

# CONTINENTAL BREXIT

A guide to eating out EU-style in Brighton and Hove, by Naomi Marks

**A**s Britain looks set for a full English future, it seems a good time to be reminded of all that is good and tasty from our nearest neighbours. Let's start with the country that can, arguably, be considered to have suffered most from recent EU decisions – and yet still remains in the Union.

Cast off the gloom of austerity as you enter **Archipelagos**†, which has a deservedly top reputation for its Greek food and welcoming service. You can eat till you pop here and have a drink too for around £25 a head. The *mezedakia* is recommended for the indecisive. The *keftedakia* (meatballs; £5.95) are spicy and delicious and the deep-fried offerings, including local squid (£7.95), are light, crispy and altogether perfect. Worth booking.

For more of a Cypriot feel, try **Estia Cyprus Kitchen**\*†. It offers similar meze selections (£14.50 for meat, £15.95 for fish and £13.50 for vegetarian), as well as traditional island dishes such as *stifado* (beef stew; £10.95).

For Italian, **Alfresco** offers glorious views from its stylish seafront pavilion, a short hop from the Brighton Centre. Pastas average a rather pricey £15. But they are special. The langoustine

and scallop ravioli in a ginger, lemon and mascarpone cream (£15.95) is as far from Buitoni as you could hope. Among the *secondi*, the wonderful chargrilled blue fin tuna is served meltingly rare with quail eggs, fresh anchovies and a soy, citrus and ginger dressing (£18.95). A three-course set menu is £35 and the restaurant can cater for group bookings.

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Less fancy Italian food is on offer at local favourite **Marrocco's**† (established 1969), further along the seafront in Hove. Or try the recently refurbished **Morelli Zorelli**†, which specialises in authentic pizzas (no pastas here) using '00' Caputo flour for its sourdough bases. These are seriously good. Have one delivered to your hotel room if you're working late on that speech.

Staying on Europe's sunny south, Brighton & Hove is also well served for Spanish food. Now in its 41st year, tapas restaurant **Casa Don Carlos** is another local institution. It's fun, noisy and reasonably priced. Those with an Iberian itch but the need for more privacy should explore **Verano Lounge**. This place is big, with lofty ceilings, stained glass cupolas



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and eclectic vintage decoration. On ‘Tapas Tuesdays’, from 5pm, it offers three tapas and a glass of house wine for £9.95.

Six types of paella are on the menu at **Aguadulce**\*\*, which also has a private room for parties of 15-25. Or for a quick takeaway bite, try **Don Olé**, a Spanish deli’ offering substantial hot and cold Spanish sandwiches and specials such as bean stew. Eat them on nearby pretty Pelham Square, or the beach is not so far.

Portuguese food is harder to find in Brighton & Hove, but a newcomer to the city, **Dina’s Kitchen**\*\*, offers a small but very reasonably priced menu, including a flavourful *bacalhau à brás* (salt cod; £7) and *feijoada de lulas* (beans and squid stew; £9.50). Finish off with a delicious custard tart.

For food from the heart of Europe (politically at least), look no further than the Belgian **Bom-Bane’s**\*\*. It’s not open Sunday to Tuesday, so try at the beginning or end of Congress. The menu includes *stoemp* and sausage (£10.75) and *oiseau sans tête* (a pigeon, venison, chicken and bacon medley wrapped in a beef *paupiette*, with cherry beer sauce; £12.95). Watch out for performances by singer-cum-hatmaker-cum-

restaurateur Jane Bom-Bayne.

Alternatively, for that Belgian classic *moules frites*, head to **The Dorsett**, a gastropub in Brighton’s hip North Laine (£6.95 and £12.50).

Eastern Europe is represented by **The Witches**\*\*, a curious mix of cafe-bar and design studio offering generous portions of Czech fried cheese (£11), Bavarian *schnitzel* (£13), *himmel un aad* (German black sausages and mash; £10), *pierogi* (Polish dumplings; £12) and both sweet and savoury ‘Little hooves’ (potato dumplings). Yes, those are witches flanking the door.

To colder climes and the Scandi menu of **Northern Lights**, a funky little bar, all shabby-chic and fairy lights, tucked away in a corner of the Lanes. The fish platters (£14.95) are a joyous medley of the pickled and cured, accompanied by home-cooked, organic rye bread. A range of burgers (£7.95-£8.95) includes The Scandi, The Danish and the Swedish. (Also The Nordic, but we must pass over non-EU player Norway for the purposes of this guide). From 10pm, a late-night menu is available for those strategising (or otherwise)

into the night. Perhaps enjoy with something from the bar’s large range of flavoured vodkas.

Nearer to home, Irish tastes can be tickled at **The Fiddler’s Elbow**, a good Irish pub with a menu which features a ‘salted Tayto crisp sandwich’ (£3). Those wanting some actual nourishment may prefer the Irish stew (£9.50) or roast chicken with Cashel Blue and colcannon (£11).





And finally, to our nearest cross-Channel neighbour: **La Fourchette** is a popular restaurant featuring the full range of French gastronomy, including homemade *parfait of foie gras* (£8) *chateaubriand* (£49 for two) and *bouillabaisse* (£18).

**Hotel du Vin** offers regional French cuisine near Brighton's seafront (fixed-price menu: £16.95 for two courses; £19.95 for three), while next door to it **The Creperie**<sup>†</sup> has an extensive choice of galettes, crepes and waffles, all gluten-free (£5.95-£8.25 for eat-in savoury galettes).

For a quick bite **Real Patisserie** is a Brighton brand that has gone from strength to strength. It now supplies many of the city's restaurants and cafes. As well as patisserie it offers takeout lunches, including scrumptious

quiches and salads. If you arrived in the city by train you will have seen its stall to the front of the station. If you're returning by train grab a loaf of its legendary chewy brown

bread to take home (it travels extremely well, and you might need that if Southern Rail leaves you stranded in Hassocks). ●

**Naomi Marks is a local journalist**

\* Closed Sundays  
\*\* Closed Mondays  
† Limited or no disabled access

- **Aguadulce** 10-11 Kings Road. Tel. 01273 328672  
[www.aguadulce-restaurant.com](http://www.aguadulce-restaurant.com)
- **Alfresco** The Milkmaid Pavilion, Kings Road Arches.  
Tel. 01273 206523 [www.alfresco-brighton.co.uk](http://www.alfresco-brighton.co.uk)
- **Archipelagos** 121 Western Road. Tel. 01273 779474  
[www.archipelagosbrighton.co.uk](http://www.archipelagosbrighton.co.uk)
- **Bom-Bane's** 24 George St. Tel. 01273 606400  
[www.bom-banes.com](http://www.bom-banes.com)
- **Casa Don Carlos** 5 Union Street. Tel. 01273 327177
- **The Creperie** 2 Ship Street. Tel. 01273 323 830  
[www.thecreperiebrighton.com](http://www.thecreperiebrighton.com)
- **Dina's Kitchen** 6 York Place. Tel. 01273 965129  
[www.dinaskitchen.wixsite.com](http://www.dinaskitchen.wixsite.com)
- **Don Olé** 1 York Place. Tel. 01273 567848
- **The Dorset** 28 North Road. Tel. 01273 605423  
[www.thedorset.co.uk](http://www.thedorset.co.uk)
- **Estia Cyprus Kitchen** 3 Hampton Place.  
Tel. 01273 777399 [www.estia-brighton.com](http://www.estia-brighton.com)
- **Fiddler's Elbow** 11 Boyces Street. Tel. 01273 325850
- **Hotel du Vin** 2 Ship Street. Tel 01273855221  
[www.hotelduvin.com/locations/brighton/](http://www.hotelduvin.com/locations/brighton/)
- **La Fourchette** 6 Queen's Place, 2nd Avenue.  
Tel: 01273 729990 [www.lafourchettehove.co.uk](http://www.lafourchettehove.co.uk)
- **Marrocco's** 8 Kings Esplanade. Tel. 01273 203764  
[www.marroccos.co.uk](http://www.marroccos.co.uk)
- **Morelli Zorelli** 40 Western Road. Tel. 01273 726777  
[www.morellizorelli.co.uk](http://www.morellizorelli.co.uk)
- **Northern Lights** 6 Little East Street. Tel. 747096  
[www.northernlightsbrighton.co.uk](http://www.northernlightsbrighton.co.uk)
- **Real Patisserie** Stall at Brighton station and four shops  
Tel: 01273 323830 [www.realpatisserie.co.uk](http://www.realpatisserie.co.uk)
- **Verano Lounge** 95 Western Road. Tel. 01273 205424  
[www.thelounges.co.uk/lounges/verano-lounge](http://www.thelounges.co.uk/lounges/verano-lounge)
- **The Wichez** 16 Marine Parade. Tel. 1273 673652  
[www.thewichez-cafe.co.uk](http://www.thewichez-cafe.co.uk)