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"THIS STORE IS STOCKED WITH SOME OF THE BEST PRODUCTS FROM AROUND THE WORLD, INCLUDING A GOOD SHOWING FROM BRITAIN"

OLIVER PETTIT, THE TIMES

We set up The Real Eating Company to provide real food for people who love to eat, cook and buy good food.

We concentrate on sourcing food from our best local producers and finding top quality hand-made specialities and award winning British products. At the Real Eating Company we work hard to bring you an interesting range of high-quality foods. We have restaurants in Hove and Lewes serving seasonal favourites with a modern British influence. We also have cafes in Horsham, Bournemouth and Brighton serving fantastic coffee, sandwiches and cakes. In Hove we have a cheese shop with a large selection of British and local cheeses and deli produce.



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## RESTAURANTS



**'REAL EATING IS  
SHAPING THE WAY  
WE SHOULD BE  
EATING IN BRITAIN'**

TERRY DURACK  
INDEPENDENT ON SUNDAY

**The Real Eating Company  
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[Lewes](#)

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Our restaurant menus focus on classic British favourites with a modern twist. We also have daily specials that allow us to take best advantage of seasonality and the best produce our local producers can offer. The atmosphere is relaxed and casual so that you can enjoy the good food and company of friends and family.

*"Their menus focus on enduring favourites with a modern British accent, sourced with care and changing regularly with the seasons."*  
**Independent on Sunday**

*"The South of England has a real champion of British produce in the Real Eating Company"*  
**Sunday Telegraph**

*"An exemplar of what seasonal English cooking should be"*  
**Good Food Guide 2009**

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## CAFES



THE PLACE TO EAT  
OUT WITH YOUR  
LITTLE DARLINGS™

THE TIMES

### The Real Eating Company Café Locations:

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Visit our cafés in the Steamer Trading Cookshops in Horsham, Bournemouth, Brighton and Witney.

Grab a freshly made panini or smoothie before you decide on the latest gadgets for your kitchen. Indulge in a cake or two and a Union Coffee fairtrade latte whilst catching up on the gossip. You can choose to eat in or to take away; back to the office, the beach or park, or a snack on the go. We also sell a fantastic range of coffees, teas, preserves, sweets and seasonal gifts.

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## LATEST NEWS



Find out what people have said about the *Real Eating Company* on the pages listed below, or view our recent newsletters.

2009

### Real Eating Company named as one of the top 150 most influential hospitality businesses

Restaurant Magazine has named the Real Eating Company as one of the top 150 most influential and innovative hospitality businesses in the UK in its R150 list.

The Real Eating Company is described as having "a fantastically laid-back vibe" and a "concept that is not that unusual but it's rarely done as well and as naturally as this."

Follow the link below to read the full article.

<http://www.bighospitality.co.uk/default.aspx?page=r150number130>

### The Good Food Guide 2009

#### The Real Eating Company - Hove

The Real Eating format has caught on in Sussex (there are branches in Lewes and Horsham too). It's all-day dining on most days of the week, starting with breakfast of eggs royale and fresh fruit with Greek yoghurt, going through lunches where you might follow onion and cider soup with fishcakes and mayonnaise, all the way to a good-value-fixed-price dinner menu, which deals in the likes of chargrilled squid salad and seared tuna with green beans, fennel and lemon. Indeed, if you brought your laptop, you might get installed here for a whole day. A la carte dining in the evening becomes a little more elaborate, perhaps offering rack of lamb with fondant potato, spring greens, onion confit and seared vine tomatoes. House Italian is £14, and there is an inspired choice by-the-glass between £4 and £6.

#### The Real Eating Company - Lewes

This all day deli/brasserie with its cheese counter, aroma of saffron and neat rows of tables offers a short menu with an imaginative choice. Some dishes may have southern European influences, others draw on ingredients from the delicatessen, but the cooking has an underlying simplicity that works well. A dish of crabmeat, for example, the dark and white meat separated carefully, was enhanced with fresh herbs such as tarragon, while the timing of fish (a fillet of sea bream, say) is immaculate. A late May menu was an exemplar of what seasonal English cooking should be: asparagus soup, tender guinea fowl resting on a bed of finely cooked asparagus and broad beans, and a delicate rhubarb fool. Decent wines and

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service - this can be stretched with a full house - sums up a place that displays genuine enthusiasm and knowledge as well as respect for fine food.

20 July 2008

#### Independent on Sunday

"With branches in Lewes, Bournemouth and Horsham too, no seaside jaunt would be complete without going in to a branch of the Real Eating Company. Kids can get tucking into fried egg and fat chips (well, it is a holiday) while you sip your latte and eat eggs benedict. Their menus focus on enduring favourites with a modern British accent, sourced with care and changing regularly with the seasons. There's a deli too - so to make the deliciousness last, try local honey, jams, chutneys and chocolates, British cheeses from Neals Yard and Spanish charcuterie from Brindisa."

June 2008

#### Harden's Restaurant Reviews

An organic deli/restaurant often tipped for "Brighton's best brunch"  
[ [more...](#) ]

25 April 2008

#### The Food Guide - The Argus

You'll be lucky to find a free seat, thanks to foodies trying out options from the continually changing and locally-sourced menu.

Little wonder then that the venue was twice awarded the Michelin Bib Gourmand in recognition of its provision of good food at moderate prices.

Open for breakfast, lunch and dinner, the Real Eating Company boasts three separate menus, starting the day with dishes such as eggs Benedict, French toast and the classic full English breakfast.

At lunchtime there's a café style menu with fresh fish, pie and mash and potted crab, and in the evenings, it's the haunt of trendy, professional couples looking for fine food.

Delicious foodstuffs are also available to take home from the deli.  
[ [more...](#) ]

8 April  
2008

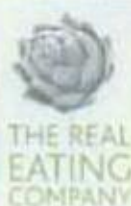
#### London Lite

Home & away (Buzzy Brighton)

Where to Eat: once you've brunchd at Hove's Real Eating Company, 86-87 Western Road (01273 221444; [real-eating.co.uk](http://real-eating.co.uk)) no other eggs Benedict will ever do. Eggs Benedict, Florentine or Royale, £7; dinner mains from £12.

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HOVE



### Breakfast Menu

#### IRISH BREAKFAST

Black and white pudding, 2 fried or poached eggs, fried potato and roast tomatoes £7.00

#### BIG BREAKFAST

Bacon, sausage, roast tomatoes, field mushrooms, fried or poached egg and hash brown £8.00

#### ALTERNATIVE BIG BREAKFAST

Roast tomatoes, field mushrooms, fried or poached egg, hash brown and baked beans £7.00

Eggs Florentine (spinach) £7.00

Eggs Benedict (ham) £7.00

Eggs Royale (smoked salmon) £8.00

Boiled eggs with toast soldiers £3.95

Eggs on toast (poached or fried) £3.95

Bleikers kipper with a poached egg £8.00

Sussex bacon sandwich £4.50

Sussex sausage sandwich £4.50

Baked beans on toast £3.95

Roast field mushrooms on toast £3.95

Toast with jams, marmalade and Sussex honey £3.50

Roast tomatoes with garlic and thyme on toast £3.95

Breakfast pancakes with maple syrup (on the side) £6.00

Breakfast pancakes with fresh fruit and maple syrup (on the side) £7.00

Breakfast pancakes with bacon and maple syrup (on the side) £7.00

Fresh fruit salad, honey, Greek yoghurt and homemade granola £5.95

Fresh fruit salad, honey and Greek yoghurt £5.00

Fresh fruit salad £5.00

Porridge Oats with salt or honey £5.00

Porridge Oats with salt or honey and toasted pecans £5.75

Porridge Oats with salt or honey, raisins and cranberries £5.75

All our eggs are 100% free range.

[Hove](#)
[Breakfast Menu](#)
[Lunch Menu](#)
[Dinner Menu](#)
[Drinks Menu](#)

### Opening Hours

9am - 11pm Tues - Sat

9am - 5pm Sun - Mon

Last orders for dinner 9.30pm

### The Real Eating Company

86/87 Western Road

Hove

East Sussex

BN3 1JB

Contact us:

01273 221 444

[hove@real-eating.co.uk](mailto:hove@real-eating.co.uk)

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[HOME](#)[RESTAURANTS](#)[CAFES](#)[NEWS & PRESS](#)**HOVE****Lunch Menu**

Welsh rarebit, rocket salad £6  
 South Coast fish soup, toast and aioli £7  
 Half pint or pint prawns, Marie Rose sauce, brown bread £5/£7  
 Classic Caesar salad with Twineham Grange Parmesan £6/£8  
 Pink fir salad, spring onions, fresh peas, broad beans and Golden Cross goats cheese £6  
 Large charcuterie board: finocchiona, prosciutto di parma, chorizo, guindillas, olives £8  
 Large smoked fish board: salmon, eel, trout and taromosalata, horseradish crème fraiche £8  
 Country pork terrine with homemade chutney, cornichons and toast £7  
 Eggs Benedict (ham) £7  
 Eggs Florentine (spinach) £7  
 Eggs Royale (smoked salmon) £8  
 Sussex ham, egg and chips £8  
 Smoked and fresh salmon fishcakes, herb mayonnaise £8  
 Homemade gnocchi with fresh peas, roasted cherry vine tomatoes and shaved parmesan £10  
 Cumberland sausage and mash, onion gravy £10  
 Smoked eel risotto £10  
 Swiss chard, ricotta, red onion and olive tart with shaved fennel, chilli and mint salad £10  
 Poached salmon, pink fir potatoes, hollandaise sauce £11  
 Beer-battered pollack, chips and mushy peas £12  
 Boz beefburger, chips and pickles £12  
 Half free-range roast chicken, rosemary and garlic potatoes, aioli £13  
 Sussex Boz rump steak, chips, béarnaise sauce £16  
 Grilled market fish of the day (see blackboard)

See blackboard for daily specials

**Sides £2.95**

East West organic bread and olives  
 Salt roasted beetroot  
 Chips  
 Mixed young salad leaves  
 Mash  
 Pink fir potatoes  
 Vegetable dish of the day (see blackboard)

**Puddings**

Warm treacle tart, homemade vanilla ice cream £6  
 Hot chocolate fondant pudding, Neals yard crème fraiche £6  
 Vanilla & rhubarb cheesecake £6  
 Eccles cake with Mrs Kirkhams Lancashire cheese £6  
 Dark chocolate mousse with cream, brandy snap £6  
 Crème caramel, shortbread finger £6  
 Home made ice creams and sorbets £6  
 Neals Yard Dairy cheeses, chutney and oatcakes £7

Service is not included during the day, although a discretionary 10% service charge will be added for tables of 6 or more.

A 10% discretionary charge is added for dinner service. The Real Eating Company operates an approved tronç system for the

[Hove](#)[Breakfast Menu](#)[Lunch Menu](#)[Dinner Menu](#)[Drinks Menu](#)**Opening Hours**

9am - 11pm Tues - Sat

9am - 5pm Sun - Mon

Last orders for dinner 9.30pm

**The Real Eating Company**

86/87 Western Road

Hove

East Sussex

BN3 1JB

Contact us:

01273 221 444

[hove@real-eating.co.uk](mailto:hove@real-eating.co.uk)

distribution of tips amongst floor, bar and kitchen staff by the  
troncmaster who is independent of the restaurant management.

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TERRY DURACK  
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AWARDED A  
2<sup>nd</sup> GOURMAND IN  
MICHELIN GUIDE 2006

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The 35-seat restaurant in Hove is open all day and Wednesday to Saturday evenings, our new 70-seat restaurant in Lewes is also open every day as well as Tuesday to Saturday evenings. From French toast with crispy bacon, cumberland sausages and roast onions on sourdough bread and Pata Negra ham with fried eggs to a more restrained freshly-baked almond croissant, eggs benedict, mouth-watering fruit shake or seasonal salad, the dishes are simple and without fuss, letting the quality of the ingredients speak for themselves.

At lunch and dinner, a short, sharp menu is introduced that focuses on seasonal favourites with a modern British influence. The dishes are inspired by the fresh produce in-store, using the best-quality ingredients from local producers and specialist suppliers from around the world. The menu changes regularly reflecting the careful sourcing and seasonality of ingredients.

The atmosphere is relaxed and casual so that you can relax and enjoy the good food and the company of your friends and family. During the day we do not operate a reservations policy in Hove. Just turn up or you can book for Lewes. In the evenings, for reservations, please call 01273 221 444 for Hove and 01273 402650 for Lewes.

### Opening Hours Hove

Monday - Tuesday 8am-6pm  
Wednesday - Saturday 8am - 11.00pm  
Sunday 9.00am - 4.00pm

### Opening Hours Lewes

Monday Tuesday 9am-6pm  
Tuesday - Saturday 8am - 11.00pm  
Sunday 9.30am - 4.00pm



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