

## QUICK BITES

■ **CHOC 'N' BLOCK**  
These leafy chocs from Roots and Wings Organic have something of the posh Matchstick about them. The Orange Autumn Leaves are dangerously moreish. (£5.69/rootsandwingsorganic.com)

■ **GOING NUTS**  
Potash Farm makes lots of lovely things from Kentish cobnuts - we can't get enough of its, buttery, sweet and salty Cobnut Brittle. (£4.25/kentishcobnuts.com)

■ **VINTAGE FINDS**  
Theokorral.co.uk is an Aladdin's cave of gorgeous one-off vintage pieces to kit out your home and kitchen.

■ **SUPERIOR SNACKING**  
The Co-operative is relaunching its Truly Irresistible range. Notable mentions go to the limited edition Three Cheese Fougasse, £2.50, and the Sea Salt and Chardonnay Wine Vinegar Crisps, £1.

■ **EAT-ME CARDS**  
Find fantastic foodie greetings cards at holy-mackerel.co.uk, from £2.15. Sweet.



### COCKTAIL HOUR VENETIAN SPRITZ

Start your evening with this cooling, classy cocktail from the new QV bar at Soho stalwart, Quo Vadis. Mix 15ml **Aperol** and 90ml **prosecco** straight into a champagne flute or coupe glass. Garnish with a curl of **orange zest**. (quovadissoho.co.uk/the-qv-bar)



## JUNE ESCAPE NORFOLK

The Crown Inn (flyingkiwinns.co.uk), in the village of East Rudham, is part of the award-winning Kiwi Inns group. A modern take on a traditional pub, inside it is neatly styled, but with plenty of original features and old-school charm.

£65  
PER PERSON



The attractive menu reflects Kiwi Inns owner and executive chef, Chris Coubrough's, heritage and travels, with a mix of British classics and light Australasian and European touches, all using the best local ingredients. You'll find the likes of hournous and melba toast and roast chump of lamb with Mediterranean vegetables, crispy polenta and black olive jus. The pub also has six rooms and offers dinner, bed and breakfast for the truly bargainous price of £130 (so your half is £65) - and this includes a three-course meal (without wine). After spending an evening at the pub, take the chance to head out to the coast. Stop off in Cley, where you can pick up some eats from local deli, Picnic Fayre (picnic-fayre.co.uk), to enjoy on the nearby beach. Bag one of their homemade pies; we like the local chicken and bacon pie, £2.95, and a bottle of Yetman's beer, £2.99, brewed up the road in Holt. And before you leave, make sure you pick up some smoked goodies from the Cley Smokehouse (cleysmokehouse.com) to take home - their kiln-roasted salmon is heavenly, £5.17/180g.

### CHEAT SHEET CICHETI

(say: chi-KET-tee) Russell Norman, owner of Polpo Campari bar in Soho on what you need to know about this new eating-out trend (polpo.co.uk/campari-bar)



1 Cicheti are small snacks served in the wine bars of Venice. They are traditionally prepared in advance and displayed in glass cabinets. They are always eaten standing and often accompanied by a small glass of local wine, called an ombra.

2 One of the most common and delicious cicheti is bacala mantecato. This is salt cod, flaked and creamed with olive oil and garlic to the consistency of mayonnaise and then piled onto a slab of grilled polenta. The best in Venice is served at All Arco near Rialto Bridge.

3 Wine bars in Venice are known as bacari. The food they offer is much better value and of far greater quality than the mostly disgusting tourist restaurants. One of the most famous and atmospheric bacari is Alla Vedova in Canareggio. Its meatballs are deservedly legendary: the perfect cicheto.

■ **Can't get a table at Polpo? M&S has launched a range of cicheti, including meatballs in tomato sauce, chicken with salsa verde and bruschette with olive tapenade (from £2.49).**

**JUNE FESTIVAL.** One of the UK's most creative and exciting food festivals, Eat! Newcastle Gateshead runs from 17-26 June. There'll be street food events, markets and demos, as well as the creation of a giant edible map made of cake and the return of secret paladares, where home chefs open their houses and cook for the public. (eatnewcastlegateshead.com) 🍌