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## Time for Tibits



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In a city where **choice is infinite**, be it shops, hotels, restaurants or evening entertainment, I found it rather bizarre to hear a friend once remark that **lunchtime takeaway food options** were somewhat limited in the heart of the capital.

Upon reflection however, they had a point. **London is unbeatable when it comes to the sit down evening meal**, or even the long lunch, but **healthy options to take back to the office** are often found to be few and far between.

**Step forwards Tibits. A Swiss success, this vegetarian restaurant is set to arrive in**

**London, and notably Heddon Street, on 3 October 2008.** A restaurant with a twist, Tibits is just as **ideal for the perfect healthy take away bite** as it is for the **dinner party of twelve looking to eat, drink and be merry well into the night.** But what is the key to its success?

The answer to that is **simplicity**. Taking no reservations, the Tibits team wish for the restaurant to be **somewhere that Londoners can pop to on a whim**. Pivotal to such simplicity is **the food boat**, an oval buffet counter displaying the **various salads and hot dishes** on offer (the oval shape means you will never have to queue). The meal selected from the food boat is also **paid for in weight**, be you taking away, or eating in, with **sandwiches, home made soups and pastries** available at the bar.

If you do choose to eat in, then **Tibits is quite the luxurious venue**. Many a **lunch can be spent wiling away the hour** relaxing with colleagues, or **pop back after work and really take your time**...While Tibits serves **delicious, freshly squeezed fruit juices** during the day, **cocktails are free flowing** when it comes to evening. **Organic wine and beer**... whatever your tittle of choice, **Tibits will cater to your needs**.

Searching for the perfect location in the UK for some time, **Reto Frei, one of the three brothers behind Tibits**, found the perfect location in the **Regent Street food quarter**. A **high class spot for a high class restaurant**., the take away option and no reservations policy of Tibits should not see it dismissed a Wagamamas style, fast food venue. In fact, the décor of Tibits speaks for itself. With the **Designer's Guild responsible for the stylish interior** of the new restaurant, expect **opulent wallpaper patterns and elegant furnishings** in abundance.

"Designer's Guild created **all the textiles and colour concepts** for our restaurants in Switzerland." **Reto explains**. "No restaurant is the same as the other... **we see Tibits as a family business**, rather than a large chain and want to convey this through the look of the restaurants". In addition, **Tibits is redecorated every two years**. "It's nice for the customers, and of course the staff, to **revamp their environment**."

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**Not vegetarian? Don't worry.** Reto says that **the majority of Tibits customers aren't** actually vegetarian, but **simply attracted to good, healthy – and most importantly – delicious food.** The menu for Tibits is seasonal and includes **many different influences from across the world**, such as Asian, Indian and Mediterranean flavours.

**Mouth watering dishes** from morning till night (lighting is altered depending on time of day to create the perfect ambience)... Tibits is **the perfect all rounder restaurant.** Take a date, take a meeting, take a friend... just be sure to **take a bite from October 3 on Heddon Street.**

Want to learn more about Tibits? **Click onto the link below to view a video** of the restaurants in Switzerland.

### [A taster of Tibits](#)

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