches and scribbles in countless notebooks over the years and then turning it into a fully functioning seven day a week business, BUT at the same time keeping the sense of fun and adventure.

And how about the best or most surprising thing?

The best thing is that it all feels so natural to go from the street food environment to running our own joint, and when we started we had people talking about the huge churn of hospitality staff. We've pretty much had our whole team from the day we opened and that makes us so proud.

What is that you love about Mexican food?

For me its all about the spices, the seasonings, colours and the freshness, also its versatility, it can be healthy as well as downright naughty. Theres nothing I like more than seeing families and friends catching up over a table full of Cantina.

What are the good folk of Hitchin eating most of at Cantina Carnitas?

Its all about those burritos followed closely by quesadillas, naked bowls, nachos, fried chicken buns and truckloads of tacos. In fact EVERYTHING!

If you could visit any street food market in the world, where would you go?

First stop would be Gwangjang Market in Seoul for some Korean BBQ and banana milk! A bit closer to home would see Jeff and I hit Esmies at Digbeth Dining Club, Birmingham for some curry mutton dumpling burgers with scotch bonnet sauce and a mango Rubicon.

If you could see any street food style opened as a restaurant in Hitchin, what would you like to see?

I would love to see a really solid indy BBQ joint that had a great burger!

Post-lockdown, what do you think your biggest challenge will be?

Hospitality won't be the same for the next year at least, so we will have to reside to the fact that safe delivery and takeaway will be our primary focus. We cannot wait to get back to rolling burritos and have another production kitchen being equipped to assist with being able to increase our delivery area. We'll be back late June! :)



Cardona & Son Stotfold



The Cardona's know how to BBQ! American style low and slow BBQ cooked on their custom built smoker. Their menu includes 12 hour oak-smoked brisket, pulled pork and lip-smacking ribs.

www.thebbqtruck.co.uk

Multi-award winning, the legendary Chicken George can be enjoyed from their street food truck and soon to be bricks & mortar restaurant in Hitchin. Chicken, wings, ribs and a whole lot more - food with soul!

www.chickengeorge.website



Chicken George Hitchin

Churro Boyz



Traditional Churros, prepared in a gas open top fryer, to ensure the churros are crispy, hot and delicious and dusted in sugar and cinnamon. Delivering locally on set delivery dates - check their website for details.

www.laflamenca.co.uk

Find the Now Now Bunny Chow Truck at various food festivals. Originating from Durban, Bunny Chow is traditionally a hollowed out loaf filled with curry.

www.nownowfood.co.uk



Now Now South African Street Food Co.

Local street food events

You can enjoy some fantastic regular street food events in the local area. When life returns to normal, be sure to keep an eye on social media for these great events...

Hitchin Street Food Monthly

Hitchin's regular street food extravaganza in the picturesque market square. A great way to while away a long summer evening with great food, drink & sounds and an all round chilled-out vibe.



@streetfoodmonthly



Eat Feast

Eat Feast host a number of regular street food events throughout the year, including Stotfold EAT Feast on the Green, Henlow, Meppershall and more. Great food, music and drink, of course.



@eatfeastco



Love Letchworth

Love Letchworth organise lots of events in Letchworth throughout the year, including the annual Letchworth Food & Drink Festival, as well as a number of food markets & beer festivals.



@LoveLetchworth



Baldock Music Festival

Baldock's annual music festival just gets better every year. Great live music of course, accompanied by beer and great food in and around the town. Due to take place in Sept. - check website for details.

www.balstock.co.uk



Great British Food Festival

10 minutes drive up the A1 takes you to the Great British Food Festival - one of the larger local food events, with a variety of food & drink to try set amongst picturesque Knebworth House. Due to take place in August - check website for details.

www.greatbritishfoodfestival.com/Knebworth-House



If you have a street food event or a street food hero we should know about for next time, drop us a line...

articles@tastelifemagazine.com

On the train line

Culinary Cambridge

Around 30 minutes by train, Cambridge is a wonderfully historic city to while away a day, an evening, or indeed both. Parking can be expensive and hard to come by, so take the train, relax and enjoy a few drinks while you're at it.

As one of the World's most famous University cities, Cambridge makes for an historical as well as a tasty trip. It's a versatile city - having spent long summer family days, romantic evenings and boozy nights out here, you can tailor Cambridge to whatever you want it to be.

Although roughly the same journey time as London, a trip to Cambridge feels like a different adventure altogether. A pleasant (and less expensive) train ride, on which you usually enjoy a seat, a short taxi ride from the station and you're good to go. Hit the centre of the city and you can walk your way around from then on. It's pretty compact, and when you are walking you can take in the sights of the historical Universities from the cobbled stone streets. A beautiful combination of old and new, you can't help but

find something for everyone, whatever the occasion. This combination has helped Cambridge create a wonderful blend of traditional pubs & eateries alongside more contemporary restaurants.

Cambridge also boasts two great live music venues in the Junction and the more established Corn Exchange. The more centrally located Corn Exchange hosting live music, stand-up, plays & more - it's one of my favourite live music venues, an intimate venue in the heart of the city.

So when we can all travel freely again, why not 'go the other way' on the train line, and check out some of our picks to get you on the right track.

SIX at the Varsity Hotel



Modern, seasonal British food, set in the heart of the city, with a wonderful terrace overlooking the stunning Cambridge skyline.

www.sixcambridge.co.uk

The Old Bicycle Shop



The perfect people watching spot, self-proclaimed veggie & vegan-friendly, a locally sourced seasonal menu in, where once stood, the oldest bicycle shop in the country.

www.oldbicycleshop.com

Midsummer House



If you fancy pushing the 'Punt' out, indulge in French-inspired gourmet dining at Daniel Clifford's 2-Michelin-starred Midsummer House, perched on the bank of the River Cam.

www.midsummerhouse.co.uk

Pint Shop



E.M.Forster once lived in the wonderful Pint Shop. Classic pub fayre, great burgers & coal baked kebabs, chilled-out eating with a deluge of fantastic beers on tap, a room with a brew one might say.

www.pintshop.co.uk/locations/cambridge

If you have somewhere you'd like us to cover in our 'On the train line' feature, drop us a line...

articles@tastelifemagazine.com

Plant-based picks

Vegging out

V signs

According to the Vegan Society, the UK launched more vegan products than any other nation in 2018. With the number of vegans quadrupling in Great Britain between 2018 and 2014, from 150,000 to 600,000, there is no denying that veganism is well and truly on the rise.

The Vegetarian Society put the number of people who maintain a 100% vegetarian or vegan diet at between 2% & 3% of the population. A 2018 Waitrose poll puts the number of vegetarian's even higher, at more like 12% (1 in 8 people), with 20% (1 in 5) identifying as flexitarian; those who choose a vegetarian diet some of the time. Higher still, are the number of people who have cut down on their meat consumption, which is thought to be around one-third of the population.

A YouGov whitepaper published in 2019 titled '*Is the future of food flexitarian*' suggests that a mainly plant-based diet with small amounts of meat (and fish) is on the rise and could soon become the norm. People have all sorts of reasons for choosing a more plant-based diet - such as; environmental, the high cost of meat products, reducing food waste, ethics and of course, health. The NHS currently advises no more than 70g of red meat per day as part of a healthy diet.

And it's not only restaurants that have adapted to our dietary changes, supermarkets are following suit. For example, the Co-op has undertaken its largest rollout of it's own-brand 'Gro' vegan range, taking Co-op's total number of vegan food and wine products to over 1,000.

Historically, there are early recordings of vegetarianism particularly among the people of ancient India and ancient Greek civilisations in southern Italy and Greece. India still has the highest number of vegetarians in the world, with 38% of the population maintaining a meat-free diet.

To the delight of our vegan and vegetarian friends, the choice and quality of food on restaurant menus continues to improve. We asked two such meat-free friends, Emma and Mikey Smith, what they like to eat locally and they helped us to pick out some meat-free menus in the local area based on their own family dining experiences. They particularly like the lovely Vutie Beets Cafe in Letchworth, for an amazing egg-free omelette and the 'to die-for' Banoffee pie. For a family treat they enjoy visiting Chia Naturally Healthy in Hitchin for delicious smoothies, cakes and home-made chocolate bars. For a chilled-out breakfast or brunch, the child-friendly Cultivo Lounge in Letchworth do a great vegetarian full-English or Avocado on toast.

Here are some more of The Smith's local picks for plant-based dining...



Vutie Beets
Chilli Sin Carne

The Smith's veggie picks

Vutie Beets Letchworth



Harry and Paul's vibrant Vegan eatery serve delicious vegan foods, eat-in, take-away and delivery. Situated in the pretty Wind in Letchworth. Their ethos is to inspire and motivate people to eat more ethically, healthily and environmentally conscious.

<https://vutiebeets.selz.com/>

Hitchin's 'Cafe' with a conscience' can be found in their recently upgraded premises just off the market square, overlooking St. Mary's Church in Hitchin.

www.chianaturallyhealthy.com

Chia Naturally Healthy Hitchin



Cultivo Lounge Letchworth



All day breakfasts and brunches, with a good sandwich selection at the informal and family-friendly Cultivo Lounge in Letchworth.

www.thelounges.co.uk

Fairfield Park's one and only restaurant provides a dedicated vegan menu, including a fully-loaded butternut & chickpea burger.

www.fairfieldpark.co.uk/vegan

The Orchard Fairfield Park



Kazoku Hitchin



Plenty of vegetarian options at Kazoku, Hitchin's popular Japanese restaurant in Bancroft, try the fantastic dumplings or mixed vegetable Bento box.

www.facebook.com/kazoku.hitchin/

Traditional Indian cuisine at the popular Dina Bangla on Whitehorse Street, with a delicious selection of vegetarian mains, starters and side dishes.

www.dinebangla.co.uk

Piatto Grill Baldock



Baldock's charming Mediterranean restaurant serve a small but perfectly-formed selection of vegetarian dishes, including deep fried Falafel with houmous.

www.piatorrill.co.uk

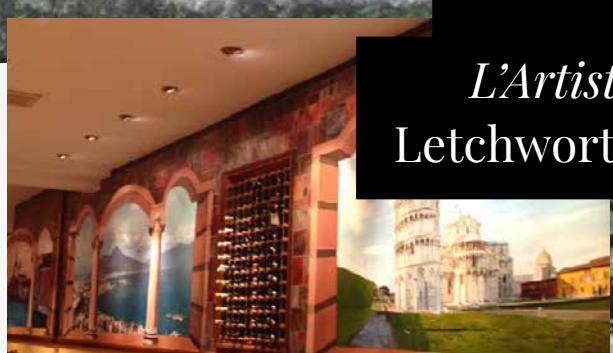
Family-friendly and buzzing with Italian atmosphere, L'Artista delivers a varied menu including vegetarian pasta dishes and delicious home-cooked pizza.

www.lartistaletchworth.com

Dine Bangla Baldock



L'Artista Letchworth



Doorstep dining

Deliver who?



Never before has home food delivery been so front and centre of people's minds. If nothing else, since the start of the lockdown we look to home delivery to provide a welcome break from cooking at home, something to look forward to or treat ourselves to when our options are otherwise limited.

Bolstered by the 'Netflix and chill', or should that be 'Netflix and chow' generation, the rise of food delivery can't be credited solely to Covid-19, it's been on the rise for the past few years. Since 2014, the online food delivery market grew approximately four-fold to 2018 (Shares Magazine), Deliveroo's sales soared seven-fold in 2016 alone, so it's not surprising that it's one of the few sectors to have benefited from the lockdown.

According to Forbes magazine (Frost & Sullivan report), the worldwide online food delivery industry was estimated to be worth around \$82bn a year in 2018 (\$8.1bn in the UK; MCA report), is growing by around 14% year-on-year, and is set to be worth nearer \$200bn by 2025. Just Eat dominates the UK market and is the service used most often by takeaway users (80% of the time; GlobalWebIndex) followed by Uber Eats (24%) and Deliveroo (23%).

Often thought of as the reserve of quick-service restaurants (QSR) such as your local kebab shop, fried chicken shop, Chinese or Indian takeaway, lockdown has forced traditional restaurants to look at how they can provide home delivery, perhaps sooner than they may have planned to do so. In fact, it may be the only way restaurants will survive during and after lockdown until consumer confidence in eating out returns. So they've had to quickly find ways to adapt and serve the increasing demand for online food delivery.

You could argue that the more demand increases, the less we need bricks & mortar restaurants. Deliveroo themselves are opening hundreds of 'Dark Kitchens', known as Rooboxes or Deliveroo Additions - standalone kitchens in low-rent areas constructed near to the consumer, in converted shipping containers & adapted buildings - unglamorous locations delivering gourmet meals.

I prefer to think of online food delivery as a convenient alternative, albeit one we're using more frequently, perhaps more so than eating out. During lockdown let's use the online delivery, click & collect, and cook-at-home options provided by our local restaurants to support them, try new dishes, keep them going and treat ourselves without sacrificing the restaurants to online delivery only or even dark kitchens. We need the next generation of cooks to experience preparing and serving guests from kitchens within ear-shot of the dining room, not just from anonymous kitchens hidden away from unseen customers.

Our local restaurants provide much more than just a place to eat. They are central to our communities, places for us to meet, talk and make memories. So please support them as much as you can by trying them out, using them as much as you can afford to and help make sure we keep as many of them alive and kicking for when we can all get together in person once more.

We've compiled some local restaurants to try out on the following pages, and regularly post on our social media channels about local online ordering offerings.

This is a small selection of local places delivering food & drink, click & collect or cook-at-home offerings. Please check social media for availability and opening times as these change daily. We apologise for those not on the list, please email us at articles@tastelifemagazine.com with any additions or changes.

Letchworth

| | |
|----------------------|--|
| La Concha | www.laconchaletchworth.co.uk |
| Crafty's Beer Shop | www.craftysbeershop.co.uk |
| Khoi Khoi Bar & Vino | www.khoikhoi.co.uk |
| Garden City Brewery | www.gardencitybrewery.co.uk |
| Vutie Beets | www.vutiebeets.co.uk |
| L'Artista Pizzeria | www.lartistaletchworth.com |
| Alloro | www.alloroonline.co.uk |
| The Grapevine | www.facebook.com/The-grapevine-660432093205956/ |

Stotfold

| | |
|-------------|--|
| Fox & Duck | www.foxandduckstotfold.co.uk |
| India Lodge | www.indialodge.co.uk |
| The Stag | www.thestagpubstotfold.co.uk |

Baldock

| | |
|---------------------------|--|
| The Lancer Indian Cuisine | www.thelancerindian.co.uk |
| Bombay Bistro | www.bombay-bistro.co.uk |
| Piatto Grill | www.piatogrill.co.uk |
| Pixie's of Baldock | www.pixiesofbaldock.co.uk |
| The George | www.thegeorgeatbaldock.co.uk |
| The Arbury | www.theearburybaldock.co.uk |
| Dine Bangla | www.dinebangla.co.uk |
| Chilli Lounge | www.chilliloungebaldock.co.uk |

Hitchin

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|------------------------------------|--|
| Beer Shop | www.beersophq.uk/ourshops/hitchin |
| Bosphorus Turkish | www.bosphorushitchin.co.uk |
| Fabio's Gelato | www.fabgelato.com |
| Hermitage Rd Coffee Shop | www.hermitagerd.co.uk |
| Kazoku | www.facebook.com/kazoku.hitchin |
| Kite at the Red Hart (Wine & Beer) | www.kiteredhart.co.uk |
| Los Reyes | www.losreyes.co.uk |
| Lussmanns | www.lussmanns.com/restaurants/hitchin/ |
| Radcliffe Arms | www.radcliffearms.co.uk |
| The Albert Inn | www.thealbertpub.com |
| The Groundworks | www.tastelifemagazine.com www.thegroundworks.co.uk |

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Hitchin Honey Gin

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www.hitchinhoneygin.co.uk

Cocktail of the month

The Bramble

The Bramble is Dick Bradsell's (aka 'The Cocktail King') most famous creation from his time at Fred's Club Soho in the 1980's.

A summery, tangy and refreshing gin-based cocktail flavoured with sweet Blackberry Liqueur. The perfect cocktail to enjoy on a long summer evening in the garden.

The drink is said to take its name from the

winding nature that the liqueur takes when it's poured from the top to the bottom of the glass, as though it were dodging through brambles.

How to make The Bramble

Add the gin, lemon and sugar syrup to a shaker. Shake well. Strain into an ice-filled rocks glass. Trickle the Crème de Mûre over the top, creating the 'bramble' type effect. Garnish with blackberries or lemon zest.

Ingredients

- 40ml Hitchin Honey Gin
- 20ml Sugar syrup
- 20ml Lemon juice
- 10ml Crème de Mûre
- Berries or lemon zest for garnish

There are enough local cocktail bars to make Tom Cruise blush. Here are a few locals that are smashing it. Please email us at articles@tastelifemagazine.com with any additions or changes for next time.



The Speakeasy Hitchin

Hitchin's stylish and relaxed late night venue have a lavish selection of cocktails, with £5 cocktails every Friday and Saturday from 7-10pm. Live music most weekends and some great retro dance tunes to help burn off all that booze!

www.thespeakeasyclub.co.uk

The George Baldock



Happy hour is from Monday to Sunday at The George, with selected cocktails on offer including a cocktail of the month & cocktail making masterclasses too.

www.thegeorgeatbaldock.co.uk/bar

The Snug Hitchin



A Hitchin favourite, The Snug bar is well-known for its array of cocktails, served in a relaxed contemporary setting. Happy hour 3-9pm Monday to Saturday and all day on Sunday! (excluding bank holidays)

www.thesnugbar.co.uk/hitchin

Hermitage Rd Hitchin



An extensive cocktail list at Hermitage Rd, great Mojito's and Pornstar Martini's - a selection of £5 cocktails 5-7pm Monday to Friday & Sunday 7-9pm.

www.hermitagerd.co.uk

Khoi Khoi Letchworth



A decent cocktail selection at Letchworth's Khoi Khoi - why not start your night right and p-p-pick up a pitcher of Porn Star Martini!

www.khoikhoi.co.uk

What owner Harpreet doesn't know about Whisky isn't worth knowing. Not strictly a cocktail bar, but if you happen to be looking for an Old Fashioned or a Manhattan, Harpreet's your man!

www.facebook.com/theangellssharehitchin

The Angels' Share Hitchin



Old White Horse Baldock



As well as great beers & pizzas, the Old White Horse in Station Road have a well-stocked bar serving cocktails. Regular live music and events throughout the week.

www.oldwhitehorsebaldock.co.uk

The old 'Cock' in Hitchin now serves delicious cocktails to trendy Hitchin-ites in the stylish Cinnabar. Happy hour cocktails from £5, 3-9pm Mon-Sun.

www.cinnabarvenues.co.uk/bar-and-club/hitchin

Cinnabar Hitchin



#SAVEOURVENUES

Live Music

Music to your ears

If you mention Hitchin to anyone around the same age as my in-laws, they all recall pitching up on their scooters to a music venue called The Hermitage Ballroom. Sound familiar?

Of course it does, now known as the Hermitage Rd Restaurant & Bar, or in my day, simply 'The Herm'. You see, The Herm has a long musical history that you may not be aware of. A little research lists such alumni as Thin Lizzy, Status Quo, The Who, Genesis and Cream having played there back in the 60's and early 70's.

And if you've ever been to Regal Chambers on Bancroft (now a doctor's surgery) you may be surprised to know that the once cinema, was a live music venue in the 80's. A quick YouTube search reveals bands such as Thin Lizzy, The Undertones, Level 42, UB40, 10cc, Joe Jackson and more all performing in the musty old hall, once affectionately nicknamed 'The flea pit'!

Dedicated local live music venues these days are, unfortunately, a little harder to come by. Hitchin's jewel in the crown is Club 85 who have been supporting local musicians for a number of years, with regular sets from the up-and-coming to some

of the best UK cover bands. Over the years you may have been lucky enough to catch some more well-known performers such as Wheatus and the Anti Nowhere League.

These days you can catch regular live music and open-mic nights in various bars around town - regulars include; The Angels Share, Uva Wine Bar, Bar Amigo, Bridge Street Bistro, The George, The Coopers Arms, Pitcher & Piano, Hermitage Rd, The Vic, The Albert Inn, The Snug and The Speak Easy.

Despite there being fewer venues in Letchworth, you can still find some great live music. The Arena Tavern hosts regular live music spots within its rustic bricked walls, The Broadway Hotel has a large events hall, that you may not even be aware of, with regular live acts and music events throughout the year. And where better to sink a few craft beers and soak up some atmospheric live sounds than Crafty's Beer Shop, with Thursday live music sessions most weeks.

The live music stage at the Khoi Khoi is a welcome addition, where you can enjoy regular live music and party nights at Letchworth's newest bar and grill.

In my college days I can recall some sweaty evenings crammed in to Plinston Hall (now known as Da Vinci Hall) watching live music. Now more of an arts and events venue, Plinston Hall played host to most large events that took place in the town back in the day.

Some big names from the past have played at Plinston Hall over the years, such as Nazareth, Budgie, Lindisfarne, The Damned, Fields of the Nephilim, and Pendragon (I did say the past!).

You can go back even further when talking Baldock. Did you know that the Tesco supermarket building was previously home to a hosiery company called Kayser Bonder. The now supermarket building once housed the Kayser Bonder Ballroom, where The Rolling Stones played in 1963.

Baldock has always had a great live music scene, helped in no small part these days by playing host to Hertfordshire's biggest free live music festival; Balstock. Usually taking place in September, Balstock transforms the town in to one big live music event for an entire weekend - great music, beer and food at every turn, a great weekend with a cool vibe.

Regular music nights can still be found around Baldock at some of its great traditional pubs, such as The Engine, The Old White Horse, The Hen & Chickens, The Orange Tree, The White Lion, The Cock, The White Hart, The Rose & Crown and Templars Hotel.

Stotfold folk have to search a little harder for their live music fix, but you can still get your fix from time to time at the Crown on The Green, The Chequers on Friday or Saturday nights from 9pm, and The Fox & Duck. The annual Stotfold Steam Fair and Country Show in May also has live music in the evenings.

It may be some time before we can crowd together close enough to experience some live music close-up. In the meantime, we'll have to get our fix online, and there are some great local musicians keeping us entertained with live online sessions. So grab a beer, hook the speakers up and let's keep supporting them as best we can.

Check our Facebook page for regular live online sessions by local artists.



Club 85 is part of a national initiative launched by Music Venue Trust to prevent the closure of hundreds of independent music venues. The venue faces closure because in the current lockdown with zero income, but still have bills to pay, essential maintenance to fund and crew to support. Your donations will be used to keep the venue going and to help gear up ready for the new world we'll find when we're eventually able to trade again.

www.crowdfunder.co.uk/saveclub85hitchin

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Report

Bite to the future

It feels like the whole of 2020 has been put on-hold. What we were speculating to be the next trends in hospitality, seem a little less relevant or important than they did a year ago.

Whether we'll have time to see these predicted trends come to pass this year or not, I guess people's tastes, habits and preferences will pretty much stay the same, even if the way they're delivered & enjoyed may be different.

What's more, the investment in future trends, particularly when talking tech, are long-term ones. So they may be delayed for a while, but they will still be with us sooner or later.

The current crisis has meant hospitality businesses have had to focus on and in some cases, accelerate, their investment in online ordering and technology. The biggest challenge may be choosing what to focus on; delivery, physical restaurant layouts, customer service, sustainability or tech.

Technology

In 2019, McDonald's invested \$300M in purchasing Artificial Intelligence (AI) company Dynamic Yield. This acquisition made it clear that they are focusing on the customer experience, with AI enabling them to utilise the customer data they have and give the customer a more tailored, personalised experience. When you go to the drive-thru, use self-service kiosks, or the ordering App, you will be given tailored choices to increase order turn-around times and personalise your experience.

Of course, your average operator doesn't have the budget or option to implement such big brother-esque systems. It does, however, give a strong indication of what the customer wants and where we're heading - if nothing else, smaller operators need to start thinking about how they can find out more about their customers and engage with them on a more personal level.

Delivery

We discussed the massive growth in the food delivery market earlier on in the magazine. Online ordering and food delivery is here to stay and ignored at the peril of restaurants, and food & beverage businesses.

Ensuring we deliver food to the consumer in a sustainable and environmentally-friendly way will also become more of a focus for food delivery companies.

Eating habits

We know that people are eating less meat, with a healthy increase in Vegan, Vegetarian and Flexitarian choices in recent years. Restaurants are, and need to continue to, adapt and enhance their menus to accommodate the needs of the meat-free consumer.

Family visits to restaurants represent 30% of all eating out spend (NPD Group) so offering more choice with kids meals, who are becoming more sophisticated in their eating habits, will be a key to success for a lot of restaurants.

Alcohol-free

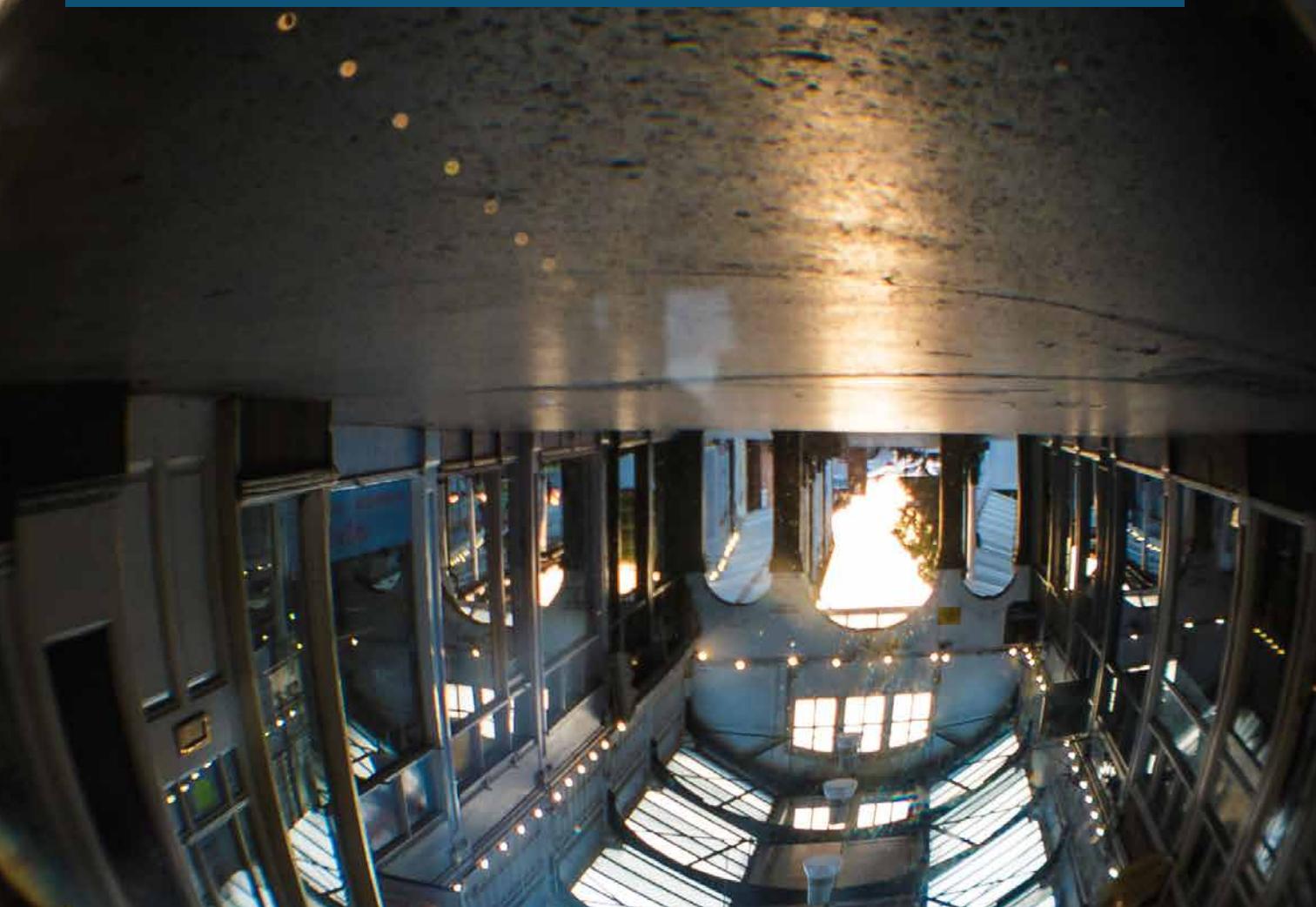
Alcohol sales have taken a dip over the past few years, with Millennials and Gen-Zers drinking less. The WHO reported that the worldwide rate of alcohol drinkers fell by nearly 5% in 2019. With non-alcoholic drink sales growing on average by around 3.9% each year for the past 5 years, we may be seeing the start of the sober generation.

There are now numerous non-alcoholic copycat spirits on the market, like Caleno a no-booze gin and ready to drink mocktails such as NOgroni. They look great on the bar shelf and taste great, without the hangover and regrets.

Food halls

The past few years has seen the rise in popularity of the food hall - lively communal dining from multiple kitchens under one roof. Lower rents for the operators and the opportunity to experiment and test food concepts without the expense of a restaurant, combined with the fun, vibrant eating out experience for the consumer, make food halls an unsurprising growth area.

More commonly found in larger cities at present, it's only a matter of time before entrepreneurial food operators start developing food halls in smaller towns and cities across the country.



Arcade Walk in Hitchin

Photo courtesy of Andrew Hyde

www.andrewhydephotographer.co.uk

If you would like to add a restaurant, bar, pub or Cafe to the list for our next edition, please email us at articles@tastelifemagazine.com.

Baldock

| | | |
|-----------------------------|---------------------|--|
| Balti Spices | Indian | www.chefonline.co.uk/balti-spices-baldock-stevenage-sg7/menu |
| Bombay Bistro Restaurant | Indian | www.bombay-bistro.co.uk |
| Chilli Lounge | Indian | www.chilliloungebaldock.co.uk |
| Dine Bangla | Indian | www.dinebangla.co.uk |
| Dizi | Bistro | Facebook: @dizibaldock |
| George IV | British, Pub | www.greeneking-pubs.co.uk/pubs/hertfordshire/george-iv |
| Kuzu Kitchen | Turkish | www.kuzukitchen.com |
| Old White Horse | British, Pub | www.oldwhitehorsebaldock.co.uk |
| Piatto | Mediterranean | www.piatorgrill.co.uk |
| Pixie's | Coffee shop, Bistro | Facebook: @Pixiesofbaldock |
| Templars Hotel & Restaurant | British | www.templarshotelandbar.co.uk |
| The Arbury Baldock | British | www.thearburybaldock.co.uk |
| The Cock | British, Pub | www.facebook.com/The.Cock.Baldock |
| The George at Baldock | British | www.thegeorgeatbaldock.co.uk |
| The Hen & Chickens | British, Pub | www.lemonrock.com/henandchickensbaldock |
| The Lancer Indian Cuisine | Indian | www.thelancerindian.co.uk |
| The Orange Tree | British, Pub | www.theorangetreebaldock.com |
| White Lion | British, Pub | www.thewhitelionbaldock.co.uk |

Hitchin

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|------------------------|-----------------|--|
| Bar Amigo | Mexican | www.bar-amigo.co.uk |
| Bar Azita | Mediterranean | www.barazita.co.uk |
| Beer Shop | Beer Shop & Bar | www.beershophq.uk/ourshops/hitchin |
| Bosphorus | Turkish | www.bosphorushitchin.co.uk |
| Bridge Street Bistro | British, Bistro | www.bridgestreetbistro.co.uk |
| Café Rouge | French, Bistro | www.caferouge.com/bistro-brasserie/hitchin/high-street-hitchin |
| Cantina Carnitas | Mexican | www.cantinacarnitas.co.uk |
| Chia Naturally Healthy | Vegan | www.chianaturallyhealthy.com |
| Cinnabar | British, Pub | www.cinnabarvenues.co.uk/venues/hitchin |

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| Deroka | Mediterranean | www.deroka.co.uk |
| Fabio's | Ice Cream Parlour | www.fabgelato.com |
| Fussey & Baer | Coffee shop | www.fusseyandbaer.com |
| Granello Lounge | Wine Bar | www.thelounges.co.uk |
| Hermitage Rd | British, Mediterranean | www.hermitagerd.co.uk |
| Indian Hitchin | Indian | www.indianhitchin.com |
| Kazoku | Japanese | www.facebook.com/kazoku.hitchin |
| Kite at The Red Hart | British | www.kiteredhart.co.uk |
| La Bella Vita Hotel and Restaurant | Italian | www.bellavitahotel.com |
| Los Reyes Tapas | Spanish | www.losreyes.co.uk |
| Lussmanns | Fish & Grill | www.lussmanns.com/restaurants/hitchin |
| Mevan Restaurant | Turkish | www.mevanrestaurant.com |
| Orange Tree | British, Pub | www.mcmullens.co.uk/orangetree |
| Osinsky's | American bar & grill | www.osinskys.co.uk |
| Paprika Indian | Indian | www.paprikahitchin.com |
| Pitcher & Piano | British, Pub | www.pitcherandpiano.com/bars/hitchin |
| Prezzo Italian | Italian | www.prezzorestaurants.co.uk |
| Radcliffe Arms | British, Bistro | www.radcliffearms.co.uk |
| Regent Cottage | Chinese | www.regentcottage.co.uk |
| Sukawatee | Thai, Malaysian | www.sukawatee.com |
| Sun Hotel | British, Pub | www.greeneking-pubs.co.uk/pubshertfordshire/sun-hotel |
| The Albert Inn | British, Pub | www.thealbertpub.com |
| The Angels Share | Whisky Bar | Facebook: @theangelssharehitchin |
| The Bricklayers Arms | British, Pub | www.bricklayershitchin.co.uk |
| The Brickyard | Pub, Wine Bar | www.brickyard.co.uk |
| The Coopers Arms | British, Pub | www.mcmullens.co.uk/coopersarms |
| The George | Pub | www.thegeorgepub.com |
| The Groundworks | Coffee shop, Bistro | www.thegroundworks.co.uk |
| The Half Moon | British, Pub | www.thehalfmoonhitchin.com |
| The Highlander | British, Pub | www.highlanderhitchin.co.uk |
| The Little Deli | Delicatessen | www.thelittlede.li/hitchin |
| The Millstream | British, Pub | www.chickenandgrillpubs.co.uk/millstreammenus |
| The Orange Tree | British, Pub | www.mcmullens.co.uk/orangetree |
| The Snug Bar Hitchin | Cocktail Bar | www.thesnugbar.co.uk/hitchin |
| The Speakeasy | Late night venue | www.thespeakeasyclub.co.uk |
| Three Morhens | British, Pub | www.greeneking-pubs.co.uk |
| Uva Wine Bar & Cafe | Wine Bar | www.uva-wine-bar-shop.business.site |
| Zizzi | Italian | www.zizzi.co.uk |

Letchworth

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|------------------------------|---------------------|--|
| Alloro | Italian | www.alloroonline.co.uk |
| Crafty's Beer Shop | Pub | www.craftysbeershop.co.uk |
| Cultivo Lounge | British, Wine Bar | www.thelounges.co.uk |
| Esquires | Coffee Shop | www.esquirescoffee.co.uk/store/esquires-letchworth/ |
| Garden City Brewery | Pub | www.gardencitybrewery.co.uk |
| Khoi Khoi Bar & Vino | South African | www.khoikhoi.co.uk |
| L'Artista Pizzeria | Italian | www.lartistaletchworth.com |
| La Concha | Spanish, Tapas | www.laconchaletchworth.co.uk |
| Number 12 | Coffee shop | www.number12coffee.co.uk |
| Prezzo Italian | Italian | www.prezzorestaurants.co.uk |
| The Arena Tavern | Pub | www.arenatavern.com |
| The Broadway Hotel & Carvery | British, Pub | www.broadwayhotel.co.uk |
| The Grapevine | Mediterranean | www.facebook.com/The-grapevine-669432093205956/ |
| The Platform | British, Pub | www.craft-pubs.co.uk |
| The Wilbury | British, Pub | www.stonehouserestaurants.co.uk |
| Three Horseshoes | British, Pub | www.thethreehorseshoesatnorton.co.uk |
| Three Magnets | British, Pub | www.jdwetherspoon.com |
| Vutie Beets | Vegan | www.vutiebeets.co.uk |
| Wildwood | Pizza, Pasta, Grill | www.wildwoodrestaurants.co.uk/restaurant/letchworth/ |

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| Cardona & Son | Street Food, Gin | www.thebbqtruck.co.uk |
| Fox & Duck | British, Pub | www.foxandduckstotfold.co.uk |
| India Lodge | Indian | www.indialodge.co.uk |
| The Chequers | British, Pub | www.chequerspubstotfold.co.uk |
| The Coach & Horses | British, Pub | www.facebook.com/coachandhorsesstotfold |
| The Crown | British, Pub | Facebook: @thecrownstotfold |
| The Orchard Fairfield Park | British, Bistro | www.fairfieldpark.co.uk |
| The Stag | British, Pub | www.thestagpubstotfold.co.uk |

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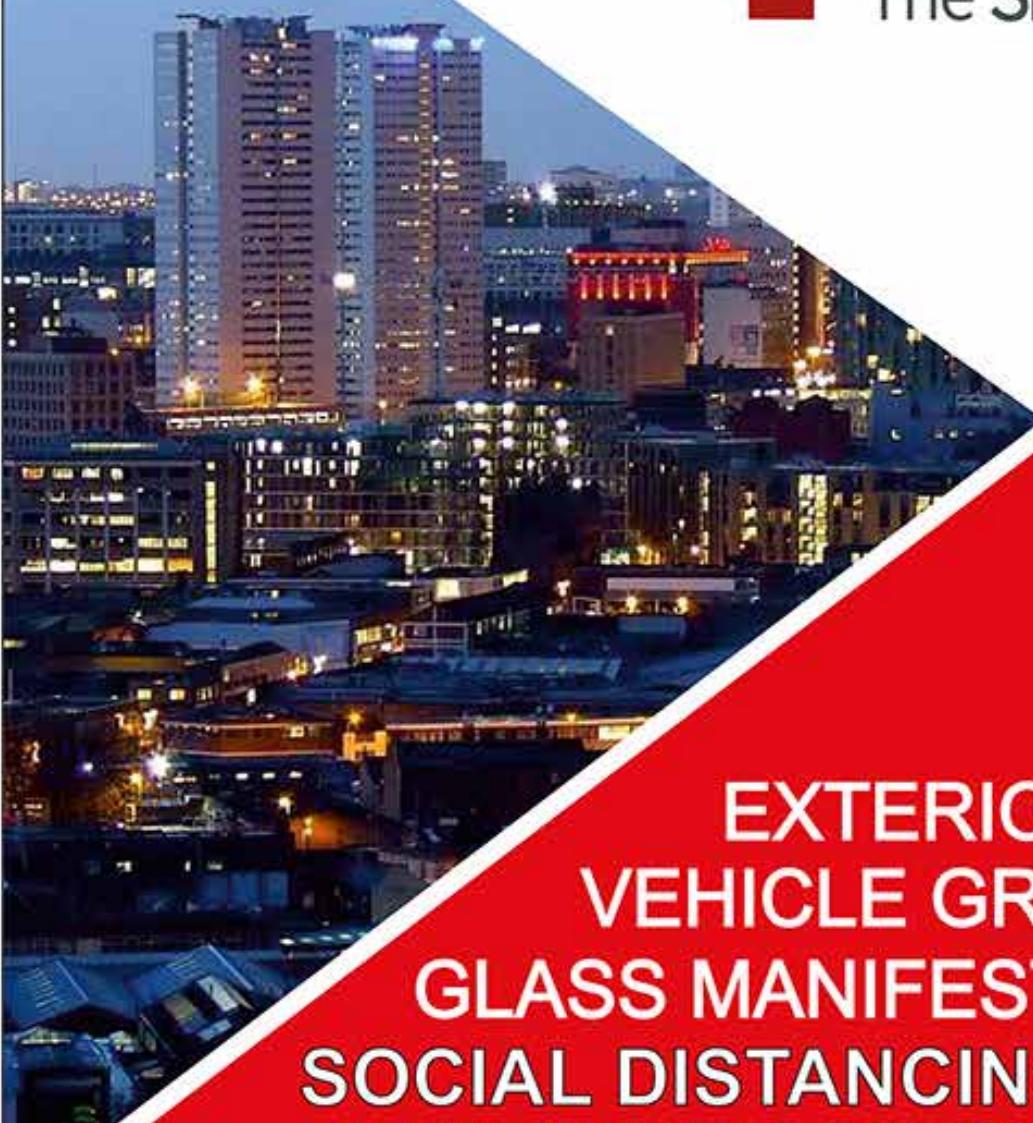
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