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Together we will beat cancer





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This issue of Time Out in no time at all

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James McAvoy smashes blistering rap battles in a five-star staging of 'Cyrano de Bergerac'

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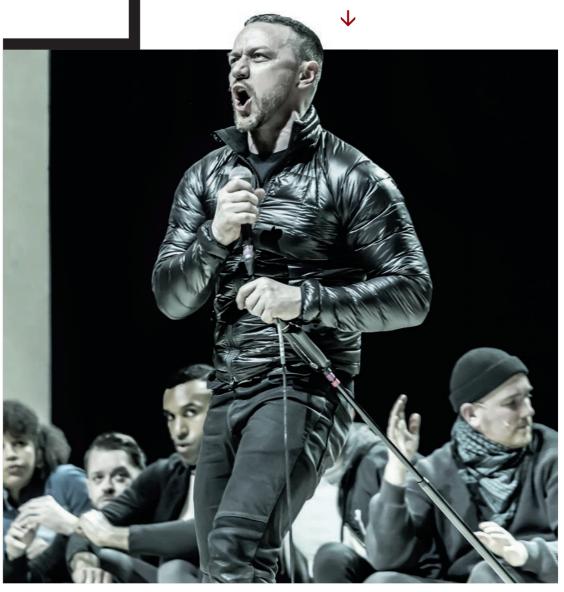
Carnival nights

The chances of jetting to Brazil or New Orleans are slim, but there are loads of Mardi Gras parties right here

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Wondrous treasures of the Neolithic era fill the British Museum's unmissable 'World of Stonehenge' exhibition

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Can I shock you? I don't really do takeaways. Not the eating-inthe-street-or-on-a-park-bench variety, anyway.

Shameful for the editor of Time Out to admit that. It's like a boxer who hates being hit in the face, or a Peckham bartender who can't stand the sight of small beanie hats. I know that takeaway culture is a *massive*, idiosyncratic part of London life. Inhaling burgers by the light of a Shoreditch lamppost is our version of Paris's café culture. But I'm crap at it. Robbed of tables and plates, the meal loses its structural integrity and I regress to a mucky scavenger, packets of ketchup stuck to my fingers, beard streaked with aioli.

As a normal person, you presumably don't have these issues. I hope our mag and online celebration of the city's myriad chicken shops, curry houses and chippies is as much fun to read as it was to put together.

And if you see me out there, furtively cramming doner meat into my blushing face, all I ask is that you wait until I'm out of earshot before you mutter 'isn't that the editor of Time Out?'

THE EDITOR'S ESSENTIALS Three things you have to do in London



Singburi, the tiny Leytonstone Thai place that won our Restaurant of the Year award, is finally open for dining in again.



The artist Rachel Louise Hodgson has a no-doubt emotionally raw show at Nunhead pop-up gallery Strange Parade in March.



I love the mum-and-daughter duo who run $\textbf{The Pet\,Shop}$ on Amhurst Road, E8. They really know their stuff and are, in my opinion, a laugh.











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How can we concentrate in Seen Science class, if all we can think about is our next meal?



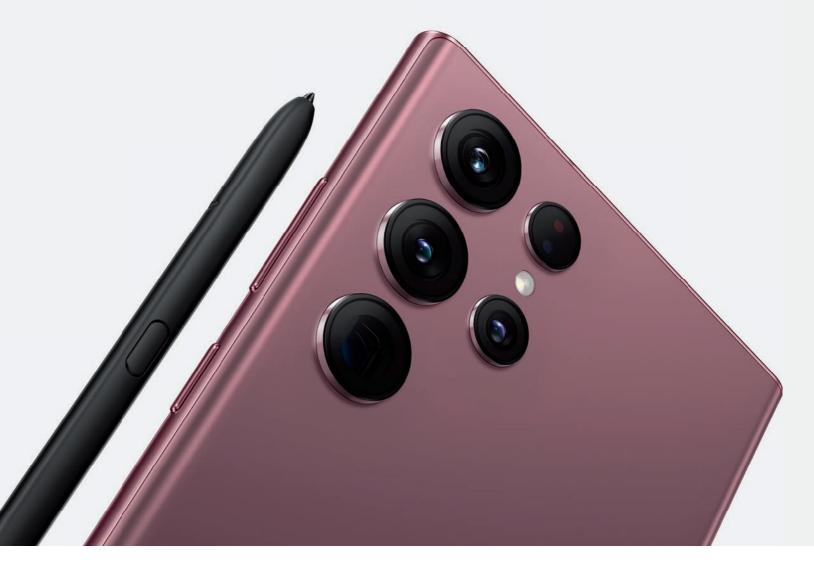
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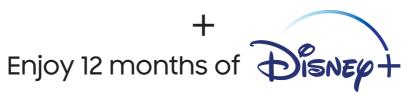


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City life

Edited by Isabelle Aron @timeoutlondon







Capital critters

Photographer *Megan Eagles* on documenting
Londoners and their pets

I STARTED THIS project three years ago. I love animals and I'm always surprised by the variety you can come across just walking around London. I've contacted some subjects directly and others I've just bumped into on the street. The woman with the parrot flies him in my local park. The ten bunnies were the hardest to photograph. It was almost impossible to keep all of them on the bed at once, and there was a lot of weeing. I wanted to capture the relationships that people have with animals, and the bonds they form. I love how people and animals live somewhat harmoniously.

→ www.mkeagles.co.uk





Sonora Taquería's succulent, spicy, beefy barbacoa taco



What goes into the London plates that everyone bangs on about

ANYONE WHO'S EATEN one of Sonora Taquería's barbacoa tacos will know that napkins are essential. 'It's very messy, and [the juice] runs down your arm as you pick it up,' says co-founder Sam Napier. The takeaway taco specialist in Netil Market is named after the northern state

of Sonora in Mexico, where co-founder Michelle Salazar de la Rocha was brought up. 'I grew up eating barbacoa tacos,' she says. 'And they're the first thing we eat when we go back home.' The pair explain what goes into theirs. ■ Chiara Wilkinson → Netil Market. £3, or £3.50 with cheese crust.





WALWORTH ROAD

THE STREET THAT CHANGED MY LIFE

Actor Adeel Akhtar on how this part of south London shaped him

WHEN I FIRST moved to London after drama school, I wasn't working much. I was signing on or handing out flyers for club nights, so I had a lot of time on my hands. I used to walk home from Brixton down Walworth Road. That street is always a reminder of the time when I was struggling. Just walking down it overwhelms me. Its mixture of languages, sounds, ethnicities and smells represents London. That mix is one of the reasons my mum and dad came to this country: it's a London that's inviting and accepting.

Now, I live off Walworth Road with my family. There's a sense of poetry in no longer just walking through, but being able to absorb it. My son goes to nursery round the corner, and I go to cafés like Louie Louie and Fowlds. And then there's East Street Market, where people who've just come to the country have a $stall\,along side \,those\,who've$ been here for generations: there's a hijabi lady who has a speaker on her stall playing old-school 'get your shirts here' market patter. Even though we're lucky enough to be able to travel, it's the best place in the world for us. ■ *Interview* bvAlice Saville

→ Adeel Akhtar is in 'Ali & Ava', out in cinemas on Mar 4. See review on p35.

THIS IS CELLING FARRASSING.



We can't help being tasty. Why not judge our award-winning tea for yourself today?





Top London chefs share their takeaway hacks

The pros reveal their tips for sprucing up takeout dishes

Refresh your curry with lemon juice

'Chopped fresh coriander and a squeeze of lemon juice add zip to any curry that might need livening up a bit. To refresh roti, I get a frying pan very hot and then flash fry them on both sides for a minute or so. It gets them nice and fresh and crispy.' Ben Tish, Cubitt House

Pimp your mayo

'If I get a burger delivered, I have to make my dirty mayonnaise for the chips. It's two parts mayonnaise, one part tomato ketchup, one tablespoon of chopped capers and gherkins and then a dash of Tabasco totaste. I always have a pot of it in the fridge. It's banging with a steak, too.' Tom Booton, The Grillat The Dorchester

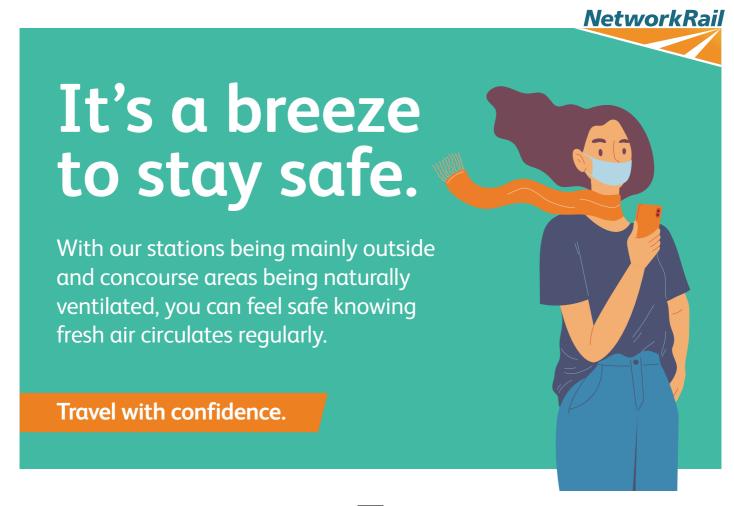
Spice up your pizza

'Even the worst takeaway pizza can be improved with a hit of chilli. I keep lots of Thai green chillies in the freezers o I can add them to takeaway pizzas when needed. Also, if you ever see chilli oil in a sachet, grab a few extras for future pizzas, and go to town with it.' Pip Lacey,

Hold back on the chip-shop vinegar

'With fish and chips, unless you're eating them right away, just ask for salt and add vinegar when you get home. That will keep the chips from getting sweaty and soggy in the bag. Then mix brown sauce and vinegar and get dipping. It sounds odd but it works surprisingly well.'

Martin Sweeney, The Petersham

















Bees: 2022's must-have accessory

Bees have been in decline for decades, but several European cities are determined to change all that

BEES ARE IN trouble. We all know that. Climate change and dodgy agriculture have caused UK populations to drop by more than 50 percent since 1985. And that's important because? Because Bees pollinate 70 of the 100 crop species that feed the majority of humans. Without them, basically, we wouldn't have food.

So it's fortunate that cities around the world are stepping up to boost bee numbers, with hives popping up on rooftops and bus stops and in community gardens. Gorazd Trušnovec heads up the Urban Beekeepers' Association in Slovenian capital Ljubljana. Around a decade ago, several hives were installed on top of Cankarjev Dom, the city's largest cultural complex. Since then, he says, around 150 companies and individuals have also set up hives, housing a whopping 200,000 bee colonies.

'If the city is bee-friendly, it's also a more pleasant place to live for humans,' Trušnovec says. 'We also try to raise awareness that we're all part of nature, and cities can be even more biodiverse than the countryside.'

Urban beekeeping is also taking off in Paris. Private firms like Apiterra support big companies to attract bees to their roofs, with more than 2,500 hives registered as of last year. And here in London, organisations like Bermondsey Street Bees (BSB) are advising communities on how to keep bees in the heart of the city, as well as

producing honey for restaurants and chefs. But while this is all positive, some experts have warned that it's no

good unless the amount of beefriendly vegetation increases
too. As Sarah Wyndham Lewis
of BSB says, 'London has, by
a factor of three, the highest
population of honeybees
anywhere in Europe, set
against a background of rapidly
shrinking green space.' To make
sure its bees have plenty of room
to forage, BSB is moving them to
brownfield sites in Docklands.

Alvéole, which maintains hives across the USA, donates a percentage of its profits to wildflower-planting schemes, as should all bee farmers. As long as cities plant greenery at the same pace as they set up hives, they could soon be getting a whole lot buzzier.

Sophie Dickinson

Three cool new UK galleries



The enormous immersive one

London isn't the only city going wild for immersive experiences. Opening in May, Coventry's **The Reel Store** will be the UK's first permanent gallery of immersive digital art. Expect huge video projections to cover every wall, ceiling and floor.

The new-look Scottish one

Glasgow's vast **Burrell**Collection will reopen next month after more than five years of closure.
The museum has undergone a hefty refurb, becoming a slicker, more environmentally sound home for its 9,000 works of art. The surrounding Pollok Country Park is pretty epic, too.

The temple-to-spaceexploration one

Jodrell Bank observatory in Cheshire is always worth a visit, but as of May, you'll have even more reason to go: the gardens will now be home to the **First Light Pavilion**, an immersive gallery and projection space that tells the story of the space research centre. ■

Ed Cunningham

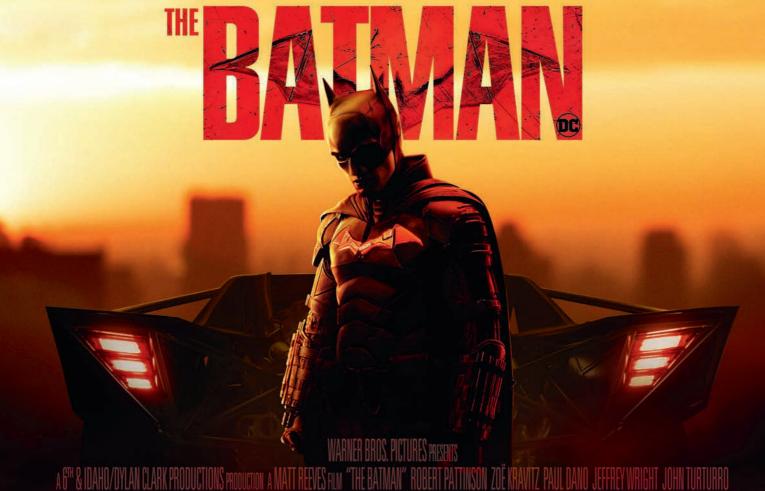
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"THE BEST BATMAN YET"

"LIKE NOTHING WE'VE SEEN BEFORE"



"ABSOLUTELY EUPHORIC" "GRIPPING" SENSATIONAL" "ONE HELLUVA MOVIE"





N CINEMAS MARCH







MY FIRST JOB was at my parents' Chinese takeaway in my Welsh hometown. I was eight years old and I hated it.

I stank of prawns and I had to stand on a plastic stool to reach the counter to be able to serve customers.

Fast forward 15 years, I moved to London and eventually, after 30 years in business, we sold the shop. Looking back, growing up above a takeaway taught me so many life lessons and it helped shape my identity. Since living in the capital, I've found myself going to my local Chinese takeaway every other week to support it. The Chinese woman behind the counter always sneaks in a bag of free prawn crackers with my order (shout out to Wendy at Wing Wah in Leytonstone).

Without takeaways, immigrant families like mine wouldn't have a chance to survive here. They're the backbone of

this city (and this country) and they've been an essential lifeline during the pandemic – staff have risked their own safety to make sure others are fed in times of need. Takeaways are so much more than just a place to get your Friday-night pizza, kebab or curry from: they're hubs, they're communities and they're a British institution. \blacksquare Angela Hui

→ 'Takeaway: Stories from a Childhood Behind the Counter' by Angela Hui is out on Jul 21.



Celebrate London's iconic institutions

Opened in 1968, The Fryer's Delight in Holborn is a proper, old-school chippy with a rich history

A subtle smell of fried food lingers in the air, enough to make your mouth start salivating. There's chequerboard flooring and red-and-green canteen-style booths. The retro menu lists scampi, plaice, haddock, cod, skate, sausage, pickled onion, tartare sauce and, of course, mushy peas. Old clippings from American newspapers and wobbly children's drawings dot the wood-panelled walls. A trip to **The Fryer's Delight** – an old-school chippy in Holborn – is like a real step back in time.

It was opened by the Ferdenzi family from northern Italy in 1968. Thirty years later, its current owner, João Magalhães, took it over. 'I'd already been working behind the counter for four years, so I decided to take out a bank loan to buy the shop,' says Magalhães. 'Now, I run it with my brother-in-law Osvaldo. One of the Ferdenzi brothers, Giuseppe, still works

here, preparing the potatoes in the mornings.'

The pandemic and new parking rules mean the shop has lost a lot of its regular cabbie customers. Magalhães is working 12 hours a day, six days a week to keep things going. 'We used to get a lot of office people, taxi drivers and tourists coming in,' he says. 'Now, it's quiet. It's important to keep on supporting independent takeaways like us.'

There's a reason why this place has kept going for so long: it's steeped in history. None of the fittings have changed since the shop opened – even the original logo of a bowler-hat-wearing fish, designed by another Ferdenzi brother, Robert, is still going strong. 'The old style is what people come for,' Magalhães says. 'It's part of the character.'

Chiara Wilkinson





Chefs' picks

Aman Lakhiani

Chef patron, Junsei
'Ilove the Keralan
restaurants in East Ham and
Ananthapuram is one I always
return to. Try the fried netholi
(anchovies fried in Keralan
spices), which are amazing.'
→ 241a High St N, E12 6SJ.

Meedu Saad

Head chef, Kiln
'Caribbean food is so
comforting and I've been
eating it since I was a kid
growing up. Peppers & Spice
on Tottenham High Road does
it very well, especially the
oxtail, brown stew chicken and
peanut porridge. This place is
an institution.'

→ 541 High Rd, N17 6SD.

Julian Denis Head chef and owner, Mao Chow

'Ararat Bread on Ridley Road is a place of dreams. You can become hypnotised watching the flatbread getting made right before your eyes. As well as doing some of the best bread in town, they also have a small takeaway-only menu of bread with toppings. Cheese bread, meat bread, egg with bread, sesame bread... you get the picture. It's all killer, no filler.'

ightarrow 132 Ridley Rd, E8 2NR.

Sally Abé Chef, The Pem 'There's a great Sri Lankan and South Indian restaurant in Tooting called **Apollo Banana Leaf**. Everything is beautifully spiced and well-balanced.

The aubergine curry is to die for, and the mutton rolls are second to none.'

 \rightarrow 190 Tooting High St, SW17 OSF.

Sean Garrett Chef, The Pig & Butcher

'Ilove the pizzas at **Stef's at Oregano**, just off Islington
Green in Angel: it's close to
work and the crust is delicious.
Iusually get the toscana pizza
with salami, shaved pecorino
and fresh tomato slices.'

ightarrow 18-19 St Alban's Place, N1 ONX.

Adam Handling Chefowner, Adam Handling Restaurant Group

'It has to be **Kishmish**. I order it about five or six times a month. I love Indian food and theirs is full of flavour. I always get three servings of the lamb samosa, they're the best I've ever had!' → 10 Greyhound Rd, W6 8NX.

Sarit Packer

Co-founder, Honey & Co
'One of my favourites
is **Tsunami**, a Japanese
restaurant in Clapham. It
was the first place we ordered

from after lockdown. We were sick of our own cooking. We ordered the prawn shumai and it reminded us how good it was.'

→ 5-7 Voltaire Rd, SW4 6DQ.

Rohit Ghai Chef patron, Kutir and Manthan

'There's a family-run Chinese place called **Hei Hing** in Isleworth. They have great soups, noodles and steamed dumplings, as well as the best satay chicken and crispy duck.' → 14 South St, TW7 7BG.

Lulu Cox Co-founder, SSAW Collective

'Singburi is a truly authentic
Thai café in Leytonstone.
The constantly changing
menu is always full of
colourful, fresh and delicious
food. It's well known amongst
[food] industry folk for its bold
flavours and affordable prices.'
→ 593 High Rd Leytonstone, E11 4PA.







Don't eat meat? This is a doner-free zone



The fried-chicken one Not actual fried chicken, duh. Temple of Seitan serves up chick'n burgers, wraps and wings.

The Indian one
Stoke Newington's
legendary **Rasa** does
ace South Indian
veggie curries, dosas
and snacks.

The Chinese one
Even carnivores will
love Tofu Vegan, a
meat-free Chinese spot
from the folk behind
Xi'an Impression.

Don't forget the condiments

1. Spicy tomato ketchup SpiceBox, £4.95; 2. Bajan Hot Sauce Dalston Chillies, £4.95; 3. Garlic Mayo Rubies in the Rubble, £2.99; 4. Salsa Verde Tacos Padre, £5.50; 5. Eat the Bits Japanese Chilli Oil Tonkotsu, £5.95; 6. Tamarind Ketchup The Woolf's Kitchen, £4.99; 7. Smokey Mayo Patty & Bun, £5.95; 8. SCOTCH BONNET CHILLI JAM; SAUCE SHOP X 12:51, £4.99; 9. Coffee Sriracha Catalyst Coffee, £7







Chefs' picks

Daniel Alt Head chef, The Barbary Next Door 'Carrots + Daikon in Kentish Town is a family-owned Vietnamese place that does the best banh mi in London. I've been going there for years and now my two-year-old daughter comes with me. The lemongrass chicken banh mi is my go-to, but also try the wok-seared beef. The menu is quite small and there are no

→ 10 Highgate Rd, NW5 1NR.

bad choices.'

Ivan Tisdall-Downes Head chef, Native at Browns

'My favourite takeaway is **Maria's Market Cafe** in Borough Market. It's a wonderful step back into the London of old where you can order your caff classics made with produce from the market and then be shouted at like you stole something when your order is ready. If you get called 'darlin', then you know you've been welcomed into the inner circle of customers.'

→ 9 Stoney St, SE1 9AA.

Ferdinand 'Budgie' Montoya Head chef and founder, Sarap Filipino Bistro and Sarap Baon 'Pino's Warung in Camden Market serves some of the best Indonesian food in London. My wife is Indonesian and I've spent half my life enjoying and eating her family's cooking. Pino's satay ayam reminds me of all the family barbecues we used to have at the in-laws'. It's where we go whenever we're missing those family dinners.'

→ Stables Market, NW1 8AH.

Joshua Owens-Baigler
Chef and co-founder,
Angelina and Dai Chi
'I've been going to Four
Seasons in Queensway for
more than ten years. Their
roast duck travels so well it's
good for breakfast the next
day. In the summer, you can
collect and enjoy it in the park.'
→ 84 Queensway, W2 3RL

Sameer Taneja Executive chef, Benares 'Dastaan in Epsom is the one I go for. I order from them at least once a month! Their tandoori broccoli is to die for.' → 447 Kingston Rd, KT19 ODB.

Vivek Singh Executive chef and founder, The Cinnamon Collection 'My favourite takeaway is **Babur** in Brockley – a southeast London institution that's been going for 37 years. They always send three different

homemade chutneys with the poppadoms, which my kids love. My favourite dishes are the coastal lamb bhuna, chicken lababdar, masala fries and the pillowy garlic naans.' → 119 Brockley Rise, SE23 1JP.

Ben Boeynaems Head chef, The Beaumont Hotel 'Dastaan on Kingston Road in Epsom does the most incredible northern Indian cuisine. Stand-out dishes are the red-pepper tiger prawns and pork-cheek vindaloo.'

→ 447 Kingston Rd, KT19 OD.

Avinash Shashidhara Head chef, Pahli Hill 'T'd recommend Esarn Kheaw in Shepherd's Bush. It's a family-run business and the kids and relatives serve. They have been around for more than 25 years serving excellent Thai food.'

→ 314 Uxbridge Rd, W12 7LJ.

IASSALA: ROBGREIG



Run by three generations, Ochi Caribbean takeaway is a community hub

Rihanna. Busta Rhymes. Amy Winehouse. Signed photographs of musicians line the black-and-white tiled walls of **Ochi Caribbean Takeaway** in Shepherd's Bush. 'Whenever Rihanna's in town, she always pops in and says hello,' says Sharon Degannes, who runs the shop. 'She loves curried chicken and white rice, and asks to see me to give me a hug and a kiss.' RiRi is not the only star who's a regular: Stormzy often picks up his favourite order of brown stew fish.

Ochi has been on Uxbridge Road for 26 years. It used to be run by one of Degannes's school friends before she took it over in 2011. The place is known for its jerk chicken, curried goat and oxtail – its specialty dishes sell out almost every day. 'They're all Jamaican recipes,' says Degannes. 'We didn't change the menu at all when we took over.'

As well as having A-listers fans, Ochi is

a firm favourite in the local community.
'Some of our customers have been coming here for donkey's years,' says Degannes. 'Many young kids around here have grown up on our food.' For Degannes, looking after her customers goes beyond just serving them delicious food. If someone's wallet has been stolen, she won't hesitate to help with a cab fare. Or if she hears that a loved one is poorly, she'll send a care package to lift their spirits.

Ochi is a family affair: Degannes runs it with her son, two daughters and three grandchildren. 'It's a lovely feeling seeing the next generation and the generation after that all doing their part,' she says. 'Any family can run a business as long as they respect each other and their customers.'

Chiara Wilkinson

→ 226 Uxbridge Rd. (Sharon is not pictured above as she was unable to attend our shoot due to illness)





TOTTEX FOUNDER Luis Lopez-Smith wanted to create a space for freelance textile workers to do what they love the most, whether that was working with brands like Nike and Gucci, stitching scrubs for the NHS throughout the pandemic or making Black Lives Matter flags for car windows (all of which he has done since he set up the studio in 2018).

After years of working in the fashion textile industry, Lopez-Smith realised London needed a space where creatives could make technical garments with the necessary machinery and know-how. 'That's Tottex,' he says. 'It became this collaborative, creative platform that allowed us to not just be a factory, but to have creative input overwhat we were doing.'

Lopez-Smith set up the first Tottex studio in Seven Sisters, where he and a group of freelancers would work to fulfil projects. But throughout the pandemic, he realised he wanted to shift the studio away from production and towards a co-working facility where people could come up with ideas, work individually and collaborate.

'The main thing when I built this was for it to be a calm and safe space for everybody,' he says. 'That's really rare for people in this industry. If you do something where you only need a laptop, you can go to any co-working space, but there's nowhere that looks after people in fashion textiles.' And so the move to the 230-squaremetre Wood Green studio was made. The space is designed for textile workers but open to anyone

who commits to keeping the studio an inclusive environment, and members range from students to industry professionals with ten years of experience under their belts.

More space to work also means more space to teach. Last December, Tottex hosted workshops for community groups, which will continue this year. Lopez-Smith also hopes to formalise a training programme for anyone interested in making clothes, regardless of background or ability. 'A lot of people are very judgemental in fashion. If you're a learner, it's like "Oh, I don't want to talk to you." Tottex is about sharing and helping people – that doesn't cost you anything and it's a good thing to do.' \blacksquare *Nicole Garcia Merida* \rightarrow Unit 1a, 1 Kingfisher Place, Clarendon Rd, N22 6XF.

Welcome back. Tube it. Bus it. Train it.

#LetsDoLondon

MAYOR OF LONDON



Delicias UK

'A Brazilian-Portuguese delicatessen that stocks a wide range of mouthwatering products from the Iberian peninsula and its South American cousins. Food for the pantry, the kitchen and a café, with the most delicious pastel de natas this side of Sintra.'

→ 280 Wandsworth Rd, SW8 2JR.

Clapham High Steeet -

Orit

Battersea

Power

'Located right opposite Sugarcane, this traditional Ethiopian restaurant is popular with the local Ethiopian community, and first timers. Serving very affordable platters (known as gebetas) in a cosy, friendly environment, it's one of those places you could easily pass by without thinking about going in. But once you've tried it, you're certain to be a return customer.' → 388 Wandsworth Rd, SW8 4TN.

Battersea Arts Centre

'Located inside the ornate Victorian town hall, Battersea Arts Centre hosts a variety of shows and performances for visitors of all ages. It has a fascinating history too, most recently experiencing a devastating fire in 2015 and reopening in 2018. A key creative hub in the area.' → Lavender Hill, SW11 5TN.

Wandsworth Road

401 1/2 Studios

'Might be a little biased here as this is where I'm based, but $401 \frac{1}{2}$ Studios is a quaint cultural hub, tucked away just off Wandsworth Road. Home to a wide range of artists, the converted Victorian warehouse celebrated its fiftieth anniversary last year and hosts open days and gallery shows a few times each year.'

→ 401 Wandsworth Rd, SW8 2JP.





The Crown

'Heading up into Clapham, this pub, which houses a hostel, is a great local spot that also brings in a fair amount of travellers. The owners have cultivated a great atmosphere, with all the typical aspects of a traditional English pub, done very well.' → 102 Lavender Hill, SW11 5RD.

Room 43

'This is a lovely spot that not only serves up excellent homecooked Iranian food (made with locally sourced ingredients), but also has live jazz every weekend. Plus, there are comedy nights on Wednesdays a delight.' → 43 Lavender Hill, SW11 5QW

Wandsworth Road



Picked by local artist Rebecca Campbell. → www.rebeccacampbell.co.uk

ImeOmi.



Time Out's Love Local campaign supports local food, drink and culture businesses in London. Find out how you can help the places that make our city great. timeout.com/lovelocallondon

Wandsworth Road's proper community restaurant

Sugarcane London founder Chef Tee built the joint with his own hands, and the locals love it – and him

OPENING A RESTAURANT five months into a global pandemic

would give most business advisors a coronary, but Caribbean eatery Sugarcane London on Wandsworth Road has not only survived, but thrived. More impressive still is that the owner and head chef Tarell Mcintosh (known as Chef Tee) did most of the building work himself. 'Sugarcane London is my home,' he explains. 'So much of it was made by me.' Even the signage was hand-painted by him. The pictures on the walls are in frames from his degree

certificates.

Sugarcane London represents its community. Chef Tee grew up in

care, and so do a lot of his staff.

He discovered his love for the restaurant business when he worked at a café at 17. He was inspired and progressed to Michelin star restaurants. 'At each place I was just taking a little bit of knowledge – reservations management, ordering and things like that,' he says. 'Eventually, I said: I want to do it myself.' At the age of 20 he set up Sugarcane London in his home.

Though it didn't last, it planted a seed. Six years later, he walked past what is now Sugarcane London and

the story proper began.

It's been a rocky 18 months since then, with a break-in that left Tee thousands of pounds out of pocket. A series of typically candid posts on Instagram sparked a wave of support, with a GoFundMe appeal that raised more than £10,000.

Sugarcane London is Tee's home from home, and its unpretentious atmosphere is at its core. The restaurant is now visited by the likes of Jay Rayner and Tom Kerridge. 'I know all the customers,' Tee says. 'On my vision board it says "growing my family" and my family is the wider community. Look what they've done for me. If it wasn't for them we wouldn't be here.' ■ Marcus Barnes → 517 Wandsworth Rd, SW8 4PA.

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The Perseverance

What is it? Mixing up Martinis in a fancy Marylebone setting. Why go? These drinks are as famous as James Bond himself. And while we'll avoid commenting on his casual sexism, we will stress that you can shake and/or stir a classic, Vesper and Dirty Martini at this experience.

Wait, how much? Normally you'd have to shell out £50, but we've got it down to just £19. You're welcome.

→ Shroton St, NW1. www.timeout.com/martinis

Crowne Plaza Marlow

What is it? A weekend package at a lovely luxury hotel with your choice of extras.

Why go? It's been a bloody stressful month, and you need a break now more than ever. Make the most of spa facilities, posh restaurants and hot brekkies at this quaint escape. Wait, how much? Prices are between £125 and £189, which is a saving of around 34 percent.

→ Marlow, Buckinghamshire. www.timeout.com/crowne

ComptoirV

What is it? Unlimited prosecco and vegan pancakes.

Why go? Stacks upon stacks upon stacks. Chow down on sweet creations smothered in maple syrup and berries or chocolate-hazelnut praline, or push the boat out with savoury American-style pancakes, topped with whatever a vegan egg looks like.

Wait, how much? Asnip at £25. → Kensal Rise and Fulham. www.timeout.com/ comptoiry

The Clock N8

What is it? Athree-course meal with a glass of fizz.

Why go? Because we all want to know what the heck 'modern British cuisine'is. Deconstructed fish and chips? Roast dinner gazpacho? Or just braised ox cheeks with creamy garlic potatoes?

Wait, how much? While it doesn't have the charm of beans on toast, it looks pretty good. Oh, and it's just £18.50 per person.

→ The Broadway. www.timeout.com/clockn8

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Carnival antics

S Brazilian Carnaval 2022

Soak up the spirit of Rio's legendary Carnaval in all its pulsating, glitter-coated glory at the Clapham Grand's raucous Sunday party. There'll be live music courtesy of the London School of Samba, plus DJs spinning danceable Brazilian hits. But that's not all! Expect colourful carnival decor, facepainting and acrobatics, as well as authentic Latin American street food and cocktails for sustenance. Can't wait until Notting Hill Carnival returns in August? Grab a caipirinha and go louco! → The Clapham Grand. Feb 27. From £9.

⊕ ¡Carnaval Celebração!

High-end restaurant Sushisamba is serving up Carnaval entertainment at both of its London locations this week to accompany its colourful menu of Japanese, Peruvian and Brazilian fusion food (it's better than it sounds). Expect Carnavalinspired specials, a caipirinha cart shaking cocktails at your table, thunderous batacuda drumming and hip-swaying samba dancers at several events across the weekend, including a raucous Baile

da Arara costume party on Saturday. Where better to celebrate Carnaval than a place that has the word samba in its name?

→ Sushisamba Covent
Garden and Heron Tower.
Feb 24-27, Free entry.

6 Movimientos Carnaval Special

Latin American party crew Movimientos is returning to Brixton haunt 'The Hoot' for its annual Carnaval celebrations, where London samba collective Tribo, acclaimed Brazilian singer Aleh Ferreira and nine-piece band Leoa will be taking you on a sonic tour of Brazil, before DJs keep the grooves going until 3am.

→ Hootananny Brixton. Feb 26. £11.20.

© Southern Comfort presents Mardi Gras with Cirque du Soul

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whisky liqueur
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Comfort brings
a taste of New
Orleans' iconic
Mardi Gras
elebrations to Londo

celebrations to London for this raucous party

in collaboration with circusthemed club night Cirque du Soul. Ewan McVicar, Jaguar and Weaver Bros will be spinning tunes on the night, with the bar serving up SoCo cocktails and slushies, which you can soak up with traditional po' boy sarnies. Sequins, feathers and colourful attire is encouraged, and make-up artists will be on hand to help you perfect your carnival look. If you're finding glitter in weird places for days afterwards, that just means you did it right!

→ 26 Leake Street. Feb 26. £12.

10 New Orleans Mardi Gras

Pop-up speakeasy The Candlelight Club will be paying tribute to the birthplace of jazz at this Prohibition-era Mardi Gras party. The Candid Jug Orange band will be regaling guests with traditional Louisiana tunes and there'll be cabaret from some guy called Champagne Charlie, with fortunetelling in the basement. Classic New Orleans cocktails and snacks will provide the evening's fuel. Dress code: Jazz Age glam.

→ Secret central London location. Feb 26. £25.

Carnaval 2022

Culture fests

© Collect

The Crafts Council's hefty art fair returns to Somerset House for its annual celebration of contemporary makers. All disciplines are represented from tapestry to neon work, and goldsmithing to lacquerware - so there's plenty to tempt casual craft fans and serious collectors alike. Each artist will be presenting their work in person, and there'll be a packed programme of talks for those looking to pick up some tips. → Somerset House. Feb 25-27. From £24.

S Love Is Attention

Curated by Deptford native and Mercury nominee Dave Okumu, this month-long gig series is Lewisham's first big event as Borough of Culture, and features an impressive roster of local musical talents large and small. Head down to Matchstick Piehouse each Thursday for collective Steam Down's weekly showcase of local artists, or book for one of the many cracking one-off gigs around the borough, starting with Ezra Collective's Joe Armon-Jones at The Albany on March 6. Jazztastic. → Various venues. Mar 2-30. Prices vary.

S Found Arts Festival

In 2019, the Greenwich and Lewisham Young People's Theatre changed its name, and lo, Tramshed was born. These days the community arts hub puts on all sorts of awesome events, including the inaugural Found Arts Festival. Get vourself to Woolwich and vou'll find a load of emerging performing artists collaborating, improvising and generally being creative. Nonparticipants needs not feel left out: each night ends with a big show the public can watch.

→ Tramshed. Mar 4-19. Prices vary.

News For You' regular Phil Wang, who has invited pals including Suzi Ruffell and Ivo Graham to perform on the bill with him. There'll also be themed cocktails and sharing bits to munch on between chuckles.

National Comedy Awards

→ The Clapham Grand. Feb 25. From £22.

Camden's iconic circular venue the Roundhouse plays host to this free event featuring some of the UK's best-loved comedians,

all appearing in a bid to raise money for Stand Up to Cancer. Turn up to watch an as-yetunannounced roster of comedy greats walk the red carpet, do some jokes and collect trophies. Having a laff while funding life-saving medicine? For free? We

> can get behind that. → Roundhouse. Mar 2. Apply for free tickets at sroaudiences.com



O Soane Lates: 'Gods. Myth and Ritual'

The ancient Greek and Roman treasures of Sir John Soane's vast collection will be brought to life at this immersive late opening of the neoclassical architect's home. Guests will be able to journey into the crypt to experience the sights and sounds of the Underworld before travelling through the labyrinthine corridors of the Holborn property to discover 2,000-year-old artefacts and hear classical readings. The odyssey will end with themed cocktails in the upstairs drawing room. Sounds quite literally epic.

→ Sir John Soane's Museum. Feb 25. £25.

© Tate Modern Late

Female-fronted radio station Foundation FM will be taking to the decks at this International Women's Day-themed edition

of Tate Modern's monthly late opening. There'll be

plenty of workshops to join, including a letter-writing session inspired by the Guerilla Girls' 1986 work 'Dearest Art Collector' and an opportunity to contribute to machine-

learning researcher and artist Caroline Sinders's current project Feminist Data Set. And you can also catch a talk by art historian Aindrea Emelife about her new book 'A Brief History of Protest Art', and a screening of Marin Håskjold's short film 'What Is a Woman?'.

→ Tate Modern. Feb 25. Free



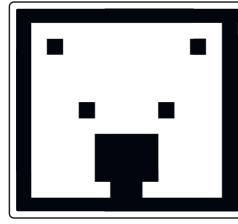
Comedy

Selive at The **Clapham Grand**

Abunch of funny people off the telly will be gracing the stage of Clapham's historic theatre for this new monthly comedy night. February's edition is hosted by 'Taskmaster' and 'Have I Got

Time Out London F





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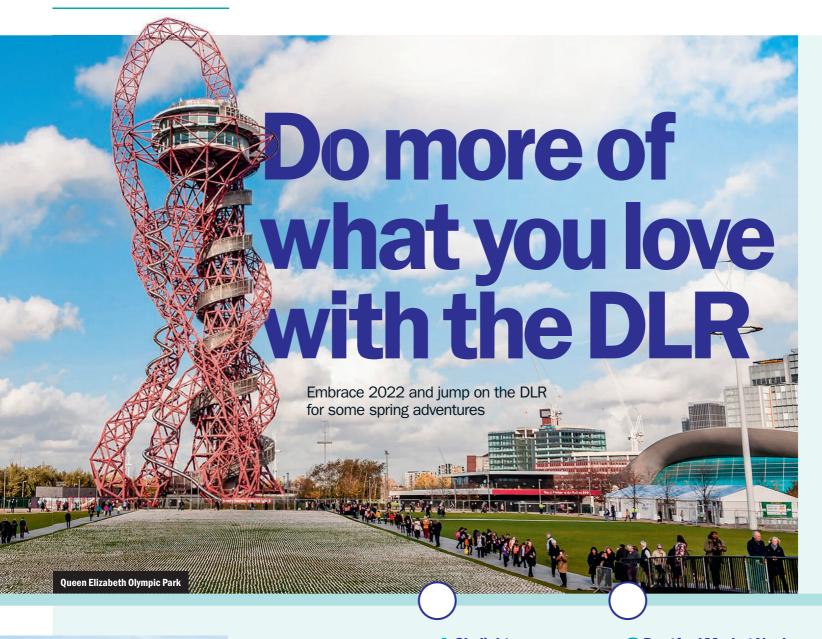
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icture the scene: a crisp, sunny morning towards the end of winter, with spring on of the DLR train, taking in the best views. Lovely. But where are you

Skylight

One of the most atmospheric rooftop bars in London, Skylight

Deptford Market Yard

If you don't live nearby, you might not be aware of all the quirky, independent spots here. Discover musical treasures at edgy record store Disc World, find your flow at The Yoga Room, catch live music at AAJA Deptford or pop into Little Nan's for a cocktail.

→ Deptford Bridge DLR. Free entry.

Queen Elizabeth Olympic Park

Can you believe that the London Olympic Games was a whole decade ago? Since then, its home has become a pretty, fun-packed destination, whatever you're into. Grab a Santander Cycle and explore Stratford's paths, gardens and waterways, or brave the world's longest tunnel slide at the ArcelorMittal Orbit.

→ Stratford DLR. Free entry. £11.50 for the slide.



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| Electric Shuffle There's more to this

spot than sliding digipucks in a modern version of the oldschool pastime shuffleboard: there are loads of different games to play and the vibes are superfun. If you're working in Canary Wharf, it's an ideal spot to hit up before you whizz home on the DLR.

→ Canary Wharf DLR. From £14.

St Dunstan-in-the-East The City might feel like a steel and glass labyrinth, but St Dunstan is an atmospheric oasis of calm that feels like being in

> limbo between centuries. The former church was bombed in WWII and its ruins - now enmeshed with leaves and vines are a perfect spot to hang out. A key pick for the goths

among you. → Tower Gateway DLR. Free entry.



St Dunstan-in-the-East land to admire the fabulously dramatic Thames Barrier than at its beautiful adjacent park. The lush 130-foot-long sunken garden, known as the 'Green Dock', was designed to reflect Newham's dockland history, but also creates a wind-protected place for plants and wildlife to thrive.

→ Pontoon Dock DLR. Free entry.

Emirates Air Line

Get a new perspective on life (or London, at least) from your own private cable car. Perfect for some family fun or a cute, affordable date, Emirates Air Line will have you soaring 90 metres above the Thames in a 20-minute round trip. You can pre-purchase your ticket online, too - search 'TfL Emirates Air Line'.

→ Royal Victoria DLR. From £4.

Mudchute Park and Farm

If you want some calming rural vibes via Oyster card, go to Mudchute on the Isle of Dogs. It's an ideal place to explore countryside life without leaving the city. Cows, pigs, sheep, llamas, goats, donkeys: all are here! → Crossharbour DLR. Free, donations welcome.

Museum of London **Docklands**

Did you know that when Old London Bridge was pulled down, back in 1831, parts of it were turned into knives and forks? That's just one nugget of wisdom you'll uncover at this enthralling museum in Canary Wharf, which takes in the capital's watery history, from seventeenthcentury pirates to the Blitz.

→ West India Quay DLR. Free entry.



Electric Shuffle

There's no better place on







THREE OF THE BEST

LGBTQ+ History Month

Celebrate London's vibrant queer history at these events and exhibitions



LGBTQ+ History at the Museum of London

Explore almost 2000 years of queer London history via objects in the Museum of London's collections at these weekend drop-in sessions, where you can learn about everything from Roman romances to the founding of Pride.

Museum of London. Feb 26-27. Free.



A Dash of Lavender

London's oldest botanical garden has collaborated with Queer Botany to explore the many potent symbols of queerness found in nature via a series of talks, workshops and a self-guided garden tour you can do any time in the month.

→ Chelsea Physic Garden. Until Feb 28. Free with entry.



'Out and About! Archiving LGBTQ+ History'

Taking over The Curve gallery as part of the Barbican's fortieth birthday season, this installation will highlight 40 key moments in London's queer history through objects and media from the Bishopsgate Institute's collections.

→ Barbican. Feb 28-Mar 21. Free.

Find more queer culture at **timeout.com/lgbtq**

Mega club nights

9 Jon Hopkins Curates

Jon Hopkins is one of those rare producers that can bend synths and keys to sound like an entire orchestra. He's curating Fabric's Room One line-up for a night of auditory indulgence fuelled by some of the most interesting artists around, culminating in a headline set from the

south London-born musician himself. And if that's not enough, New Zealand duo Chaos in the CBD and emerging London selector Debonair will be bringing the grooves to Room Two until 6am.

→ Fabric. Feb 26. From £20.

Moxie (All Night Long)

We've been giving Brixton nightclub Phonox a lotta love on these pages of late for the excellent curation of its monthly residency series. Following high-temposelector Sherelle in February, fellow Londoner and former Radio 1 DJ Moxie will be taking the reigns in March, starting with this marathon all-night solo set. Tickets are on final release already so grab 'em quick!

→ Phonox. Mar 4. £20.

When Tottenham

The Cause: **Off Radar**

club The Cause closed its doors on New Year's Day, the gang behind the beloved venue promised us it wouldn't be the end. And while they're still searching for an ideal permanent location, they were never going to leave us hanging for too long. Ahead of a just-announced three-day seaside festival in May, the club will be throwing a series of mysterious satellite raves around London. In $classic\,Cause\,fashion, the\,venues$ and line-ups are secret, but expect a stripped-back, no-thrills vibe, big-name appearances and things to carry on way past the advertised closing time.

→ Venues TBA. Mar 5. From £12.50

6 'Beatrix Potter: **Nature lovers Drawn to Nature**

W Kew Gardens Orchid **Festival**

Kew Gardens' colourful celebration of the orchid is back for its twenty-sixth year, this time with a focus on the plant life of botanical hotspot Costa Rica. The Princess of Wales



significant anxiety in your childhood, you'll love the V&A's new exhibition about the inspiration behind Beatrix Potter's famous stories. Created in collaboration with

Literary hits

• Meet Jessie Ware at **Waterstones Piccadilly**

You might know her as the soulful singer behind a bunch of cool electropop hits, but Jessie Ware has plenty more strings to her bow. The Mercury nominee's weekly podcast Table Manners is a huge hit, with the likes of Billy Porter and Emily Ratajkowski discussing food, family and plenty more with Jessie and her

mum. And now she's gone and written a book inspired by the podcast. Say hello to the multi-talented Londoner as she signs copies of her heartfelt memoir 'Omelette'. Tickets include a copy of the book.

→ Waterstones Piccadilly. Feb 24, £10, includes book.

© Comic Con **Spring**

The year's first big whack of cosplay, geek culture and general fandom arrives this weekend, with a whole host of comic creators putting in appearances, from The Beano cartoonist Nigel Parkinson to Marvel illustrator John McCrea. Some genuine stars of the screen will be available for meet-and-greets too, including Richard E Grant, Celia Imrie, Harriet Walter and the current Doctor. Jodie Whittaker. Nerds, assemble! → Olympia London. Feb 26-27. From £16.



Conservatory has been filled with the sights, smells and sounds of the country's diverse habitats, including a specially commissioned ambient soundscape. And there'll even be Costa Rican street food on offer to really make you feel like you've been transported to sunnier

climes. → Kew Gardens. Until Mar 6. Free with entry. Beatrix Potter, 'Drawn to Nature

the National Trust, and featuring plenty of objects from the charity's collection, this family-friendly exhibition traces the author and conservationist's lifelong love affair with the Great British Outdoors, and

features loads of lovely sketches of Flopsy, Mopsy, Cottontail and the rest of the gang. → V&A. Until Sep 25. £14.

• Marlon James: 'Moon Witch, Spider King'

In 2015, Marlon James became the first Jamaican to win the Man Booker Prize with his novel 'A Brief History of Seven Killings'. He arrives at the Southbank Centre on his latest book tour, where he'll discuss the second instalment of his Dark Star Trilogy, and African mythology, fantasy and history, with journalist and curator Ekow Eshun.

→ Queen Elizabeth Hall. Mar 2. From £15.

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national treasure (Jim Broadbent) playing another national treasure (Geordie cabbie, social campaigner and wannabe playwright Kempton Bunton), who was accused of stealing another national treasure (Goya's 'Portrait of the Duke of Wellington') from the National Gallery in 1961.

The setting harks back to an era of British life that suddenly feels a lot less distant. With the

experience of lockdowns and that Clap for Carers communal spirit fresh in all of our minds, it's dead easy to rally behind Bunton's quixotic efforts to secure free TV licences for pensioners – and even his roundabout route to wanted art thief. Access to the telly is, he reasons, the only link many elderly citizens have with their fellow Brits – and the world at large. Stealing the portrait might just get the attention of the nation.

Before the plot gets anywhere near its 'Thomas Crown'-esque middle stretch, in which the painting is pinched in a nocturnal raid via the gallery bins, co-writers Clive Coleman and Richard Bean take time to set up Bunton and his long-suffering wife, Dorothy (Helen Mirren, dialling back to give extra space to her co-star), as a couple in working-class Newcastle. Fionn Whitehead ('Dunkirk) is an energetic

→ Director Roger Michell (12A). 95 mins. Out Feb 25.



presence as the couple's supportive

Soon, Kempton is fired from his

taxi company for giving free rides to

struggling locals and running foul

of TV licensers for jerry-rigging his

channels. 'It negates the imperative on me to pay the licence fee,' he

telly so it only shows commercial

harrumphs. 'It's an unfair tax on

ordinary people, especially the

oldies who can't afford it.

but reckless son, Jackie.



All the latest films reviewed at timeout.com/film

For 'The Duke' to work, Bunton needs to be likeable even when he's being pig-headed and annoying. Enter Broadbent, an actor who could play a despot and make you wish he was your uncle. He and Mirren have a lovely chemistry as a couple tethered by a shared sorrow and a deep love. This portrait of a weather-beaten but resilient marriage could slip by as unnoticed as the beige wallpaper in their terraced house, but in these fine actors' hands it hits you in the feels.

Bunton's socialist philosophy - 'I am you, you are me', as he frames it - is articulated best by his defence barrister (Matthew Goode) as the film heads into courtroom-drama mode. But he's the exception in a film where social standing isn't the barrier to smarts, ambition and culture that the powers-thatbe think it is. 'The Duke' has fun throughout in leaping back and forth across that social divide to show a ruling class too snobbish to imagine the culprit could be anything other than a gang of international art thieves. We're shown a clip from 'Dr No' on the Buntons' TV to reinforce that unconscious bias that it's Bond villains, not cabbies who steal priceless art.

The late director Roger Michell ('Notting Hill') maps out this world of fuming officials, foiled cops and uncaring newspaper editors with a mix of sincerity and sly humour, giving domestic events equal billing with national ones. One token racism subplot aside, it juggles big ideas of social justice with more intimate moments of family life beautifully.

Most of all, and very much in the spirit of classic Ealing comedies like 'The Lavender Hill Mob' and 'Whisky Galore!', his final movie is about the little man sticking two fingers up to the establishment. It might even restore your faith in the social contract - at least, until you remember that they just got rid of free TV licences for the oldies. Maybe the National Gallery should double security?■



By Phil de Semlyen Who would probably nick the one with all the sunflowers.



Ali & Ava



ALI AND AVA are struggling when writer-director Clio Barnard's bruised peach of a realist romance introduces them among Bradford's terraces. They're both middle-aged and both recovering from relationship break-ups that have swept their past certainties away. The future is a blank canvas that they'd never intended to need to fill.

Ava (Claire Rushbrook, hitting her 'Secrets and Lies' form) has reached her fifties with an abusive and now deceased ex behind her, whose memory is guarded by her grown-up son like a pit bull. The dad was a shit but Ava is desperate to shield her son and his sister from that fact. There are also five grandkids to think about.

She works in a school and it's there that she meets beanie-clad Ali (Adeel Akhtar from 'Four Lions'). He's a British-Pakistani man dealing with the disintegration of his marriage. When he gives Ava a lift, you can feel their shared loneliness

> ease. They're soon bonding over the Buzzcocks and squabbling about whether you can dance to country. Music is the glue that bonds them - via a mad jukebox of Dylan, Daniel Avery, Irish folk and Sylvan Esso.

> 'Ali & Ava' is set in a recognisable Clio-Barnard-iverse that'll feel familiar to anyone who knows her films. There's a nod or two to the hardscrabble, horse-and-cart world of 'The Selfish Giant', as well as the formal daring of 'The Arbor'. But this is her most welcoming film so far, spearheaded by two soulful performances. Rushbrook anchors it all as the big-hearted Ava, while Ali's jovial vibes and ready zingers soften a lingering melancholy that's eventually dispelled altogether in a big hug of a finale. It's cheesy, sure, but it'll leave you with a spring in your step. ■ Phil de Semlyen

WHAT IS IT...

A sparky, funny midlife romance from the director of 'The Arbor'.

For Adeel Akhtar from 'Four Lions' dancing to Daniel Avery on the roof of his car.

Director Clio Barnard (15).94 mins. Out Mar 4.

LONDON ON SCREEN The café from 'Quadrophenia'

The location 4-6 Essex Road, N1.

The scene Jimmy Cooper (Phil Daniels) joins the mods, hoovering up drugs and chanting songs by The Who. His gang park their scooters outside this greasy spoon, plotting how to beat up the rockers over fried egg sandwiches.

Then Built in the Georgian era, this Grade II-listed building has a striking '40s art deco shopfront. It was called the Cosa Nostra Café between 1920 and 1949, before being renamed Alfredo's, until it closed in 2000. 'Although confrontations between mods and rockers in the 1960s usually happened in seaside resorts,' says architectural historian Edmund Bird, 'Islington had its fair share, too. It was still largely a working-class borough, before gentrification began to gather momentum. Franc Roddam's 1979 film was honouring history by filming at this café, which had barely changed aesthetically since the '60s.

Now For the last 11 years, the former café has been a bistro called Meat People, specialising in Argentinian steaks and empanadas. Jimmy wouldn't recognise it, but look close enough and it's easy to imagine a sea of flat shoes and green military parkas. ■ Thomas Hobbs





ALSO OPENING



CYRANO

Peter Dinklage is romantic hero Cyrano de Bergerac in this earnest take on the 2018 stage musical. The poetic Cyrano ghostwrites love letters for Christian (Kelvin Harrison Jr), while secretly yearning for the object of those affections, Roxanne (Haley Bennett). That love triangle is well-served via its trio of stars, and if the songs – by members of The National - are muted, director Joe Wright stages them with flair. It's a film that wears its heart on its sleeve - even when Cyrano keeps his hidden. Cathy Brennan → Out Feb 25



THE SANCTITY OF SPACE

A film that needs a trigger warning for vertigo sufferers, this spectacular but shapeless doc takes you into the rarefied air of Alaska's Denali (fka Mt McKinley) for a pair of stories of derring-do. The best one records the exploits of alpine photographer Brad Washburn, who mapped out the mountain's peaks 80 years ago. Less gripping are the trio of climbers who attempt one of the treacherous routes he'd plotted, while grousing about how the mountain 'is taking more than it gives'. It's a mountain, lads. Phil de Semlyen

 \rightarrow Out Mar 4.



LA MIF

Social worker-turned-director Fred Baillif uses a cast of newbie actors to give an insider's look at a Geneva care home for teenagers. A compassionate vérité drama, it zeroes in on the teens, including orphan Audrey, in trouble for having sex with a younger boy, and the staff struggling with impossible choices. An ill-advised 'Rashomon'-style structure eats up runtime and the ending dips towards melodrama, but 'La Mif' (slang for 'the fam') is sensitively written and superbly acted. David Hughes

→ Out Feb 25.



THE GODFATHER

Here's an offer you can't refuse: one of the greatest films of all time back on the big screen for its fiftieth birthday. Francis Ford Coppola's 1972 crime opus remains a tale of Mafia folk, incorporating a horse's head and heartwarming family occasions, as well as pointers on how not to behave in your local trattoria (ie blasting your co-diners' brains all over their fettuccine). With Marlon Brando iconic and Al Pacino charting Michael Corleone's rise $from\,innocent\,to\,villain, it\,all\,stands$ upgloriously. Geoff Andrew → Out Feb 25.

DUADROPHENIA NOW: JESS HAND; CYRANO: PET ER MOUNTAIN; SANCTITY OF ÖZTURK; LA MIF: BHI DISTRIBUTION; GODFATHER; PARAMOUNT PICTURES



Return of the Mac

'Cyrano de Bergerac'



YUP, YOU HEARD it. London's hottest ticket is a middle-aged white man rapping. That man is James McAvoy: booted and buzzcut like a Glaswegian squaddie and stripped to the waist. For nearly three hours he spits fire, spraying lyrical pearls at his enemies, nailing rap battles and chucking his battered heart beneath the feet of the woman he loves, Roxane.

McAvoy is Cyrano: winner in words, loser in love – and he's shit hot. Adaptor Martin Crimp and director Jamie Lloyd have pulled off something improbably brilliant to get him here: taking Edmund Rostand's frilly old French verse drama about a mournful musketeer with a massive nose and reinventing it as 'Hamilton' for Europeans.

Writers are fighters and the word is everything in this firecracker show about passion, rejection, and the crazy genius of speech. The rapiers, intrigue and censorship of Cardinal Richelieu's Paris, circa 1640, are modernised as razorsharp banter about love, sex, and – nudge, wink

– cultural appropriation. Duels are fought as rap battles or slam contests. And it all happens on a stage that's blank and white as an unwritten page.

Director Lloyd and designer Soutra Gilmour have had the sense to get out of the way, to let the words and actors shine. And they dazzle. The Big Mac is backed up by a massively talented cast of actors and beatboxers who look and feel like London now: brown, black, white, queer, wised up – with easy quick banter and a mad flow. There's so much energy here, and it can switch in a beat from locker-room sass to earnest studenty debate.

The plot is melancholy and ludicrous: ugly, brilliant Cyrano burns for his beautiful, smart cousin Roxane (a wonderfully strong Evelyn Miller), but she likes a pretty face, Christian (Eben Figueiredo), who can't string a sentence together. Cyrano lends Christian the words to woo her, culminating here in a hilarious then heartbreakingly intense scene at Roxane's window, where McAvoy switches accent from

his usual hench Glaswegian to Christian's soft south London, faking it so his friend can make it, but revealing his true feelings.

And as for the nose? No Gerard Depardieustyle extensions here. This Cyrano's 'ugliness' is a metaphor: maybe even an artist's blessing and curse. When invited to sell out and become a published playwright, he says he needs to 'isolate meso I can create'. Which brings us to another crux: adaptor Crimp, a bleak, formally experimental playwright who is, as they say, 'big in Germany' has, in his sixties, written an absolute banger. It's a pleasure to see it brought back to life by McAvoy and co following its inaugural 2019 run. If this is the sound of middle-aged white guys rapping, then maybe more of them should give it a go. ■



By Caroline McGinn

ho absolutely cannot abide sucker MCs.

EXPERIENCE THE MAGIC OF DISNEP ON STAGE







The Forest



WITH 'THE FOREST', French playwright Florian Zeller truly cements his status as the M Night Shyamalan of tense domestic dramas about upper-middle-class French people. He writes shortish, accessible plays that are essentially extremely middlebrow, but also furiously gripping, largely because there's always a bloody twist.

'The Forest' starts how you expect it to: innocuously. We meet the protagonist, played by Toby Stephens (his official billing in the script is 'Man 1', though he appears to be called Pierre). He is a successful senior doctor who has just got home to his elegant wife (Gina McKee, billed as 'Wife' but probably named Laurence). At one point, attention is drawn to a bouquet of flowers on the table: they're a thank you for successful surgery on a patient.

Next – in a higher, previously concealed section of Anna Fleischle's box-of-tricks set - we meet another middle-aged man (Paul McGann, aka 'Man 2') in bed with Sophie (Angel Coulby), the sparky young woman he is having an affair with. The scene is relatively sunny and sedate, though she becomes somewhat agitated that he won't break things off with his wife.

Then we're back in the home of McKee and Stephens's characters. They have some guests round for tea. All pretty ho-hum. Except,



inexplicably, McKee gives their friends a drastically different explanation for where the bouquet of flowers came from.

It becomes apparent that we're not seeing objective reality: scenes repeat and replay constantly with subtle changes or switches in the casting. The actor Finbar Lynch appears as... somebody. The script refers to him as 'The Man in Black': he's a malevolent figure in whiteface make-up who seems to variously fulfil the role of a cop, a psychiatrist and a demon.

In Jonathan Kent's production it all makes for a slick, gripping one hour and 20 minutes. The thing is, unravel the structure, and the actual story we're left with is incredibly pedestrian, a bland ITV potboiler. That's not to say we should discount the narrative tricks, which clearly elevate the play, and are indivisible from it. But there are diminishing returns to a playwright who tries to pull the same trick each time. Zeller's plays are efficient and riveting but I'm always left with the same question: is that it? ■ Andrzej Łukowski

Running with Lions



**** The Chairs



WHAT IS IT.

Sian Carter's debut play about a grieving Black British family.

WHY GO.

It's beautifully written and acted: Carter is real one to watch.

> Lyric Hammersmith. Until Mar 12. £15-£42.



THIS IS QUITE the debut from playwright Sian Carter, a beautifully observed drama about a British-Jamaican family struggling to face up to tragic events.

In an opening flashback scene set in 2004, we meet Gloria (Velile Tshabalala) and Joshua (Nickcolia King-N'da), an almost supernaturally harmonious brother-and-sister duo who are fondly bidding each other farewell as she prepares to move out of their parents' house.

Everything looks peachy... but then we skip forward to the present day. Gloria is about to return from a psychiatric institution, and Joshua has ominously disappeared. The focus shifts to their elderly Windrush Generation parents, old smoothie Maxwell (Wil Johnson) and prim-and-proper Shirley (Suzette Llewellyn), as well as Gloria's bright young daughter Imani (Ruby Barker), who has been living with her grandparents.

'Running With Lions' is a drama about picking up the pieces, and how hard it is for a group of people who love each other to know how to treat each other. It is not formally unusual in any way, but in Michael Buffong's assured production it is absolutely beautifully observed. At the heart of it is the relationship between Tshabalala's damaged, vulnerable, somewhat self-absorbed Gloria and Llewellyn's Shirley, forever in denial about the state of her daughter's mental health. It's as fine and empathetic a first play as you'll see all year. ■ Andrzej Łukowski

WHAT IS IT...

A classic absurdist comedy about an old couple and lots of furniture.

WHY GO..

It's very funny, and Kathryn Hunter is hypnotically weird.

> Almeida Theatre. Until Mar 5, £10-£48,50



EUGENE IONESCO'S 1952 comedy 'The Chairs' is one of those classic absurdist European texts that everyone feels like they probably ought to know, but very few people have actually ever seen a production of.

Until now!

As you'd hope, Omar Elerian's production features chairs, and lots of them. At an event thrown by an elderly married couple - Magni Marcello's Old Man and the extraordinary Kathryn Hunter's Old Woman – they're used to represent the guests, in lieu of additional actors. In what looks like a crumbling music hall, at the beginning the couple are simply talking to the spaces where people should be sitting; by the end they're piling a roaring torrent of new seating on stage to accommodate the throng, tossing chairs around with balletic abandon, while other seating receptacles are seemingly moving themselves across the now spinning stage. It's an elaborate and entrancing spectacle.

Fresh from playing all three witches in Joel Coen's 'Macbeth', cult fave Hunter is wonderful in an orange wig and oversize dress, her eyes wide with a truly remarkable mix of childish innocence and withering contempt as she attempts to chivvy along her husband.

It's a very playful take on the original, which may infuriate those looking for something more faithful. But I had a blast, and whether or not you agree, any opportunity to see Hunter do her thing is always a treat. ■ Andrzej Łukowski



King Lear

Currently wowing London in comedy 'The Chairs' (see p39), this summer actor Kathryn Hunter switches gears to take on the role of Shakespeare's mad king at the Globe, a perfect fit for this wildest and weirdest of performers.

→ Shakespeare's Globe. Jun 10-Jul 24. £5-£62.

DANCE THIS WEEK



ATALE OF TWO CITIES

Leftfield touring company Lost Dog brings a radical dance remaking of Dickens's classic novel of the French Revolution, in which the surviving characters from the book attempt to recreate its events and address their trauma.

→ The Place. Feb 23-Mar 5. £20. £13 cones.

ROMEO AND JULIET

This is your last week to catch the latest Royal Ballet outing for Kenneth MacMillan's extremely long-running, highly beloved take on Prokofiev's ballet: it's been in the repertoire since 1965, and will doubtless return soon.

→ Royal Opera House.
Until Feb 25. £10-£91.

SATURDAY NIGHT FEVER

This disco musical is staged under the auspices of Sadler's Wells at its West End outpost the Peacock. It features trillions of classic Bee Gees tunes, plus all-new disco choreography from Bill Deamer.

→ Peacock Theatre.
Until Mar 26. £25-£75.



The best new theatre shows coming to London this fortnight



But I'm a Cheerleader: The Musical

Yes, it really is a stage musical version of the cult '90s queer high-school movie satire. Megan's parents suspect she's a lesbian, so bundle her off to a conversion therapy camp where she discovers that yes, she is.

→ Turbine Theatre. Until Apr 16. £32.50.

The Collaboration

In 1984, an ageing Andy Warhol persuades rising star Jean-Michel Basquiat to collaborate with him. Kiwi playwright Anthony McCarten imagines their New York workshops together. Paul Bettany plays Warhol, with Jeremy Pope as Basquiat.

→ Young Vic. Until Apr 2. £10-£50.

Henry V

Kit Harington returns to the stage to tackle Shakespeare's dashing monarch. As is the way with 'Henry V' these days, we're not anticipating a night of patriotic French-bashing, but a more morally fraught examination of the nature of 'nationalism, war and the psychology of power'.

→ Donmar Warehouse Until Apr 9. £10-£50.

Our Generation

Alecky Blythe, Britain's premier purveyor of verbatim theatre, returns with a show that follows a group of young people from across the UK on their journey from childhood to adulthood. As with all her singular work, actors speak the subjects' recorded sentences word for word.

→ National Theatre. Until Apr 9. £20-£60.

Red Pitch

Three old friends watch their neighbourhood gentrify from the community football pitch where they kick around and dream of the big time – and are dismayed when redevelopment threatens the pitch itself. Debut full-length drama from Bafta Rising Star Tyrell Williams.

→ Bush Theatre. Until Mar 26. £10-£30.

Uncanny Valley

A startlingly accurate animatronic replica of author Thomas Melle – controlled by 32 different motors

- gives a presentation on the difference between human originals and robotic copies in this new show from legendary experimental European company Rimini Protokoll.

→ Battersea Arts Centre.
Feb 22-26. Pay what you can, recommended price £18.



VHAT IS IT...

Ancient objects, sun-worship and suspicious druids.

VHY GO

It's about so much more than stone circles and the A303.

→ British Museum. Until Jul 17. From £20.

Here comes the sun

'The World of Stonehenge'



IF I COULD, I would give this epic show about the world's most famous stone circle seven stars. Partly because of its imaginative sweep, emotional generosity and the sheer stash of treasures it assembles, but also in tribute to the Pleiades, the constellation of stars known as the Seven Sisters. Neolithic farmers took their cues from them – and here they are, twinkling brightly in a blue bronze sky on the 3,600-year old Nebra Sky Disc, the world's most ancient celestial map.

The actual Stonehenge of course remains in Wiltshire, cordoned off between the traffic-jammed A303 and a crowded visitor centre. So this show starts with awesome grave goods, including deer-skull head dresses, one from a female shaman whose bones show she suffered from a neurological condition which would have caused trances. It tracks the rise of the farmers, who hacked down woodlands with handcrafted axes, in a monumental wall of stone blades. Then there are impressively bog-pickled wooden

tracks from Avalon Marsh. Could makeshift roads like these have helped cart Stonehenge's inner bluestones the 180 miles from the Preseli Hills in 3000 BC?

The huge effort and time spent by humans carving meaning into the physical world is palpable everwhere here: from the deeply scored grooves on a boulder used to sharpen those axes, to the whorled patterns cut into chalk grave goods, domestic objects and decorative arts, to the erection of Stonehenge and the swirl of ritual sites around it, a project that took perhaps 1,500 years.

This show may not have the Stonehenge stones, but it shares and communicates their central focus: the sun, which is captured everywhere, especially in the 4,000-year-old Sea Henge. This family-sized circle of 54 oak pillars surrounding a topsy-turvy oak tree was uncovered on a remote Norfolk beach 20-odd years ago. In the museum, it's re-erected with a glimmering light installation casting rays through the gnarly pillars of the entrance. As

time winds forward, the sun worship becomes more about showing off and less about sharing; it's commemorated in cases full of pointed golden wizard-y hats and shiny crescent-shaped torques, designed to reflect the sun's rays back on the high-status individuals who owned them. Moving into the Bronze Age, there are shattered human remains, and dazzlingly butch, blingy armour, showing the rise of warriors.

Stonehenge is clearly so much more than a circle of stones for druid solstice parties; it's a vortex and lens at the centre of thousands of years of migration, pilgrimage, quests, spiritual meaning and exchange. The human, emotional landscape and the mystical experience are equally conveyed here in a way that's personal, enriching and genuinely wondrous. Unmissable.



By Caroline McGinn

Who is the reason that no one is allowed near the actual Stonehenge any more.



IT'S LIKE A nightmare in M&S, this show of late fabric works by the great Louise Bourgeois. Nightdresses hang from animal bones, a doll is pinned to a chair with spider legs, mannequins in neat dresses are locked in rusty cages, others are giving birth or shagging each other, there are needles and silks and cottons spilling out everywhere. It's like Hellraiser's haberdashery.

Bourgeois was in her eighties when she really took to fabric, re-using the clothes and material she had lying around her to continue her lifelong explorations of trauma, sexuality and personal history. Her parents were tapestry repairers, and like them, she uses a needle not as an instrument of violence, but of reparation when everything is fraying. As much as the works here are surreal, visceral and violent, for Bourgeois this is art about fixing and healing. But it still doesn't make for easy viewing.

The show opens with dresses and nighties hung off thick animal bones. They belonged to the artist and her mother, and they hover like ghosts,

WHAT IS IT...
Fabric works by the late, great French artist.

WHY GO...
It's harrowing, intense, emotional and very, very good.

→ Hayward Gallery. Until May 15. £15.

emotional corpses left to hang and rot. The same goes for the dresses locked in a cage like wild animals from a personal past. All of this is Bourgeois's history haunting her.

Other things are less intact.
Bourgeois tears fabric apart and reshapes it into heads and bodies. Tights are stretched around springs to form a coiled female torso; pink towelling becomes a part-knife-parthuman body, and a small figure with three heads; a tapestry turns into a head with three faces. These are

portraits of psychological states, of living with conflicting emotions, of physically carrying the weight of your feelings.

Upstairs, a huge spider looms over a cage, as cloth heads hang inverted in display cases. There are fabric totems – hard, solid things made of soft squishy stuff – wedged into glass boxes like specimens in a medical museum. All the faces in this show scream in agony, the bodies twist in pain, bearing the marks of violence, age, birth. It's incredibly harrowing.

This isn't necessarily Louise
Bourgeois at her best, and I'd say
a lot of the 2D works on paper and
fabric in particular are genuinely bad.
But it's also obvious that Bourgeois
was creating this art to confront her
feelings, using her needle to try to
make good her trauma. In all the
claustrophobic, overwhelming,
emotional distress on display, you
can see a truly great artist nearing
the end of her life, and trying,
desperately, to fashion peace. ■
Eddy Frankel

A rallying cry, through art, by creative sex

ICA. Until May 22. £5.

workers.

WHY GO...
These are radical ideas that are meant to shake up society.



'Decriminalised Futures'



THE FIGHT FOR sex workers' rights is nothing new. Since the nineteenth century there has been a struggle to get sex work decriminalised – to recognise sex workers as workers, and protect their lives in the process.

This group show features artists – most with experience of the sex industry – using creative expression to explore ideas of labour, migration, trans liberation and social justice. It starts with Aisha Mirza's bedroom installation filled with pink fluffy

rugs, zines, chokers and sex toys. It's an empowered, strong approach to the topic. Danica Uskert and Annie Mok's zine, which comes next, is much more harrowing and vulnerable, and Cory Cocktail's choose-your-own-adventure video game creates an alien world with endless pitfalls around every corner for a fictional future sex worker. Lining the walls are listening stations playing long recordings of round tables and discussions.

Tobi Adebajo's three-screen video installation is the most immediate, in-your-face work here: a red space with throbbing bass and curtained-off rooms filled with videos about boundaries and aggression and sex.

Upstairs, videos deal with ideas of abusive laws and spiritual connections. Yarli Allison and Letizia Miro's heady, aggressive film installation, about 'the ideal' sex worker, is confrontational and clever – probably the best thing on show.

There is a lot of violence here, a lot of sadness too, but there's also solidarity, empowerment and collective strength. I don't think it really works as an exhibition: zines and long recordings of debates and lectures just don't make for a good viewing experience. But it does work as a loud, defiant call for change. The fact that this show feels radical despite being part of a century-old struggle shows just how far there is still left to go. ■ Eddy Frankel

INSTILLATION VEW OF LOUISE BOURGES OF THE EASTON POUNDATION/DACS, LONDON AND WAA AT ARTISTS RIGHTS SOCIETY JARS), NEW YORK, PHOTO: MARR BLOWER, O'THE WARTS OF THE WATERS. THE ARTISTS.

BEST OF THE BEST

The top exhibitions you have to see in London right now



'Testament

Forty-seven artists have come together to reimagine what a monument can be, and the results range from the grotesque to the beautiful.

→ Goldsmiths Centre for Contemporary Art. Until Apr 3. Free.



'Francis Bacon: Man and Beast'

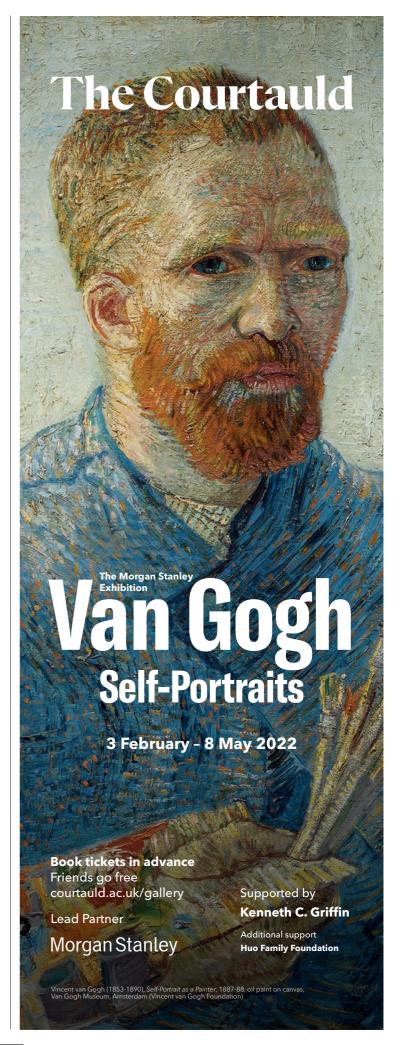
Vicious, visceral images by everyone's favourite painter of torment and angst. This show focuses on his animal-influenced work, and it's staggering.
→ Royal Academy of Arts. Until Apr 17. £22-£24.50.



'Van Gogh. Self-Portraits'

Ear we go: the Courtauld Gallery is back after a big refurb, and it's kicking things off in style with one of the most iconic self-portraitists ever.

→ The Courtauld Gallery. Until May 8. £16.





DURING OUR SAD little lockeddown lives, getting a delivery was the highlight of our day - or often week. Plus it allowed us to rebrand ourselves from 'too lazy to cook' to 'virtuously supporting local businesses during this difficult time'. It's easy to rely on the big dogs when ordering in, but there are plenty of alternative food delivery services, many with ethical business models, offering restaurant dishes, meal kits and surprises from up-and-coming chefs. Here are six key players aiming to fast-track your breakfast, lunch and dinner.

The community one

What's the deal? Started by Depop founder Simon Beckerman and Natalie Lee-Joe, former owner of the now-closed yakitori restaurant Jidori, Delli is the new kid on the food-delivery block. It's a community-focused app for small businesses – even home cooks – to list their wares and build relationships with their customers. There are 'drops' when each seller

From meal kits by Michelin-starred chefs to exclusive taco drops, a new wave of food delivery services is opening up Londoners' eat-in options

releases small-batch products – hot meals, recipe boxes, groceries – for a limited amount of time, which helps put sustainability first, manage ingredients and tackle food waste.

Why's it good? Delli's aim is to support the restaurants that were forced to pivot to retail during the



pandemic and to highlight the care that goes into making their food and drink. The app allows shoppers to read the chefs' stories and find out about the concepts behind what they're selling – kind of like a new social network for food fanatics.

Who's on there? Taco don Sonora,

Decatur (creator of those shrimp boil meal kits), Asian cake-maker extraordinaire Lil Wong Bakes,

Smokehouse master Ruben's

Reubens and more.

→ Delivery area varies by seller. www.delli.market

The ethical one

What's the deal? Slerp, aka the 'anti-Deliveroo', takes less of a cut than its delivery-service rivals and gives restaurants more control. Created by $Crosstown\,Doughnuts\,founder\,JP$ Then, it provides software that can be plugged into a restaurant or retailer's website to allow customers to order directly rather than go through a third-party delivery platform. Why's it good? It's cheaper for its sellers, as Slerp operates on a leaner basis, charging a small basic commission, with optional services, like advertising and promotion. Who's on there? Plenty of London faves, like Josh Katz's shawarma bar Berber and Q, modern Mexican restaurant Santo Remedio, swanky Indian grill Brigadiers and Malaysian-Singaporean hawkerstyle joint Rasa Sayang.

→ Delivery area varies by seller. www.slerp.com

The special-occasion one

What's the deal? Launched by Charlie Mellor (who runs The Laughing Heart in Hackney), Big Night came onto the scene during the first lockdown with all guns blazing, offering meal kits, provisions and hampers from the city's best chefs and restaurants, shipped straight to your door.

Why's it good? It works with $independent\, traders\, and\, charges$ low commission rates, so you're supporting small businesses. Who's on there? Indie foodies, from Michelin-starred chefs to up-and-coming brands. Meringue Girls does a birthday hamper, fancy Italian Bocca di Lupo's meal kits are anniversary-ready and Homeslice's Camden beer and pizza kits will fuel any party. → Nationwide delivery. www.bignight.app

Why's it good? Dishpatch does its restaurants a massive favour by handling the complex logistics of the whole meal kit thing, and its 'spotlight' series supports up-and-coming chefs.

Who's on there? Cult London favourites like Roti King, Gunpowder and El Pastor, plus menus from rising stars Jenny Phung of Ling Ling's and ex-Dusty Knuckle head chef Paris Rosina.

→ Nationwide delivery. www.dishpatch.co.uk

The crowd-pleasing one What's the deal?

Great Food 2 U does what it says on the tin, bringing

great food to you, in the form of DIY dishes from the brands you love. Why's it good? All the kits are assembled in the Great Food 2 U prep kitchen using exactly the

same ingredients as in all the restaurants. Who's on there? High-street favourites from burger connoisseur Patty & Bun and pizza legend Franco Manca to ace Filipino Bong Bongs

→ Nationwide delivery. www.greatfood2u.co.uk

The cheffy one What's the deal? Think of

and even Burger & Lobster.

Dishpatch as an extension of your favourite restaurant. It's a delivery platform that offers slickly packaged DIY feasts straight from restaurant prep kitchens to your dining table.

The luxe one What's the deal? High-end food delivery app Supper London was on BBC's 'Dragon's Den'. Founder Peter Georgiou walked

away with no cash, but that hasn't stopped this upmarket courier from delivering premium eats with great success.

Why's it good?

Ever had a takeaway pizza arrive upside down?

Or a lukewarm curry? There's no chance of that happening with Supper. It uses 'gyroscopically stabilised' threewheeled motorbikes, designed to deliver food and drink in peak condition and at the correct temperature. Your dinner gets the silver-service treatment. Who's on there? A constellation of starry restaurants and shops, including Roka Aldwych, Dinings SW3, Park Chinois, Sushisamba, Fortnum & Mason and Nobu. ■

→ Delivery in Zone 1. www.supper.london



Delli: Lil Wong Bakes

By Angela Hui Who's got a single portion of fries delivered when hungover.





Time Out Offers



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Sucre



THIS NEW SOHO Latin American bar and restaurant is the brainchild of Argentina's hottest duo – bartender Renato 'Tato' Giovannoni and executive chef Fernando Trocca. Together, they've transformed the London College of Music's old concert hall into a fairytale-esque dining room.

Things started with a plate of deep-fried battered pumpkin slices with an aji amarillo chilli-pepper dip. It was a light and crispy snack, but its addictive fiery sauce was what tied everything together. Next, a scallop tiradito (Peruvian ceviche) served in its own shell, with lime, yoghurt, horseradish and edible flowers. It was zingy and fresh, though I would've liked more of a horseradish kick.

A juicy iberico matambre was beautifully cooked with blackened skin, but the cut was a little chewy for my taste. As for the spicy, sweet peppercorn sauce it came with? Outstanding.



I'm sad that offal has such a bad rep in this country, but Sucre's veal sweetbreads (that's, erm, thymus gland and pancreas) is the dish to convert sceptics. It was blistered and covered in a refreshing salsa – a truly innovative dish.

At this point we were stuffed, but there's always room for dessert.

We settled on a sesame brittle with miso, coffee and chocolate mousse that was brilliantly funky, bitter and not too sweet.

Service was exceptional and our meal an absolute joy, with some smart knockout dishes in an incredible setting. I'd come back here in a heartbeat. ■ Angela Hui

→ 47b Great Marlborough St, W1F 7JP.

Sponsored listing

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BAR 190 SAYS:

'Located in The Gore hotel, the iconic Bar 190, with master mixologist Santo Borzi at the helm, serves fiery cocktails, remarkable whiskies and delicious gins in a classic setting. Try one of the signature cocktails inspired by the events and personalities that have played a role in the illustrious history of this quintessentially British hotel.'

190 Queen's Gate, SW7 5EX.

— JIJI SAVS:

'This brand-new restaurant has a deliciously unique menu combining Japanese and Middle Eastern food. Come and try the newly launched lunchtime bento boxes in three tantalising flavours: chicken katsu, lamb shawarma and roasted cauliflower (vegan). Get them before they're gone – they're first come, first served each day.' 6g Esther Anne Place, N1 1WL.

LINNAEAN SAYS:

'Escape from the stresses and strains of everyday life and ease yourself into a relaxed and calm state of mind with a Seed to Skin illuminating facial at Linnaean's award-winning Face & Body Clinic. Book your appointment now to receive £30 off. Limited offer for Time Out readers only. Call 020 3971 0805 to book. More info @linnaeanliving' 2 New Union Square, SW11 7AX.

COLONEL SAAB SAYS:

'Special offer: Colonel Saab's lunch tiffin menu, two courses for £29.95. Enjoy Colonel Saab's take on the homemade lunch box, consisting of dishes such as jaipuri baby aloo, crispy kale and spinach, chicken tikka, and chole and pilau, with an optional sweet course. Groups of more than six receive a complimentary glass of bubbles.' 193-197 High Holborn, WC1V 7BD.

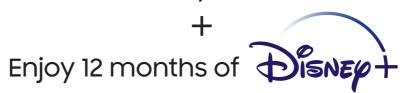
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