

# Here's Why You Need To Check Out This New Bottomless Brunch

REVIEWS

By Emily Gray | 28th November 2018

Following on from a successful launch, Flesh & Buns Fitzrovia have secured their space on the brunch scene with the arrival of their new weekend bottomless brunch and of course, never ones to miss out on a brunch we went down to try it out. Going straight to the top of the class for new bottomless brunches, here are the reasons you need to check it out.

## It's Bottomless

Is a brunch even really a brunch if there isn't the option to go bottomless? Bottomless brunches have been the life saver for birthdays and gatherings when no one can face the night tube or missing out on their much needed eight hours. Flesh & Buns have made sure those who aren't as young as we use to be can still party by adding in the option to have unlimited red wine, white wine or prosecco. They're generous too, our glasses were constantly full, meaning that we were mildly tipsy and those 'press for pisco' buttons were looking all the more tempting, because who isn't tempted to press a button and have a pisco trolley suddenly appear next to them?



## You're Going to Leave Feeling Full

Being Flesh & Buns you're not going to find eggs and avocado, although I do think an egg stamped bun

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brunch begins with chill soy edamame and curry and nori popcorn, both utterly moreish. You'll say to yourself, 'just one more kernel' then it'll be one more handful and then the next you thing you know is that you've gone and eaten the whole bowl. Of course, Flesh & Buns is known for its flesh and buns, so they make it on to the menu, included in the price is two buns, leaves, cucumber, shiso and one flesh each, meaning it's ideal to mix and match in large groups. We went for the crispy piglet belly with mustard miso and apple pickle and the salmon teriyaki that was beautifully cooked and flaked away as we cut into it. You can add in sides like beef fat chips and the smoked beef ends hot stone rice which is mixed in with mushrooms, sesame butter, corn, carrot, pickle and egg, which, if you can manage it, is well worth ordering. Elsewhere on the menu you'll find dishes from the smoker including the mixed smoked meat plate for two which includes beef brisket, pork cheek, beef tongue with pickles and sauces. For pudding there's either a Nutella croissant Tai Yaki, imagine parcels made from buttery, croissant pastry stuffed with Nutella and soft serve chocolate ice cream, or a sticky ginger pudding with crispy rice, and an earthy Hojicha tea ice cream. All that for £25 is pretty impressive, given that at most bottomless brunches you'd be paying the equivalent for one course, well played Flesh & Buns.



## The Service Matches The Food

It's raining and not just raining, but the sort of torrential biblical rain I imagine Noah experienced. Bedraggled customers are coming in off the street, the restaurant is busy, there are a few children running around and everyone feels a little miserable as they shake the water off their umbrellas and peel off wet coats. The service at Flesh & Buns though soon had everyone forgetting that their shoes weren't waterproof and that the weather will only become increasingly like this during the winter months. They made sure everyone's glasses were constantly topped up, so often at bottomless brunches you're left with an empty glass as your two-hour window ticks by. Good service can make or break a meal, just like rudeness to a waiter or waitress can be the deal breaker on a date (it's a good way to judge your Hinge match) and here the service was excellent. They were only too happy to recommend dishes and bring over



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### You Can Brunch All Weekend

Unlike Flesh & Buns Covent Garden who only serve brunch on Sundays, at Fitzrovia they are cooking up their brunch menu on both Saturday and Sunday so whatever your plans are you can get your Flesh & Buns fix. For those feeling a little fragile on Sunday have that lie in, watch that film and then once you're resembling a functioning human again then head out for brunch as they serve the menu until 7:30pm on Sundays and Bank Holidays.

### It's a Bottomless Brunch For Those Without a Bottomless Bank Account

Often you'll find that bottomless brunch will include one dish, maybe two dishes and then extra for alcohol and you never drink enough to make up the price. Not at Flesh & Buns. The menu costs just £25 for three courses (sides are extra) and if you want to go for the unlimited alcohol then it's only an extra £15, meaning you can brunch and still be able to eat for the rest of the weekend.

[www.fleshandbuns.com](http://www.fleshandbuns.com)

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## Oh Man: 8 Reasons to Visit Oman

REVIEWS

*By Charlotte Knight | 27th November 2018*



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# THE HANDBOOK

Nothing has a better sense of humour than English weather; one minute I was prancing around in autumnal skirts re-thinking my pro-recycling choices if it means such a sunny November, and the next minute I've been punted in the face with 4-degree days for the foreseeable future. So, when an invitation to Oman dropped in my inbox, I thought toodalloo f\*\*\*ers, get me on that plane. A blissful 8 hour jaunt in Oman Air's business class and I landed in the glorious gem that is Muscat and my love affair with the Middle East began.

## The Weather

There's nothing a Brit loves more than swanning away to somewhere hot, especially when it's rainy and cold at home. The Brit in this case was me, sending smug beach pics to my bitter (and bitterly cold) friends and followers back home. When enquiring how cold it gets in Oman's capital Muscat, I received the withering reply '*this* is cold for us'. Meanwhile I slowly sweated through my t-shirt in the 34-degree heat. ↑



## The Buildings

One of the reasons London will always own my heart is the beautiful architecture, it gives personality to the city and always stirs something in me. Muscat has impressive buildings by the bucket load, ostentatious constructions can be found wherever your gaze may fall. The current Sultan, Qaboos bin Said Al Said, has spent the last few decades using the money from Oman's natural resources to reconstruct the country, so most structures aren't older than 20 or 30 years, add the natural glamour of the place and you have a winning mix.

## The Food

Oman has used its strategic place on the map to influence a cuisine inspired by the Middle East, Africa and India. Flavourful curries were a staple during my trip and I can't talk about Omani food for long without mentioning dates. Dates are intrinsic to the culture of the Arabian Peninsula. They're a sign of hospitality, served both in greeting and after every meal alongside a tiny cup of cardamom-scented coffee. I even saw a date smoothie, though didn't get around to trying one.



## The Mosque

Oh, you've already done a paragraph on buildings, I hear you helpfully point out. True, true, but the Sultan Qaboos Grand Mosque is so grand (well named, there) that it deserves its own feature. The 6,000-capacity venue genuinely does take your breath away when you stroll inside, partly due to the world's largest chandelier, dangling nonchalantly from the massive domed ceiling. The chandelier, a striking 8 tonne beast made with Swarovski crystals and gold-plated metals, is a spectacle to behold; a glimmering wonder the size of a 3 bedroom house. The mosque previously held the title of having the world's largest carpet too, until the Qataris came to measure up the interior apparently to ensure they created bigger versions in their own newly built mosque, thus stealing the title.

## The Airport

Another building, I know. But fancy waiting for your flight in a \$15 million lounge? Trust me, you do. Muscat International Airport has recently undergone a very (very) expensive overhaul and now boasts alluring new features like the world's first non-business/first class lounge complete with complimentary massage chairs and food, and an actual robot that will help you with airport queries, take selfies and even assist you to your gate. It really is the future.



## The People

I've never fallen in love with a people more than I did in Oman, I think there must be some sort of citizenship test where charm and a sense of humour are mandatory requirements. One of the safest countries in the Middle East (if not the safest), I felt totally at ease at all times, I even shed my London bristle and chatted warmly back to total strangers who approached me to have a little natter. The punishments for crimes here are quite severe but this system seems to work well as a deterrent, attacks on travellers for example are described as rare.

## The Culture

I love being somewhere totally different than London and Muscat certainly ticks that box. While most western cities are basically copies on the same theme, Oman is as diverse as can be. Muscat has all the perks of a western country; decent roads, sewage systems and so on, but served up with the rich glamour of a wealthy Arabic country. Visually the whole landscape is completely opposite to South West London, sandy planes are interspersed with architectural beauties and perfectly manicured, lush green lawns.

As an Islamic country they put value on modesty, but this is applied equally to men and women who both wear long flowing garment. Although this is not a strict dress code, people can choose to wear what they want as long as it isn't indecent, it's a guideline that they respectfully ask visitors to abide by, and in the hot climate you'll be perfectly happy to.





## The Glamour

If you want a taste of luxury then Muscat is the place for you; hospitality is high on the agenda making you feel like royalty everywhere you go, tie that in with stunning buildings and opulent surroundings and you'll never want to leave. As a tidy-freak I was pleased to note that Oman is by far one of the cleanest places I've ever been to, the word immaculate comes to mind, and I chatted with a friendly Omani who advised that this is because of their religion which encourages high personal cleanliness, a principle they apply to every aspect of their lives.

Muscat is the perfect getaway, for culture, architecture, food drink not to mention easy transport links. It's clean and beautiful. Like me you'll be smugly filling your Insta-feed right until the moment it all comes to an abrupt and ungraceful end when you land at a dreary, grey Heathrow. The only solution is to immediately book a return visit.

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