

Spring 2017

espresso

a magazine specially brewed for coffee lovers

@londoncoffeeshops

calling: exclusive
interview with
Instagram favourite

Hally-lujah:

The bistro
to inspire your
home
makeover

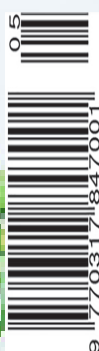
Gentrification:

A tale of two
PECKHAMS

What happens in a
coffee shop at 2am?



£4.00



Coffeeology:
This month's best
LONDON
coffee shop



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Editor's letter

When writing an editor's letter for the first edition of a magazine, you find that everyone says your opening line needs to pack a punch. Well, that may be so, but all I really want to do is write about how unequivocally excited and terrified I am for this issue to be published. But instead of telling you how much laughter and love (and stress) has gone into the production of *espresso*, I want to write about the importance of Mother's Day instead.

With pink blossom finally starting to appear and yellow tulips in bloom, I hope our first issue gives you inspiration this spring and that you share that inspiration with someone you love this March 26th. So, rather than a quick 'hi' and 'bye' over a standard coffee in Costa this Mother's Day, why not try something a little different? Like brunch, for example. Ever since Hannah, *espresso's* sub-editor, got back from brunch at The Quince Tree Café in Maida Vale, I have been desperate to go and try their deliciously-named Scrumper, which is a whole load of mouth-watering food stacked on crunchy rye toast (minus the eggs for vegan old me). And there's no one I would rather share the heavenly food and stunning surroundings with than my mum.

Even if you find you only have time for coffee this year, make that time special with a rose latte at Farm Girl Café on Portobello Road, which was one of the most delicious, alluring and beautiful experiences I've recently had. It even makes for an incredibly absorbing read if you head to page 17.

For this Mother's Day, I'll be taking my mum for home-roasted coffee at Old Spike Roastery in Peckham, who train and employ the homeless to help give back to their community. This will not only be a thank you to amazing, selfless café owners who run projects like this, but also a thank you to my mum. I want to thank her for putting up with



endless teary phone calls and many lost ideas, along with not giving her anywhere near enough time as she deserves.

Just as importantly, I would like to thank the *espresso* team for all the late nights, early mornings, days where we did not see the sun and too many cups of coffee to count. I owe all of you not just a coffee, but brunch too.

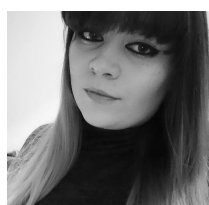
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Forget the coffee, it's all about the cup

Would you travel to a new city just to find quirky takeaway cups? Collector Henry Hargreaves does; and he has over 700 to prove it

By Sophie Parrott

Consider your coffee an investment, from the second you purchase your daily coffee fix at the barista counter; a luxuriously creamy latte, beautifully served in a novelty takeaway cup that is now yours to keep. Savouring that first sip of your intensely delicious brew through the vent hole of your funky takeaway cup, this is an investment that you know will satisfy you in more ways than one. Preparing you for a hectic morning at the office, your coffee will keep your energy levels up before it's time to dash off to your 'working lunch' with Andrea from Human Resources.

Aside from the underpinning expectation that coffee revolves around the roast quality of the beans and custom coffee art, making it

“Every time I got one of these nice cups, I didn't want to throw it out.”

luxurious and photogenic, Henry Hargreaves, founder of the @coffeecupsoftheworld Instagram account, visits cafés based on their takeaway coffee cups. He admitted, “I am not a coffee snob but I am a cup snob and I will go to a place because its got a cool cup before I will go to a place because its got a reputation for amazing coffee.”

Photographing his finds on Instagram, he is the envy of any travelling coffee enthusiast. When exploring new places Hargreaves argues that coffee tells the tale of a city, “I go to a new city to discover the city by their cafés.” He added, “I am very conscious of consumption and waste and every time I got one of these really nice cups I didn't want to throw it out and I wanted to keep it.”

Hargreaves welcomes coffee cup photography submissions, keeping his own photos as an example of what his Instagram is looking for, “I want people to shoot the cups straight on, ideally with a really plain background... so it does the cup as much justice as possible.”

With relatives in London, New Zealand-born Hargreaves visits regularly to continue



photo: oranygallery.com

Hargreaves' collection is showcased at a New York exhibition

his search for unconventional takeaway coffee cups to add to his collection. He is keen to explore hidden coffee gems within London. “My favourite shops are probably in the Dalston area, there are some really cool ones that I found out there. There is also a couple of really good Kiwi cafés - Flat White pops to mind.”

Making his way around the world in search

of bespoke takeaway cups to collect, he has raked together over 700 takeaway cups from independent cafés around the world.

The Ora Gallery, a New Zealand art and design gallery based in New York, brought his coffee cup collection to life. He said, “I really wanted to give the coffee cup Instagram a life for a moment and not be just this hypothetical thing.”

Landmark cafes

A hair-raising stint at the Sky Garden and a wander around Hyde Park have one thing in common - you'll definitely be craving a coffee afterwards

By Hannah Roberts

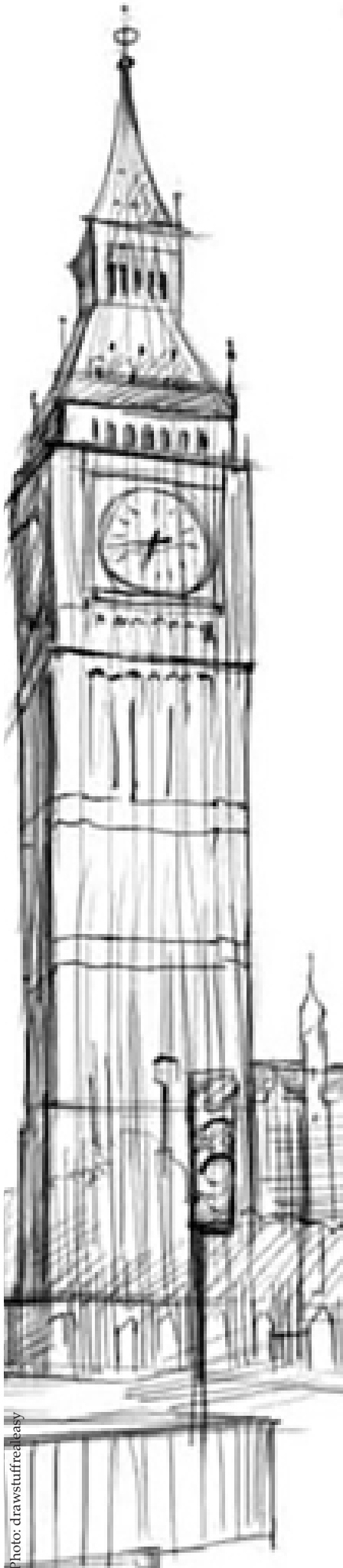


Photo: drawstuffreal/easy



Photo: @lucywilliams02

NAC
41 North Audley Street, Mayfair

Hyde Park is huge, so your appetite will probably feel the same size when you're done exploring! The mosaic table just outside the front door also makes for a quirky flat-lay. If you've still got room after your food, head downstairs to the wood-panelled parlour for cocktails - it's all very 1920s flapper chic.

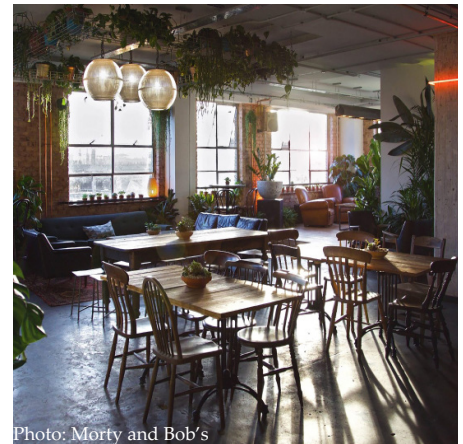


Photo: Morty and Bob's

Morty and Bob's
Netil House, 1 Westgate Street, Hackney

The great thing about being a ten-minute walk away from insta-famous plant store the Conservatory Archives is that Morty and Bob's café can offer you a strikingly similar Amazonian atmosphere but with a cup of coffee to boot. The bright attic space and exposed brick walls make this café a winner.



Photo: Paul Earl Ltd

The New Black
10 Philpot Lane

After the dizzying heights of the Sky Garden, you may need an espresso shot to bring you back to earth. The New Black is a modern coffee haven, and the 'taste wheel' painted on the wall helps you choose which exotic coffee to try next. The unique futuristic decor might take you a little longer to get used to.



Photo: herfavfood.com

Pachamama
18 Thayer Street, Marylebone

Literature and coffee makes for a perfect day in the Big Smoke. This Peruvian restaurant is just a five-minute walk from Daunt Books and has a delicious brunch menu. So take out that book you just bought from the Edwardian-style bookstore and get reading - there's no time like the present, after all.

How to: *Spring Clean*

espresso's guide to refresh and revitalise your home for the spring

It's that time of year when the sun is starting to break through the rain clouds, the birds start singing at the break of day and the flowers are blooming. It's also the time of year to get organised and prepare for a summer full of adventures. Together with your traditional spring clean, try a few of these extra suggestions to make your home look as good as new.

Make sure everything has its place. If you can't find a home for the vase you picked up in the Zara sale three years ago, then is it something you really need? You'll find that life becomes much simpler once you know where everything is.

We've all seen those watermarks on the tap that make it look as though it's never clean. To erase them, all you need is a lemon. Cut it in half and wipe it over stainless steel until everything is sparkling.

We all have a weakness for hoarding multiples of one product, whether it be moisturisers or phone chargers. Multiple items that perform the same function are clutter in space you could be using for something else. So sort through and say goodbye to everything you have a double of, but that you don't really need.

And finally, add a few drops of your favourite essential oil to the inside of your toilet paper roll to keep your bathroom smelling as if it's just been cleaned.

Words and photo: Melissa Moody



Make your house a home with some fresh flowers

Get to know your roasts

Your guide to help you savour perfection with every taste

By Melissa Moody

Everyone likes their coffee in a certain way, whether it be with cow's milk or almond milk, sugar or sweetener, or even with a divine shot of caramel. But are we as particular about the roast of the coffee?

As our favourite coffee beans absorb heat in the roasting process their colour becomes darker and the caffeine content in them reduces, hence the three distinct types of roast: light, medium and dark.

Light-roasted coffees contain the most caffeine, are more acidic and have more of a toasted-grain taste. Some names of light roasts are New England or Cinnamon Roast.

Medium-roasted coffees lack the grainy taste of the light roasts and have a more balanced flavour, aroma and acidity. Popular medium roasts that you may be used to drinking are the American or Breakfast Roast.

Traditional espresso blends are used in coffee shops, which is a dark roast. Identified by their smoky and bitter taste, they surprisingly lack a high caffeine content. Although they have a wide variety of names, Italian and Espresso are the most common.



Photo: Pexels

Turn the tables on your flat-lays

If your Instagram feed is looking more awkward than alluring, remember: it's all about the tables. Here are some of the best London has to offer...

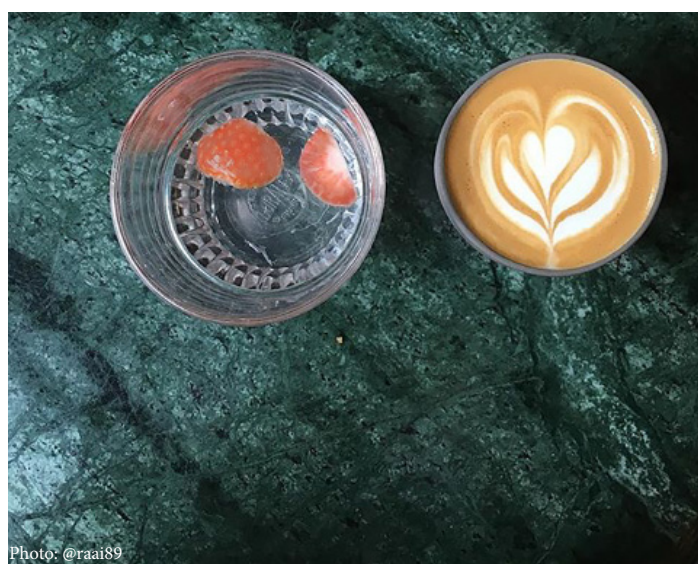
By Hannah Roberts

1. Fabrique (Notting Hill)

Fulfil your minimalistic dreams by securing a spot at one of Fabrique's pristine, white marble tables. Though this Portobello Road café is tiny, it packs a serious punch.

Highs: Makes for a perfect contrast with your coffee, creating a picture to make you feel like you have your life together.

Lows: Runs the risk of ruin through 'crumbage'. God forbid we look like we've taken a bite of our cinnamon buns and not just hung them over our mantelpiece (although you wouldn't be the first to want to immortalise them).



2. Modern Society (Shoreditch)

Let's be honest – the posts we tend to get most excited about on Instagram tend to be the ones with the vibrant colours. Embrace your inner Jay Gatsby and go for an opulent jade-green snap at Modern Society.

Highs: Interspersing minimalistic pictures with pops of colour makes for an interesting patchwork on your profile.

Lows: There can be too much of a good thing. Be conscious of the kaleidoscope of tables you have already uploaded to your profile and try to avoid clashing colours; you want your feed to look classy rather than kitschy.

3. Attendant (Shoreditch)

It's long been said that the archetypal coffee shot is a fluff-roofed latte on a grainy wooden bench. Attendant not only has great tables for a rustic flat-lay of your lunch, it features its very own "plant wall", making this place feel almost as organic as the coffee.

Highs: Your feed will emit that wholesome, homely vibe we so often associate with comfort, friendship, and all things nice.

Lows: Scruffy wooden tables can be a bit of a pain – especially when the last occupant of your seat very evidently ate a croissant and prodded the escaped flakes into the grain of the table. But a quick dust off (or a reshuffle of your seats) can easily solve this problem.



Top and bottom photos: Hannah Roberts

Regulars

Instagram insider: @rhymeswithcoffee

Coffee Instagrammer Ana-Alexandra recommends her favourite London cafés

By Sophie Parrott

"I love a coffee shop that has cosy seating, not just tables and chairs. An armchair, maybe some pillows," confessed coffee Instagrammer Ana-Alexandra, who runs the @rhymeswithcoffee account. And that's exactly what Store Street Espresso, Bloomsbury, had to offer on our coffee date.

Sitting on a fabric window seat dressed with comfy pin-striped cushions and sipping on our piping hot lattes, the Instagram favourite shared some of her top London cafés with me:

Caravan restaurant-bar, Kings Cross, offers relaxed dining with an open-plan kitchen, as well as having an on-site coffee roastery.

Fields Beneath, Kentish Town, serves a gourmet range of amazing pastries and freshly-made sandwiches to eat alongside a

steaming cup of freshly brewed coffee.

Workshop, Clerkenwell, serves great artisan coffee to keep you energised for the day ahead.

Ana also recommends taking a trip to Ozone, near Old Street Station, and Friends of Ours in Hoxton, which serve a variety of flavoursome brunches.

The coffee enthusiast admitted that she likes trying out new cafés with a great vibe and delicious-tasting coffee. Aided by the Londons Best Coffee app to find new cafés to visit, she has crossed off over 65 London coffee shops but aims to visit them all soon.

When I asked if she had a favourite, she pondered it for a moment. She then replied with a giggle, "I don't know, I guess I have 65 favourite coffee shops."

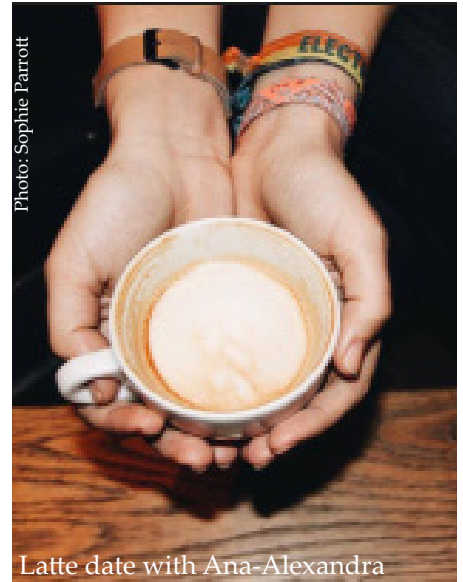


Photo: Sophie Parrott

Latte date with Ana-Alexandra

Coffee with a view

Take a break from your hectic lifestyle at the refreshing, suburban retreat of Richmond Park. Pembroke Lodge is a Georgian mansion situated at the highest point in the park. Experience the traditional tea rooms whilst taking in the beautiful, panoramic view of the Thames Valley.

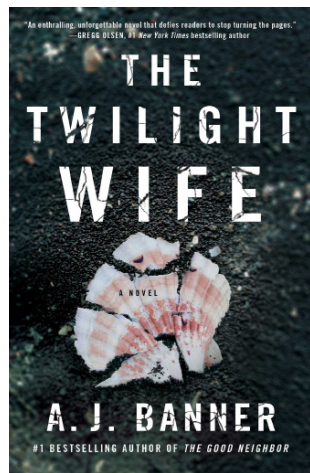


What to read next?

Escape your hectic life with a coffee and an *espresso* read

By Melissa Moody

A.J. Banner's *The Twilight Wife* tells the story of marine biologist Kyra Winthrop who suffered a brain injury in a diving accident and lost her memory. She walks around feeling uneasy, trying to gather snippets to help her remember the past four years of her life, including marrying her husband Jacob. As Kyra begins to slowly remember the details of her life, she realises she can't trust anyone around her, including herself.

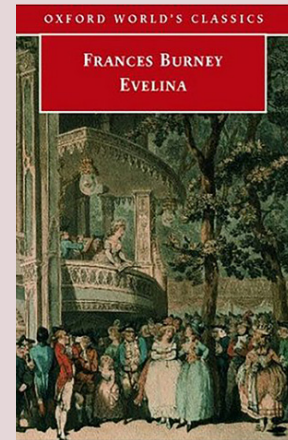


We rate it: ☕☕☕☕☕

Jaqueline Woodson's *Another Brooklyn* is a poetic novel split between the present, in which protagonist August has returned to Brooklyn after her father's death, and the 1970s, where she grew up. Meeting an old friend in the present triggers childhood memories for August and the reader is swept along on a heart-wrenching journey through friendship, love, loss, and abuse.

We rate it: ☕☕☕☕☕

Editor's Pick



Evelina by Fanny Burney is a novel written through letters about a young woman entering London's elite society and vying for a place among the noblemen and women. It's a novel that Austen herself read and praised, so it's certainly one to delve into.

We rate it: ☕☕☕☕☕





Why bother with brunch?

Everyone wants to be a 'lady who brunches', but what does that actually entail? Three cups of coffee, two Eggs Benedict and one fluffy dog all went into finding the answer

By Hannah Roberts

Brunch is a very strange affair. To me, the word has long meant a slapdash, grease-laden bacon sarnie that I only realised I needed before I rushed out of the door to that important event for which I was already twenty minutes late.

Strangely enough, there is nothing romantic about this image. Which is probably why, since moving to London, I've been confused about Londoners' apparent

*"...an egg on toast for eleven-
ses would not turn me into a
fully fledged brunchaholic."*

addiction to this non-meal. Not even a dignified Google search of 'Why the hell are Londoners so obsessed with brunch' turned up any relevant explanation.

But then Steffi and Rosella, the wonderful ladies behind Instagram account @welovetobrunch, informed me that "you can't beat getting out of bed late for some comfort food and coffee, catching up with friends and enjoying some great food," and even I couldn't argue with that. Yet, needless to say, I went about this task with the full belief that an egg on toast for elevenses would not turn me into a fully fledged brunchaholic.

Fast-forward to a foggy Monday mid-morning in January – I'm in The Quince Tree, a café set behind the vanilla-coloured façades of the Maida Vale neighbourhood near Little Venice. The café is actually a renovated greenhouse residing in Clifton Nurseries, so you can gaze out at the rhododendrons as you plonk yourself down at a shabby-chic table.

No sooner had my friend and I decided that we'd need a strong coffee to refuel the brains worn out from negotiating various train delays earlier that morning, than a chipper waiter had zoomed over to ask for our order, returning shortly afterwards with cappuccinos in hand.

It slowly dawned on me that it was abnormally quiet. A disparate clientele were divvied up amongst the tables in the quaint greenhouse. An older couple sipped their smoothies as their dog shuffled at their shoes, a mother negotiated quietly with her pre-school son – he demanded chips, naturally – and my friend and I took silent snaps of our coffees with our phones. Everyone was talking in hushed, reverent tones. Even the boy, who could be forgiven for upping the volume in his chip-neglected state, seemed to know that this was not brunchlike behaviour.

I'd been launched into some sort of bizarre brunch limbo. How was I to know what the volume should be, how fast the service should be? It's not like I could compare it to any other standardised meal-time – this was all just too calm and quiet. Then our food arrived. Eggs Benedict on a

toasted English muffin slid in front of me, whilst my friend enjoyed 'The Scrumper' - a smashed avocado on two poached eggs, grilled mushroom, tomato and hummus on rye bread toast, with sweet chilli dressing drizzled over the lot.

It was stunning. I am certain that breakfast eggs are not that creamy and that an English muffin has never been devoured so heartily. My friend and I chatted over our gorgeous meals as pale sunlight punctured the fog and glossed over the whole greenhouse, and Amy Winehouse's 'You Know I'm No Good' swirled around our heads. Ms Winehouse was right - I'd cheated myself, like I knew I would.

I'd been naïve to think that this hype surrounding brunch would be baseless. It had come around and hit me like an avocado-pip wrecking ball, and I'd be more than happy to try it again. Every weekend.



Treat yourself to brunch amongst the flowers

Photo : Hannah Roberts



On the cover

What happens in a coffee shop at 2am?



When half the world is sleeping, a trip to a café is the last thing we think of, but more of us are giving into the curiosity



Photos from top to bottom: Excellently made coffees to savour on a café trip; the back wall of Soho Grind; the shelves behind the bar; and their chalk menu

When you think of going out in central London on a Friday night, you may not think of going to a café to sip on a latte but that's exactly what more and more of us are doing.

I was sceptical about it; why would people want to get their caffeine fix in the dead of

“Every detail added an alluring sense to the surroundings.”

night rather than the morning for your caffeine-induced boost to the day?

“Late-night coffee is here because everyone loves quality coffee, and then there is the whole hipster trend so they're also influencing the shops because they are the customers. It's definitely something that's going to stay,” explained Robert Henry, a trainer from London's School of Coffee, a company based in Kingston Upon Thames where anyone can go to learn more about the coffee industry.

As we searched for a coffee shop to experience for ourselves why coffee was becoming the new night-time retreat, the atmosphere was enhanced by Chinatown's leftover new year decorations, vibrant noise and it's distinct oriental smell which carried long into Frith Street.

Party-goers and tourists alike attempted to fit into the bars lining the street, their laughs and conversations dissolving into the

eccentric landscape of London's nightlife.

All around us, there were those trying to find their next glass of wine and others who wanted to sit down for a relaxing cup of coffee, so even the cafés had their fair share of customers. Our first stop, Bar Italia, was too busy for us to even step in the door and even Café Nero next door was bursting with life.



Luckily we managed to get a seat in Soho Grind on Beak Street – one of a small chain of shops, that according to manager Jess Lewis aims to “take people from day to night.”

The luminous red lighting drew me inside long after the sun had set, and the upbeat music made me want to sit, sip on my drink and watch the world go by until the sun made another appearance.

The longer we sat in the shop, the more I noticed the small details that gave it an edge. From the dinosaurs sitting on the takeaway cup lids, to the famous names signed under the Soho Grind logo on the wall, and the red sign saying there were ‘French lessons

downstairs,’ every detail added an alluring sense to the surroundings. And if you were in the mood for more of a traditional Friday night drink, then downstairs they had an espresso bar with coffee-based alcoholic drinks that looked inviting.

The staff themselves made us feel as if we were the only customers in the world. They danced to the music, talked with us and even re-did our drinks when they saw we were taking more than just a few photos.

Grind has locations all around London for every coffee addict to explore, including Shoreditch, Covent Garden and Exmouth to name a few. Each branch within the chain aims to be a place in which their customers

“It's the people that work here that make it so awesome.”

can go at any time and be able to find something suited to their needs.

Lewis explained that for the people at Soho Grind, “it's all about the environment and the vibe. We're growing all the time but each one is unique. It's the people that work here that make it so awesome.”

Late-night coffee seems like one of those things they do exclusively in Gilmore Girls but it's definitely something I encourage everyone in London to try. As Lewis said, they have “good music, good times and a chill vibe.”

Remember when I told you I was sceptical? I'll let you in on a secret... I've been converted.

Photo: Donald Deane



Secret Menu

- Biscotti Frappuccino**
Buy a biscotti and ask the barista to blend it up with any flavor of frappuccino. It blends into tiny cookie chunks that adds a delicious little crunch to your frozen coffee.
- Captain Crunch**
Strawberries and Creme frappe with a pump of caramel, two pumps of toffee, one pump of hazelnut, and two scoops of chocolate chips.
- Neopolitan Frappuccino**
Ask for a Strawberries and Cream frappe with some vanilla bean powder and a pump of mocha.
- Raspberry Cheesecake**
Order a White Chocolate Mocha (iced, hot, or as a frappe) and add a few pumps of raspberry.
- For a Chocolate Turtle Flavor**
Any drink that has mocha, caramel, and toffee nut.
- For a French Vanilla Flavor**
Any drink that has half toffee nut and half vanilla.
- Blended Strawberry Lemonade**
Basically a strawberry lemonade frappuccino.
- Oreo Frappuccino**
Ask for a double Chocolate Chip frappe with white mocha syrup instead of the regular mocha.
- Tuxedo Mocha**
Order a regular mocha with half white chocolate and half regular chocolate. This is also known as the zebra mocha.
- The Nutella**
Order a Cafe Misto with a pump of chocolate, a pump of hazelnut with caramel drizzle. For the sweet toothed people, you can also ask for caramel drizzle inside the cup. THIS.
- Super Cream Frappuccino**
Ask the barista to blend some whipped cream into the drink so that the drink will be more smooth than icy. This works especially well for the Mocha frappuccino.
- Three C's**
Order a cinnamon Dolce latte with a pump of caramel and a pump of chocolate mocha syrup.
- Chocolate Pumpkin**
Order a pumpkin spice latte with chocolate syrup for a drink that tastes just like pumpkin chocolate chip bread. It also tastes great in Frappuccino form.

Unearthing secret menus

Have you ever wondered how to secure the rainbow coffee that everyone has? Melissa Moody finds out

We love a good secret, the feeling that you've been granted access to the hidden treasures of information, that you know something that others don't, and the sense of trust shared between those in the know. This unique feeling is what many cafés are now trying to give their customers, secret menus are bringing customer service to the next level.

What started with Starbucks and fast-food chains has now travelled to Russell Square where Fork Deli have launched their secret menu, offering artisan teas and coffee and some made-to-order vegetarian sandwiches.

“We thought a secret menu would bring something new to the business, the idea of a secret menu is one that has stuck with us. Half the fun of a secret menu is knowing how to order them,” explains owner James Smith.

It has to be said that there's a small thrill when you order a secret menu item from the barista, and receive a knowing smirk in return, you feel like you've found the key

“Half the fun of a secret menu is knowing how to order them.”

for a treasure trove of possibilities. Even if the secret menu isn't particularly secret, you can feel like you're informed and in on something special by ordering items that the average customer will remain oblivious to.

Maybe next time you have a spare moment with the barista, ask them about their secret menu and maybe you'll peek into the possibilities - if you never ask, you'll never know.

The rise of vegan cafés

How did London become the second most vegan-friendly city in Europe, and what has that meant for its independent cafés?

By Megan Foster Flaherty

There seems to be many weird and wonderful misconceptions about veganism. There's an assumption that vegans are constantly screaming in people's faces about animal's rights, there's the accusation that vegans are out throwing red paint over fur coats all hours of the day, and the idea that people only do it to be seen as cool or trendy. Even if that is how some vegans choose to live, we still need somewhere to go and eat just like the rest of you. Because we are, in fact, just like the rest of you.

London is now the second most vegan-friendly capital in Europe, and fifth in the world. The number of vegans in the UK has

"I feel healthier, I'm happier, it's better for the planet, it's better for your body, and it's better for the animals."

risen by more than 360 per cent over the past decade according to a new survey by the Vegan Society and Ipsos MORI. Organisers of Europe's largest vegan festivals Vegfest UK have predicted that people in the UK could be predominantly vegan by 2020 if the present surge in interest with the vegan diets continues. Which is not surprising as about half of Veganuary participants stay vegan once the month is up, according to the charity. As a west-country girl moving to the big city, I have felt the buzz myself and recently turned vegan.

But has there actually been a rise in vegan cafés alongside the rise of people turning vegan? Fresh off the rush hour tube and slightly late into rainy Liverpool Street I met fellow vegan, Bunny, from Instagram's @londonveganbunny, at a nearby Pret a Manger, who laughed when I asked her if she thought there were enough vegan cafés and restaurants in London, and replied with a solid "no, not until they're all vegan!" She said there's loads popping up around the place, especially in your cool, trendy East London areas such as the new Temple of Hackney, the vegan fried chicken shop you've probably seen all over social media. But Instagrammer Rob, the man behind @vegan.dot.london, said, "even though there are many and diverse vegan restaurants and



Bunny from @londonveganbunny on Instagram in Pret a Manger, London

cafés in London, I would still like to see more, especially in places where there currently aren't any." Of course, most places offer a vegetarian or vegan option nowadays, but believe me when I say it can get very boring very quickly being hastily offered a salad when you go out for lunch, as that is all we vegans are perceived to eat.

There are 112 vegan and vegetarian restaurants in London on the wonderfully named Happy Cow, a website and app designed to help vegans find restaurants all over the UK. Now that 22 per cent of the UK's vegans live in London, it has to be asked why veganism has taken off so dramatically here. Co-founder of Vevolution, a vegan lifestyle festival, Judy Nadel suggests the environment, health and concerns about animal welfare.

On the comfy sofas at the back of a surprisingly quiet café, Bunny said with a grin, "it's a positive way of living. I feel healthier, I'm happier, it's better for the planet, it's better for your body, it's better for the animals. I just don't understand why anyone wouldn't."

Rob said his choice has been reinforced by learning about the environmental, humanitarian, economic and health advantages of veganism.

It's clear that there is a demand for vegan cafés and restaurants. Everyone seems to have a different favourite, because each offers something different. As Kym from Instagram's @brixtonfoodfiend said about

her favourite vegan café in Brixton, Mildred's, "it's not all quinoa and kale mousse, it's not all over-priced, we're not all trying to lose weight, and we want and love flavoursome comfort food too!"

The more vegan-friendly places open in London, the more the stigma seems to fall away; the same stigma which @brixtonfoodfiend told me had stopped her from becoming vegan for so long.

But things are changing, Bunny told me, "it's become more normal, I think the more it's in the public eye, not just the vegan world, the more normalised the diet becomes. People instantly put up a barrier the minute you tell them you're vegan and instantly think you're judging them. I've found that as time has gone on, and there is a lot more vegan news in the general public's view. I find people aren't as closed, it is definitely getting better."

Fellow vegan Instagrammer Libby, who runs @vegan.london, couldn't have agreed

"We want flavoursome comfort food too!"

more strongly when she said "there are so many new places opening all the time for me to try. Although I do spend a fortune trying all the new restaurants, pop-ups and markets on top of buying loads from Wholefoods and Planet Organic. I know there are a lot of people who have turned to veganism for health reasons, but I think any reason for fewer people supporting the meat and dairy industry is great. The only real struggle I find when eating out is choosing what vegan restaurant I want to go to!"

So, if you're looking for somewhere new and vegan to go, London is alive with choices for whatever takes your fancy; from innovative adaptations of Italian dishes and scrumptious raw desserts at FED by Water in Dalston, to The Feel Good Café, a tiny place in Chingford with a big heart, who not only produce super healthy and tasty food but also do great work to help and educate their local community. Even chains like Wagamama's are high up on the list. London is definitely keeping up with the fastest-growing movement of the 21st century, and it's keeping its vegan population very happy in the process.



go green



fresh.
eat.
drink.

Regulars



1.



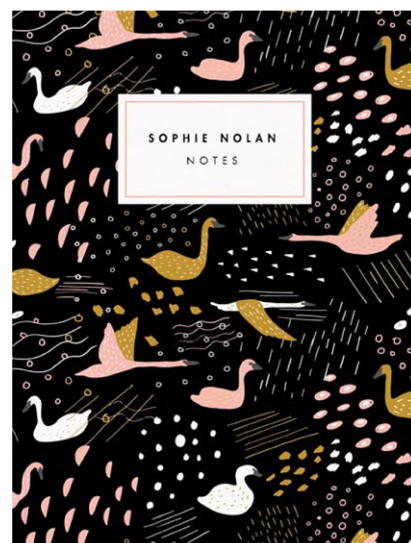
2.



3.



4.



5.



6.



7.



8.

espresso's style emporium

Sophie Parrott's guide to some of this season's top picks, giving your home the makeover it deserves

1. Cup and Saucer set, **OLIVERBONAS.COM**, £7

2. Kilner jars, **NUCASA.CO.UK**, £9 for a set of three

3. Ornamental globe, **LITTLEVINTAGERENTAL.COM**, £25

4. Luggage tag, **SELFRIDGES.COM**, £13

5. Notebook, **PAPIER.COM**, £12.99

6. Gold-dipped vases, **ETSY.COM**, £24.79 for six vases

7. Geometric cushions, **NOTONTHEHIGH-STREET.COM**, £36

8. Organic Cacao beans, **NUTRISEED.CO.UK**, £2.99 for 100g

espresso's top editing apps

By Melissa Moody

Ever wondered how your favourite Instagrammers get the look on their Instagram photos that you can see but never replicate? These are the apps that aid them in their photography successes.

VSCO

Instagram knows how to make photos look good. VSCO retains all the important details that can easily be lost with an Instagram filter, whilst giving your photo the extra edge. Ready. Set. VSCO.

Snapseed

One for the more experienced editors out there, this app allows you to make small, natural adjustments. Add the finishing touches for a beautifully crisp photograph.

PicsArt

A fun and quirky app, PicsArt is the only app that will allow you to add stickers to photos to capture the attention of your fellow scrolling Instagrammers.



Photos: Megan Foster Flaherty

before

after: edited with PicsArt

Trending: Rose Lattes

Spring's alluring trend is showing us how the colours you wear influence the coffee you drink.

By Melissa Moody

Rose Lattes are the coffee combination you never knew you needed. Portobello Road's Farm Girl Café are introducing us to the trend that's popping up all over our Instagram feeds and allowing us to live our happy rose-tinted dreams.

The café has served the latte since opening in 2015. "We wanted to create something that no one else was doing and also had hidden health benefits behind the great taste," explains owner of Farm Girl and coincidental coffee namesake, Rose.

Rose water, which is traditionally used to treat bloating, indigestion, and a sore throat, has hydrating qualities that also help counteract the effects of caffeine and gives a calming and unique taste to the latte.

The double shot of coffee is mixed with rose-water infused milk and sprinkled with brightly-coloured rose petals to give it that awe-inspiring, insta-worthy quality to fall in love with.

When the drink is paired with their rustic, rose-coloured tables, Farm Girl Café is



Photo: @belleandbumty

every girl's dream for that romantic-looking snapshot to add to their feed.

No stranger to creating unusual and interesting drinks, Farm Girl also offer a lavender latte, a latte black that is made with organic charcoal powder, and a liquid gold latte that includes a mixture of turmeric, ginger, nutmeg, honey, cinnamon, astragalus and coconut milk, but they've found that rose lattes are the most recognised item. "We

have noticed that we have a lot of people visiting us after seeing the rose lattes online, it's the Instagram photo opportunities that draw people in," said Rose.

The latte has put this small Notting Hill café on the coffee-world's map. They've been

"It's always been important for us to have everything taste as good as it looks."

recognised by the London Coffee Festival for not only their picturesque coffees but also its great taste.

As with many independent coffee shops, Rose explained that "it's always been important for us to have everything taste as good as it looks." Which, in a world where coffee is becoming an integral part of everyday life, new flavours and twists are a way for each independent coffee shop to make themselves a cut above the rest. This small café is one for every enthusiast to keep their eye on.

On the cover

London coffee shops calling

Instagram favourite @londoncoffeeshops shares her top photography tips and the success behind her incredible 90 thousand followers with *espresso*

By Sophie Parrott



Photos: Megan Foster Flaherty & Sophie Parrott

Escaping the drizzly, typically miserable weather that us Brits are accustomed to, I dived in to the uber-trendy Coffeology café in Richmond, just in time for my coffee date with the founder of the @londoncoffeeshops Instagram account. Being my go-to guide for sussing out the best coffee shops in the area, this was an interview I could not wait to get stuck into.

Pushing the door open to reveal the hidden identity behind the coffee-devoted Instagram, the figure brushed some raindrops from her coat before sauntering towards me to introduce herself. I had perched myself on a small wood-grained, square table in the corner of the café; sipping from my deliciously frothy cappuccino whilst I waited for my like-minded, coffee-loving interviewee to arrive.

Spending the afternoon chatting over our beautifully artistic coffees, I discovered

“My ultimate favourite is Friends Of Ours...”

the top tips on how to maintain aesthetic coffee shots - I was even lucky enough to feature in one of her Instagram pictures, as she showed me how to frame a picture perfectly.

What would you say is your favourite coffee shop in London?

"My ultimate favourite is Friends of Our which is up near Old Street, Shoreditch - I think they are simply amazing. Their coffee is amazing, their food is amazing, they have a very small, limited menu but everything on the menu they keep updating every few months. I have a husband who is more than happy to drink cold coffee. We do a lot of cafés together at the weekend. He is the one who says 'can I have my coffee?' And I say, 'no! A few more pictures'. He is now pretty much trained on having cold coffee."

What is the most important factor for achieving a great picture for Instagram?

"I think the most important thing for a great picture for Instagram is lighting. I really like cafés where there is a lot of natural light coming in. It makes my job really easy because I hate to take photos in artificial light. Most of the time, if I'm sitting in a place where the lighting is bad, I'll ask them to switch off the light - even if its just for a minute, because I can't take photos with shadows. If I'm taking a photograph I spend half an hour arranging the table. I always make sure lighting is good; I never go to a café after 4pm these days. I always borrow an empty cup and an empty saucer from them and then I'll just play around. Try and

make sure that you use lots of interiors from the café, use their table, use some of their crockery, see if you can borrow some of their boards to make it look unique."

What angles do you like to go for when you take a photo?

"There are two types of photographs that I like to take. One is a flat-lay and styling (photographs taken from above). I think that it is more challenging because you really have to think about where to place each and every item and make it still look very natural. The second style which I like to go with is just placing the coffee cup within the whole interior of the café. The coffee is always in focus and the whole café is in the backdrop. I also like to take exterior pictures of cafés as well because they are really nice buildings."

Do you take any props with you to arrange a coffee table?

"I have a bag of props. Before I go to a café for the first time I will see how the table looks and I will look at their website, so that I have a brief idea of how the table is going to look, how many windows they have and bits and bobs like that. It depends upon the interiors of the café. Based on that I will decide on what sort of props to take. Sometimes it's

very random as well, if I'm sitting in a café and I've got few things on me and I'll just take a picture of that. If I'm doing a morning shot I try and do a 'coffee in a hand' shot because that's like drinking coffee on the go. Sometimes I'll just pick up a coffee, take a shot and I'm done and there are no props

"I always borrow an empty cup and an empty saucer from them and then I'll just play around."

and no planning. But there are days where there is more planning and more thinking about props."

Once you have taken a photo, do you apply filters before uploading it to Instagram?

"I like VSCO and I love Instagram filters as well. My editing process starts with Google Snapseed. This app allows you to professionally edit the lighting and saturation of the photos, whilst keeping the editing natural."

Do you have any advice or tips for



@londoncoffeeshops showing our art director how to use photo editing apps
Photo: Megan Foster Flaherty



photo: @londoncoffeeshops

someone who wants to start a successful Instagram account?

"The most important thing I think is regularly posting on Instagram. I try and post three to four times a day and I think that works. Secondly, I really think content is very important. A lot of times you want to post a picture. Everything looks nice to my eyes and I take a photograph, but it's the kind of photograph you know is not good [for your feed]. You have to be quite ruthless with your decisions, quality is quite important and you have to maintain your quality and make sure that every picture is of a good standard. Saying 'no' to something you really want to take a picture of."

How do you improve your following and maintain your Instagram presence?

"Engage with your followers, speak to them and see what works and what doesn't work. You have to observe. A unique name is always good but I don't think that is absolutely essential. If your work is good and your quality is good you will get the followers."

What determines the next coffee shop that you go to?

"I actually have a spreadsheet of cafés I want to visit. Instagram is a good source, I look for new cafés on Instagram all the time, because I like to review a café independently without the café knowing about it. You can look at different hashtags and you can look at where different people have visited."



Photo: Megan Foster Flaherty

Coffeology was the perfect place to host an interview with @londoncoffeeshops

Beautifully Bristol

For a perfect weekend getaway, Bristol is at the top of *espresso's* list

By Megan Foster Flaherty

No matter what the weather, there is always something to do or see in Bristol. If you're lucky enough to catch a glimpse of the glistening sun then nothing is better than a leisurely stroll by the River Avon, finishing off at Riverstation for a cup of beautifully smooth coffee, or maybe even a fresh, crisp glass of wine.

With seats inside and out, their ceiling-

to-floor windows ensure you can watch the boats float by the beautiful multi-coloured houses no matter where you sit.

You'd never know it was just minutes away from the city centre due to the serenity you feel once you look out over that river.

Why not take a walk to St. Mary Redcliffe church and take in the simply breathtaking architecture? Or you can wander around

the museums, before a saunter across the bridge and over the river to Riverstation for a superbly mixed cocktail from the 'The Southwest Secret' cocktail menu, or there is a selection of carefully chosen local beers and ciders to unwind over too.

So next time the madness of the city gets too much, consider Bristol (and Riverstation) for the ideal escape.



Photo: Megan Foster Flaherty
Bristol Harbourside

**Lotus and coffee,
always together.**



**The Original
Caramelised Biscuit**



Coffeeology: London's Best Coffee Shop

espresso's editor meets Coffeeology owners David and Luca to find out about the launch of Richmond's newest and busiest coffee shop



On the corner of Richmond's deliciously quaint Square lies Coffeeology, a newly-opened independent café with an incredible spirit. Owned by two Italians, David and Luca, there are almost too many reasons to list as to why Coffeeology is our London coffee shop of the month. With fresh flowers on the table, cucumber-infused water, a unique interior, friendly staff and a warm atmosphere filled with coffee aromas, there's no reason why you shouldn't take the time to go and get a cup of rich coffee with delicious homemade cake (maybe from the new vegan range) on a rainy London afternoon.

Despite being run and owned by Italians, Coffeeology is inspired by cultures from all around the world. David and Luca were adamant that Coffeeology is not an Italian coffee shop, but somewhere people from



The intriguing entrance to Coffeeology

all around the world can enjoy. With coffee imported from New Zealand, a British interior designer and sparkling jade Moroccan tiles paving the shop from head to toe, this isn't hard. In fact, this diversity is one of the many reasons Coffeeology stands out so strongly against its competitors.

Both family men, David and Luca opened this little independent coffee shop in December 2016 because, simply put, they love coffee and they love people. Even though they had to put off opening by an extra day due to a broken coffee machine, they have since been bursting at the seams with people streaming in and out of the renovated fire station building.

Every time I have visited Coffeeology, it has been hard to get a seat at one of their rustic wooden tables because of its popularity. But head barista David always

On the cover



greet me with a smile and makes sure to find me some space to take an embarrassing amount of photos of his awe-inspiring, award-winning latte art.

With a selection of different coffee types and milks, plus their newly-introduced matcha latte, there is so much choice. And if you ever get stuck, any of the welcoming baristas are happy to give you a recommendation or even whip up a surprise. Never have I ever come across a coffee shop with such love for their customers.

"A coffee shop has to be the community. I love the idea that we can say we're part of the family. Most of the customers are really regulars, and say 'Hi David, how's it going', we know each other and it's really nice. When you come to work it's like you're going with your friends, you feel like when you go to work it's a lot easier and relaxing," said David.

And it's working, this philosophy of community and friendship; it seems to be drawing the people in. Not only does Coffeology have a rare family vibe with many regulars within just a couple of months of opening, but customers seem to be declaring their love for the café wholeheartedly. They recently received a

"We would like to be unique but without being arrogant, just to be positive."

handwritten two-page letter through the post full of compliments from one of their first-time visitors.

"We would like to be unique but without being arrogant, just to be positive, simple but effective on everything we offer, including ourselves," said Luca.

This is even more impressive knowing how little publicity they did before Coffeology opened. Having only recently joined Instagram, David and Luca relied almost entirely on word of mouth, alongside a two-for-one promotion set up by David's Russian wife, who said the next day they

were overrun by Russians making the most of it. David and Luca both spoke very highly of their family and their wives, which is maybe one reason why the atmosphere in Coffeology is so friendly and humble; almost loving. In fact, the name Coffeology is attributed to Luca's wife, who compared the 'eureka' moment to coming up with baby names, except at least this time they could both have a glass of wine.

Coffeology is perfect even for when you're peckish. Since there's not much storage space, it is guaranteed that everything served is fresh as a daisy. Alongside their community and all inclusive vibe, they cater for everyone by offering a homemade vegan

"Coffeology is not only a coffee shop, it's a concept. Real people, no bullshit."

range alongside their vast selection of cakes and other delicious snacks, sandwiches and steaming hot soups.

Entrepreneur Luca has big plans for the Coffeology brand, and told me to keep my eyes peeled for the first of many bigger and better coffee shops opening in a very under-wraps location in West London soon, where David plans to run a summer school to teach the community about coffee and how to make coffee in the best way possible, which I for one will definitely have to sign up for.

Luca says, "Coffeology is not only a coffee shop, it's a concept. Real people, no bullshit, that's all. Oh, and good staff. We are taking you back to something artisan which, to me, in many cases doesn't exist in other shops, it's as simple as that."

There is no doubt I will be taking a stroll through Richmond Park to get back to Coffeology's addictively gorgeous artisan-style coffee very soon, especially with the added bonus of knowing I will be greeted with David's huge smile. Who would pass up the opportunity of feeling like the most important person in the world, in one of the most stunning buildings you've ever seen?



Interior of Coffeology, Richmond

Photos: Sophie Parrott

A technicolour trend

The latest trend to hit the coffee shops is all about a multi-colour twist to our drinks

By Melissa Moody

Look out for Rainbow Coffee! Costa brought it to London, Brighton, Bristol and Manchester's Gay Pride last year and it's destined to enchant us again this year. Using food dye in the milk gives your normal flat white a splash of technicolor that will brighten even the darkest of days. So be on the lookout for them in a café near you, and if you can't wait, check out the master of rainbow coffee @ibrecoffee on Instagram.



Photo: @agritradersca

Quirky coffee shops for your caffeine fix

If you can't resist a smile with your coffee then these clever coffee names will help

By Melissa Moody

The Department of Coffee and Social Affairs has branches all around London. The well-thought out name is a sure conversation starter over your cappuccino.

Bean There, Drank That is a van at Duckpond Market in Ruislip on the first and third Sunday of the month with a pun that's known to "make people laugh and love it."

Fuckoffee in Bermondsey became an overnight hit after a name change that started as an in-joke that people liked so much they decided to keep it. The shop has now become a tourist attraction that keeps them "laughing all the way to the bank."



Photo: department of coffee and social affairs

A *tale* of two *Peckhams*

Any estate agent worth their salt could tell you that Peckham is an up-and-coming area, but does that mean there's none of the original community spirit left, and what do the local café owners make of it?

Words and photos by Hannah Roberts





On the cover

The first thing to hit you as you come out of Peckham train station is a gust of pure noise. Straight ahead of you, a double-decker bus weaves precariously between near-stationary, bedraggled cars in its hurry to stay on schedule, earning many honks along the way. Jumping backwards is the only way to avoid the warpath set upon by a hassled mother, who somehow manages to simultaneously shout three different commands at her trio of unruly toddlers.

This street, Peckham Rye, is a collage of archaic pound-stores and shabby-chic hipster bars, and as you're shoved down the pavement with the current of young professionals glued to their Cambridge satchels, you briefly struggle to tell the difference between which shops are intentionally dilapidated and which are the remnants of a pre-gentrified Peckham.

Taking a right down Blenheim Grove, you find yourself in an altogether different situation. The sounds behind you soon fade to nothing as you head towards Bellenden Road, and a new (or is it old?) Peckham opens up – little townhouses with primed front gardens frame the avenues, and construction workers perch underneath innovative lampposts to eat their lunch. On Bellenden Road itself, a myriad of artisan cafés and vibrant pieces of street art tempt a renewed Peckham population; affluent city-types and ambitious hipsters attracted to the area by promises of profitable real estate investments and bars on the roofs of car parks. (Yes, you read that last bit right – Frank's Café lies atop a disused multi-storey and is the muse of many high-end magazines: it even got name-dropped by *Vogue*).

Whether or not they were here already or only recently took advantage of the low rents and up-and-coming status of Peckham and took up shop, café owners in these parts enjoy the luxuries of an improved real-estate reputation. But has the hype surrounding Peckham really impacted them much, and what effect has it had on their clientele, the community they serve?

It's all about the roots

Richard Robinson, co-founder of Old Spike Roastery at 54 Peckham Rye, says that his clientele has, in fact, stayed the same – it's the number of customers he gets that's soared.

"We've been going for just over two years and our offer is a slightly unique one anyway, in that we have it both ways– yes we're a café, but we're also a social enterprise that trains and employs homeless people. That speaks to a lot of people in the area and has certainly drawn more people in."

It's this strong focus on seeing the community as real people, rather than

customers, that puts co-founder Richard Robinson in a solid position to shed a little

"People might say, 'Oh it's just another coffee shop' and that's fine, but we're responding to a demand"

light on what it is about Peckham that makes it stand out from other neighbourhoods.

"I think Peckham's one of the last few locations within Zone 2 (so relatively close to London) that maybe hasn't had the kind of east-London dramatic makeover that we've seen elsewhere."

"In the last couple of years we've seen Peckham heading the same way, more so than ever, but what's interesting about Peckham is that it still remains quite true to its roots and the culture that is present and actually the rate of gentrification isn't

happening as quickly as places in other parts of London."

The desire to stay grounded in their diverse culture is shared by other Peckham business owners. In an interview with *Thump* magazine, one of the owners of independent Rye Lane-based vinyl record store 'YAM' credits his decision to open a music store as an attempt to "put something in the way of all the arseholes who fill up the super middle-class, highbrow, expensive places that you can't really hang out in."

Back to the future

Robinson, however, thinks that there aren't many places in Peckham that cater for the likes of the 'highbrow'. In fact, Old Spike Roastery plans on expanding its social enterprise in order to satisfy the needs of the people of means by opening up two new branches – another café at their new roastery in Camberwell Road, and one in an old ticket





Top: Peckham wall art; left: 'fuck commissions' in Shoreditch; Graffiti in Shoreditch mirrors Peckham: they show the contrasts between the old and new communities.

office at Peckham Station they're going to turn into an upmarket food and drink haven.

This is all in anticipation of Richard's predicted 'third wave' of migrants to the area. For some café owners, the thought of another batch of newbies would be the death knell for Peckham, but Old Spike's aim to add value to the area, rather than take it away, is something that they believe resonates with their community.

"Part of the reason we even won our bid was because our proposal was offering something that helped the community and people in the area, rather than just a Wetherspoons. I think that's what the public appreciates and that's all that really counts."

"People might say, 'oh it's just another trendy coffee shop,' and that's fine, but ultimately we're responding to a demand - that's what the public wants and the business is doing well too, so that's kind of justified it."

Of course, it's easy to listen to the estate agents who simply insist that you buy a place in Peckham - though I can't quite say I'm convinced by the one who told me Angelina Jolie had 'probably' been spotted house-hunting here post-Pitt. By the sounds of it though, Miss Jolie would be welcomed in Peckham; as long as she can get on board with having her coffee served with a side order of community spirit.

Peckham is situated in the south-east London borough of Southwark. It can be reached by bus or by train (including the 436 bus that runs to Paddington, the 16 bus to Oxford Circus and the Overground train line.)



Timberyard

4 Noel Street, London

Nearest tube station: Oxford Circus

Timberyard is London's answer to a quiet networking café. Fusing a creative workspace with speciality drinks, it is the perfect place to quietly crack on with work.

Ideal for: Working quietly

Photo: Sophie Parrott



Kaffeine

66 Great Titchfield St, Fitzrovia, London

Nearest tube station: Goodge Street

Break away from the hustle and bustle of shoppers with a coffee break at Kaffeine. This delicatessen-style coffee shop is the optimum tranquil hideout to rest your feet.

Ideal for: Shopping spree caffeine stop

Photo: sprk.ca



Store Street Espresso

40 Store St, Fitzrovia, London

Nearest tube station: Warren Street

Ideal for long-stay caffeine fixes, Store Street Espresso is cosy and inviting, with super comfortable windowsill seating and a selection of luxurious cakes to keep you relaxed and indulged.

Ideal for: Long-stay catch-ups

Photo: Sophie Parrott

coffee shop

There's a London coffee shop for every occasion



Notes

1 Pancras Square, London

Nearest tube station: Kings Cross St Pancras

Closely situated to St Pancras International, Notes coffee shop is convenient for a pre-Eurostar caffeine fix. It's the perfect pit stop for stocking up on lots of delicious pastries.

Ideal for: Quick pre-travel caffeine fix

Photo: Sophie Parrott



Maison Blanc

303 Fulham Rd, Earls Court, London

Nearest tube station: Fulham Broadway

This artisanal bakery in the heart of London is ideal for a ladies lunch. Savour a delicious cup of coffee and a light savoury meal with the girls in the comfort of this homey Parisian-style café.

Ideal for: Ladies who lunch

Photo: allinlondon.co.uk



The Book Club

100-106 Leonard Street, London

Nearest tube station: Old Street

The Book Club (TBC) is the perfect place to host professional business meetings in a serene and relaxed environment. By night TBC transforms itself into an idyllic late night bar, which is the perfect solution for unwinding after a hectic day at the office.

Ideal for: Business meetings by day, and a n edgy bar by night.

Photo: wearetbc.com

character

Coffee insider

Hally-lujah

Californian-inspired brunch bistro, Hally's, has earned its place as *espresso's* home decor muse this spring with its stylish interiors

Photos and words: Sophie Parrott

Finding inspiration for your home décor can be exhausting, particularly if you want to steer away from the cliché floral feature walls and predictable paint palettes that the masses settled for last year. 2017 is setting itself up to be the year for edgy interiors and warm colour schemes. Home magazine, *Elle Décor*, anticipated the influx of busy geometric patterned fabrics, mix and match wooden furniture, and one-of-a-kind artisanal ornaments.

New York Fashion Week 2016 sparks trendy interiors for this season

In 2016, the A/W collections at New York Fashion Week sparked a love for all things mosaic, carving out a place for statement patterns in the design world as well as on the catwalk. This year yearns for DIY decorators to get creative with cool colour schemes, eccentric geometric fabrics and idiosyncratic ornaments to inject dashes of character into the house.

With New York Fashion Week being the stimulus for sparking luxe interiors designs this year, Hally's bistro is the place for home décor inspiration this spring.

This Californian-inspired hangout in Parsons Green, Fulham, boasts style and sophistication with its minimalistic décor and homely ambience. With white-coated shiplap boards to replicate a traditional beach house and a mellow blue and grey colour scheme fabricating a nautical feel, this boutique coffee shop is a sanctuary for tranquility and relaxation.

Pastel palettes are your friend

Take a leaf out of Hally's book by using pastel colour palettes to recreate your own idyllic cooking sanctuary; the kitchen will feel like a haven of tranquility in which to unwind after a hectic day. Teak wooden shelving is perfect for housing tatty family recipe books, wicker baskets filled to the brim with organic fruit and kilner jars with oriental cooking oils. Keep fresh herbs in vintage-style pots on the windowsill to maintain a rustic charm. Not only does it flaunt your incredible Michelin-star talent to cook from scratch, it helps you



Photos from top to bottom (top: Hally's use fictitious flowers and a display of ornaments to dress the shelves; middle: geometric cushions to dress the back bench of the eatery; bottom: illuminated Hally's sign to fill the blank space.)

to achieve that much-envied Instagram feed that showcases your passionate eye for interior design.

Miniamlistic meets geometric

Adorn your minimal kitchen with some contemporary personal touches. Arrange timeless ornaments on your windowsill, to jog fond memories of your recent travels.

Hally's have used quirky blue and grey geometric printed cushions to complement the soft-hued colour schemes, creating an idyllic, calm ambience.

Channel your inner design guru this Spring by experimenting with creative patterns and fresh colour palettes to give your home the makeover that it deserves. Hally's would be proud of you.

Hally's love wooden shelving and furnishings



Overheard *in coffee shops*

Conversations over a brew

By Melissa Moody

The British, by nature, are people who love to gossip. Everyone knows how it is; you're sat minding your own business, calmly drinking your coffee and you hear a section of a conversation from the group of ladies two tables over. Here are some of *espresso's* favourites:

"I had two regulars, both elderly women that always made sarcastic remarks to each other and made the staff laugh. I'd taken their order and they'd gone to sit down. Once I had taken their order over I was clearing another table and overheard their conversation:

'Oh this coffee is awful. Why couldn't we have gone to Boswells? You know the coffee there is good.'

'We are in Boswells you senile twat.'

Emilie Foster-Starr – Boswells, Eastleigh.

"When you're sprinkling some chocolate over a pair of cappuccinos, the last thing you expect to hear is this conversation. I know I'm a barista, but it's not as exciting as people think:

'She's got the man now, why does she need to exercise.'

'It's called an escape hatch.'

'It's too late, she's not gonna fit through the hatch.'

I had to hold my laughter until they had taken their drinks and left the shop.'

Hayden Collins – Costa, Kingston.

"I'm a self-confessed coffee-shop observer, I love to sit with my mocha and listen to the world around me. One of my favourites was between two business men:

'Women peak around 30.'

'Really? That early? I thought it was more around 40.'

'Nope, 30. Then it's a steep decline. By 40, it's all over.'

Elizabeth Goldring – Costa, Southampton

If you have a submission, email the *espresso* team: espressomag@outlook.com



Photos: left: 123RF.com; right: @coffeeshopsoftheworld

The coffee shop crusade

Melissa Moody looks at the coffee divide between independent cafés and high-street chains

What makes an independent coffee shop your new favourite place to go? The rustic crockery, friendly faces or the satisfying whirring sound of the machines working in conjunction with the smiling baristas to create your perfect latte?

With over 70 million cups of coffee consumed within the UK each day, it is

“We have moved from a nation of tea drinkers to a nation of coffee lovers and even coffee geeks.”

evident that the country's coffee culture is here to stay.

“We have moved from a nation of tea drinkers and occasional instant coffee drinkers to a nation of coffee lovers and even coffee geeks”, explains Jeffrey Young, founder of UK Coffee Week which runs in April with the aim of raising funds for growing coffee communities around the world.

Whether it be the business man who

completes his work on a laptop with a double espresso, or a group of mothers who have dropped their children at nursery and are nursing morning cappuccinos, the popularity of the quaint coffee shop has been further cemented in the modern age with the emergence of free wifi for laptops and mobile phones, which free many workers from the constraints of their desks in an office or at home.

“We are running on the theme of having a really approachable, personal atmosphere, but with great coffee,” says Dale Strickland, manager at The Espresso Room in Holborn. “I think what makes independent coffee shops stand out is their personal approach, it's not just geeking out over the coffee but also knowing your customers.”

But there is a reason why the likes of Starbucks and Costa are still in business – the demand is still there for them.

Then we have to ask why do we love the chains so much? The British public cry in outrage when it emerges that the chains

haven't paid their taxes, and yet still leave enough time on their morning commute to venture inside and grab their morning caffeine fix.

It appears that the British are a nation that pretends to hate the chains. We put on

“It's not just geeking out over the coffee but also knowing your customers.”

a façade to embrace the new independent shop on the corner when it's the chains that we choose to buy from, with many citing convenience as the key factor with which they choose their regular coffee shop.

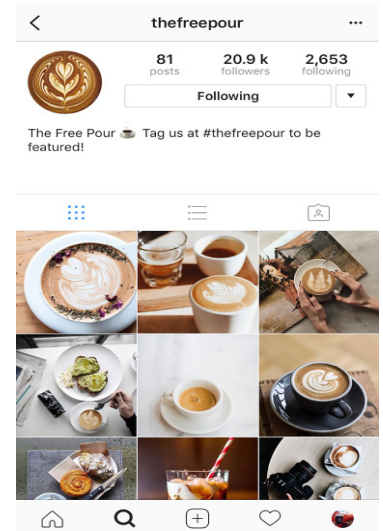
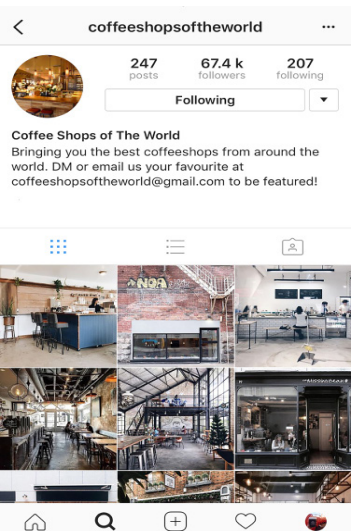
Despite the abundance of the chains, independent shops are prevailing more than ever with an estimated 1,400 independent coffee shops in the United Kingdom, a number that is expected to double by 2020.

Really, it can be concluded that it's the independent coffee shops who are the real heroes here.

espresso's Instagram favourites

From minimalistic, to unique, to downright beautiful, these are our top picks to bless your timeline with stylish coffee and inspiration for the month ahead

By Megan Foster Flaherty



the
however-you-want-it
frappuccino[®]
blended beverage



Soy Green Tea
Cream
Frappuccino[®]
blended beverage

