

# WEIGH OUT

## CHARLOTTE DINGLE REVIEWS *TIBITS*

12-14 Heddon Street (off Regents Street), W1  
020 7758 4110 [www.tibits.ch/e](http://www.tibits.ch/e)

My companion and I paid a visit to new vegetarian restaurant **Tibits** on a Thursday lunchtime, where we joined a healthy number of fellow customers. The ambience was chilled, and the décor equally cool and relaxed, with postmodern flock wallpaper and comfortable seating installed to pleasing effect.

The food is all laid out in buffet style, but appearances in this case are deceptive. Sadly, you can't just keep going back for more. Tibit's pay-per-100g system really is a bit daunting for a first-timer, and this is definitely the restaurant's one shortcoming. I found myself somewhat bemused for a few minutes before I finally worked out where to go and get my food weighed. In this time, my companion had already made short work of four falafels and was about to start eating his guacamole with his hands. Oops! It may not be an all-you-eat buffet, but prices aren't bad. If

you're visiting in your lunch hour and want to eat in – then 100g of food costs £1.80, and everything comes with a free bread roll. The price is capped at £9.50 though, so if you fancy yourself as an expert food-balancer then this place is for you. Tibits also offers a takeaway option, and some tasty looking readymade sandwiches.

All the food on offer is vegetarian and I was pleased to note that everything suitable for vegans was labelled as such. The selection changes every day, making for a bit of variety, and the ideal excuse for repeat visits. Salad, hot food and puddings are also all available.

I tucked into a plate of rocket, rice, mushroom salad, lentil salad with vegetables and chives, and a particularly tasty little tofu, soy sauce and tomato creation. My carnivorous companion didn't find the lack of meat a problem, and swiftly devoured a plate of pasta gratin, aubergine salad, falafel and guacamole – remarking particularly on the superior quality of the last of these two items. We both washed our meals down with a glass of smooth, hoppy organic lager.

Once I'd acclimatised to the confusing format, I found Tibits to be a welcome addition to the ever-growing collection of veggie and vegan restaurants that are now springing up across London.

