

• APRES SHOP

After a big shop at Westfield, you need to recharge, and there is no shortage of places to eat and rest your feet. Tibits is perfect for post-shop fuelling

WHEN the going gets tough, the tough go shopping, and then need something to refuel afterwards. Westfield London certainly understands the importance of that. One of its restaurants is Tibits, a vegetarian eaterie open for breakfast, lunch and dinner, with eat-in and takeaway options.

The food, which is self-service, couldn't be faulted and the selection was excellent. The cold plates included Indian chick peas, cucumber salad, hummus, tomato anti pasta, fennel, tomato and tofu salad, the tofu standing in for mozzarella – you get the picture. From the hot, there were offerings including courgettes, onion rings, risotto, sweet and sour vegetables, potato wedges, pasta – the works. The food was very good," Caroline declared. "It was fresh and tasty and there was plenty of choice. It was not swimming in grease, there were lots of vegetables to start off with and the options were imaginative. The risotto was as good as I could have cooked at home. Well, almost."

There is a small cocktail and wine list: we had a bottle of Rueda Fuente Elvira, nice, fruity and fresh, at £16.50. In total the bill was £46.90, but would have been much less without the wine, though frankly, after a day of shopping, you need a treat. It can be very hard work. **m**

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