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AN INTERVIEW WITH...



Sarah Curran – Founder of
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WEBSITE OF THE WEEK



The Virtual Farmers Market
 is a perfect place to shop!
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TWITTER



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 Check out our 'tweets' here!

The Greatest Fashion Show on Earth - HBCP News 11.03

THE GREATEST FASHION SHOW ON EARTH

On March 18th until 20th, Westfield London - in partnership with leading fashion magazine - Sunday Times Style, is delighted to host *The Greatest Fashion Show on Earth*. The three day spectacle kicks off on Thursday 18th March with a star-studded VIP night, in collaboration with the British Fashion Council, supporting Naomi Campbell's Fashion For Relief Campaign and the White Ribbon Alliance to raise funds for mothers and babies in Haiti.

THE GREATEST EVENT

The Greatest event must be hosted by the greatest hosts and so Westfield London will honour the presence of British fashion icon and supermodel, **Erin O'Connor** who will open the event, alongside Chairman of The British Fashion Council, **Harold Tillman**.



The VIP evening will bring together designer and design-led fashion retailers, fashion with a champagne reception, spectacular fashion show and a charity auction to support guest **Sarah Brown**, The White Ribbon Alliance Global Patron.

Television presenter, **George Lamb** will also be hosting, bringing you access to behind the scenes and up-to-the-minute interviews with the creative masterminds of the show. There's even a whisper that a celebrity model may don the runway. Watch this space....

Don't miss the greatest finale – two of the BFC Vogue Designer Fashion Fund short-listers will be showcasing their talent on the runway. The short-listers include Christopher Kane, Clements Ribeiro Erdem, Nicholas, Kirkwood, Marios Schwab and Richard Nicoll....find out on the evening who it will be! What's more, **Angel Jackson** will be creating a limited edition Fashion for Relief bag which will be sold at Westfield throughout the three day event.



THE GREATEST FASHION SHOW

Set in The Atrium exhibition space, the site will be transformed into the greatest fashion looks from the season's latest trends, from over 700 fashion brands, from luxury label stylist Charlie Anderson and produced by London Fashion Week's On|Off designers 7 models, styled by Toni & Guy strut their stuff whilst listening to a **live orchestra** who w set design.

For those not present on the VIP launch night, there will be plenty of opportunities to s Friday 19th and Saturday 20th March at four separate schedules occasions on each d

THE GREATEST EXPERIENCE

Over three days from March 18 to 20, Westfield London is delighted to bring you the G one for women all in aid of The White Ribbon Alliance supporting Haiti – for a free blo tailoring tips and wet shaves for him.

Shoppers will also receive up to 20% off at many stores, including LK Bennett, Hobbs making this the only event you need to attend this season. All proceeds will be donate

THE GREATEST FOOD

If you love food and fashion, you'll love Westfield London. To celebrate the event, **The I** greatest themed cupcakes with fashionista touches such as miniature dresses and f flavours, such as **Dulce & Banana**, **Cherry Hall**, **Kate Mousse** and **Catwalk Crunch**. D available from 18th-20th March.

For further information, catwalk coverage, backstage footage, offers and up to the <http://www.westfield.com/london>

VIP Opening night Thurs 18th, Public shows Friday 19th, Saturday 20th 1.30pm, 3pm, through Sunday Times Style http://www.timesonline.co.uk/tol/life_and_style/commerci

Personal Stylist Suite

This month, Westfield London is delighted to announce the launch of their Personal S celebrity fashion stylist Gayle Rinkoff.

The luxurious Personal Styling Suite is located in *The Village* and neighbours brands Co. Visit www.westfield.com/thevillagelondon for more information

VITALITY SHOW 2010
18th – 21st March 2010, Earl's Court 2

Whether it's taking some time out for yourself or finding the perfect opportunity to get to the Show - sponsored by healthcare provider Simplyhealth - is an essential date for the 21st March.

The UK's largest health, beauty, fitness and wellbeing event for women returns to Earl's Court 2 as an inspirational **One Life Live Show** as a brand new attraction to the annual show.

One Life Live is the ideal destination for anyone who is looking for a new challenge, who wants to fancy a little change. One Life has everything one needs to make a real difference to their lives through motivational Life Coaching sessions to alternative and holistic therapies. This exciting show features Theatre, featuring talks from inspirational experts including John Lees, Jessica Chive and more.

Along with all the visitor favourites, The Vitality Show has also introduced a series of new attractions including the POM Wonderful Kitchen, with resident chefs on hand to whip up tasty dishes, a skin consultation bar offering free advice on how to keep your skin looking fresh and young, and information and advice on the latest allergies and food intolerances.

With over 350 health, beauty, fitness, healthy eating and wellbeing companies, indulging in the services of experts all under one roof, this year's show is the perfect place to revitalise, invigorate and inspire.

The 2010 Vitality Show, sponsored by Simplyhealth, really is the ultimate girls' day out. For further details, visit [www.vitalityshow.co.uk](#)

Opening Times

| | |
|-------------------|------------------------------|
| Thursday 18 March | 1pm – 9pm late night opening |
| Friday 19 March | 10am – 6pm |
| Saturday 20 March | 10am – 6pm |
| Sunday 21 March | 10am – 6pm |

Ticket prices

| | Advance | On the door |
|---------------------------|---------|-------------|
| Adult | £14.50 | £17.50 |
| After 5pm (Thursday only) | £5 | £5 |
| Senior/Student | £7 | £8 |
| Child (5-14) | £6 | £6 |
| Pamper package | £69 | £89 |

VEUVE CLICQUOT BUSINESS WOMAN OF THE YEAR AWARD FINALISTS ANNOUNCED
Entrepreneurs announced on International Women's Day

This week Veuve Clicquot today announced the shortlist for its Business Woman of the Year award. The award celebrates examples of female entrepreneurship and business success across sectors ranging from retail to technology. The finalists include:

Victoria Stapleton, Founder of fashion retailer, Brora
Gill Riley, Founding and Managing Director of construction firm, GGR-UNIC
Laura Tenison, Founder and Managing Director of retailing company, JoJo Maman Bebe
Louise Wymer, Director of catering company, The Catering Academy

Regarded as the 'Oscar' of female entrepreneurs and business leaders the Veuve Clicquot award; now in its 38th year, celebrates entrepreneurial women who have made a substantial contribution to their industry. The award is judged on financial results and commercial success but also on social and environmental responsibility within their businesses.

With a workforce totalling over 1000 across the UK, each finalist was praised by judge for their achievements. Victoria Stapleton was praised for her launch of the Nema Foundation, a Mozambique-based charity for infant mortality by JoJo Maman Bebe. Gill Riley of GGR to champion equal opportunities for women in the construction industry. Laura Tenison has made a commitment to better working practices. In addition, Victoria Stapleton's company has proudly said she has retained every employee since the company started in 1999. Louise Wymer has committed to the use of regional suppliers for all fresh produce used by the Catering Academy, the Catering Academy's business practices in 2010.

The winner of the Veuve Clicquot Business Woman of the Year Award will be announced at the ICA in London on the 23rd of March 2010 at 7.30pm.

The judging panel comprised of business leaders, including Martha Lane-Fox as well as Random House Publishing House and other key industry experts. Nominees were judged on financial results as well as the ethical business practices each had adopted.

Sally Warmington Brand Director of Veuve Clicquot said: *"This year we have nominated and environmental responsibility within the heart of their business in addition to deliver reflects the ever-changing nature of business practice and our desire to showcase four the awards and can provide inspiration for other up and coming entrepreneurs in the fi*

Established in 1972 as a tribute to Madame Clicquot, the legendary founder of Veuve Clicquot Business Woman of the Year Award is now live in 16 countries and is the first international award recognizing the contribution that women have made to business life.

DESIGNERS GUILD IS THRILLED TO ANNOUNCE THE OPENING OF A NEW HOMESTORE IN W1U 5JU

After many years of searching, we are delighted to have found an exciting new space in London. The new Homestore will offer the complete Designers Guild lifestyle and is the first new store in the area.

Whilst offering the same wonderful array of products - fabric, wallpaper and trimmings - the new store will also offer a full range of products and the full range of home accessories - the brand new space will have a unique feel and individuality of Marylebone High Street.

As well as the complete Designers Guild lifestyle, the Marylebone High Street store will offer a selection of selected items and the dedication to detail, that the Kings Road Homestore is so famous for.

76 Marylebone High Street W1U 5JU...the new destination on the design map of London.

BRITS WANT TO GO BACK TO THEIR ROOTS

One in four Brits are willing to take a pay cut to move to the countryside

New initiative gives chance to taste a slice of country life

Brits hanker after a slice of the 'good life', according to new research published today. One in four would happily take a pay cut to escape the rat race and live in the countryside. A third of those dreaming of quitting the rat race see their ideal job as a farmer.

The findings have led bread-maker Hovis to provide Brits with more of a taste of country life. Hovis' 'Slice of the Farm Life' campaign will include an Open Day at one of the 612 farms for Hovis, to give Brits a chance to find out more about farm life and bread-making. Plus, a new initiative to show how premium wheat is grown, milled and baked in Britain.

Alex James comments: "I love my life in the country. Hovis' support of British wheat farming is a great initiative." Jon Goldstone, Marketing Director at Hovis comments: "As the only major bread brand to offer Brits the chance to find out more about the journey from field to loaf."

Alex James comments: "I love my life in the country. Hovis' support of British wheat farming is a great initiative."

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- For more information visit <http://www.hovisbakery.co.uk/>
- Sign up for the Slice of the Farm Life Open Day by searching Facebook for Hovis

All Hovis products baked in mainland Great Britain are made with flour milled from 100% British wheat in Northern Ireland.

SOUTH DOWNS CYCLING... JUST GET ON YOUR BIKE!

Are you ready to get back in the saddle?

What you need is a little trail therapy...

That's what we provide at South Downs Cycling, where you'll find qualified guides ready to offer you a range of road opportunities in Britain's newest national Park.

Dig your mountain bike out of the shed and join us on a ride from historic Winchester:

For just £65 per person

> We will meet you at Winchester railway station (or make other arrangements for those who cannot travel by train)

> Provide a light lunch

> Take you on a 20-35 mile exploration of the beautiful Hampshire countryside, depending on how fancy you fancy going.

> At the end of the ride we'll buy tea and cakes in one of the city's finest eateries.

Our lovely city (Alfred the Great's capital) is an international tourist destination and a short train ride from London Waterloo.

To find out more:

Visit our website at: <http://www.south-downs-cycling.webs.com> and fill in the contact mark29butt@yahoo.co.uk

WORK IT DARLING! DIET COKE FLIES THE FASHION FLAG IN 2010

<http://www.cokezone.co.uk/home/catalogue/category/Diet+Coke>

- Girls get set to indulge your passion for fashion with glamorous giveaways and style <http://www.asos.com/> -

Prepare to look fabulous girls – diet Coke <http://www.cokezone.co.uk/home/catalogue> online shopping mecca ASOS.com <http://www.asos.com/> for what's sure to be THE year.

Giving fashionistas everywhere the chance to get their hands on the latest looks and special packs of diet Coke <http://www.cokezone.co.uk/home/catalogue/category/Diet+Coke> offering you the chance to win an ASOS.com <http://www.asos.com/> outfit every 30 minutes <http://www.cokezone.co.uk/home/index.jsp>, as well as £5 off your next order of £20 or more.

Whether you're working eye-popping digital prints, double denim or loving the tribal trend, the corner thanks to diet Coke <http://www.cokezone.co.uk/home/catalogue/category/Diet+Coke> outfit that any front row diva would be proud of!

What's more, the iconic silver diet Coke <http://www.cokezone.co.uk/home/catalogue/category/Diet+Coke> can has also undergone a pink leopard print handbag, desk and fridge accessory for fashion and fun loving girls who 'Love It Light' with sassiness – fierce! Grab your own piece of fashion history in shops now.

As well as fabulous fashion freebies diet Coke and ASOS.com <http://www.asos.com/> content so you can keep one step ahead of the fashion pack via a unique online destination. In a mode news, gorgeous trends and style scoops, log on and enjoy a daily fashion fix!

And for all the latest diet Coke news, don't forget to become a friend on Facebook at <http://www.facebook.com/dietcoke>

HARDER TIMES BRING OUT SOFTER SIDES

- New research sees Brits reaching for their teddies -

New research paints Brits as big softies, as 50% say they've reached for a teddy bear when whopping 82% have turned on the water works while watching a film.

The research was commissioned by the JOHNSON'S® brand, the experts in softness touch with their softer side than we might have thought. 60% confessed to crying at film cuddling teddy bears. With 56% of bankers also saying they've cuddled a teddy at the childhood favourite is the ultimate antidote to the harsh adult world outside, no matter how hard the world is.

And that harsh world, is, getting harsher...

43% of Brits feel that the world is a harsher place to live than it was just five years ago. Things that can turn a good day bad. 71% of us get most riled about queue jumpers, with their blatant rebellion to queue decorum. 41% of us are left seething when people don't say hello (45%), would feel a whole lot happier if people would simply return a smile on the street.

If bad street karma wasn't enough to get people reaching for their teddy, behaviour that's 65% have never given a loved one flowers or told them they love them, while a fifth of people do so someone by text or email.

The research, which was commissioned by the Johnson's® brand team to launch the teddy bear range, shows that people want others to show their softer side more often. 41% admit they'd rather people should look to themselves first to make a difference.

Chris McIardie Brand Manager from the Johnson's® team said, "Softness starts at home. Behind closed doors, they're not showing this side to people on the streets, or in public places. Small gestures like smiling back at someone, offering your seat on the bus, or saying hello, make a big difference.

"What the research tells us is that people crave soft gestures, but are shielding themselves from softness, we've created the ultimate moisturiser range to keep Brits soft on the outside and softness from the inside too."

Research conducted by One Poll in February 2010, among 3005 UK adults

A VERY SPECIAL EVENING WITH: RUFUS WAINWRIGHT

Royal Albert Hall Show Announced
Monday November 22nd

Tickets Go On General Sale Friday March 12th

In a year that is already brimming with highlights for Rufus Wainwright, he announces the Royal Albert Hall, November 22nd.

Rufus recently reacquainted himself with the Royal Albert for the acclaimed Wainwright with French & Saunders, Boy George, Guy Garvey and many more.

Armed and dangerous with a piano, a microphone and his stunning new studio album out April 5th, Rufus is set to take on the Royal Albert Hall all by himself for the very first time.

Tickets are priced at £22.55 - £65.80

Box Office: 0871 230 0333 / 0845 401 5045

Website: <http://www.royalalberthall.com> / <http://www.artistticket.com> / <http://www>

Tickets go on sale: Friday March 12th

Set to be yet another highlight for Rufus Wainwright's 2010 calendar, he heads out on to this, his acclaimed debut opera 'Prima Donna' comes to London for a series of celebrated debut performances at Manchester's International Festival last July.

Rufus admits that recording 'All Days Are Nights: Songs For Lulu' was one of the most hiding behind a 70-piece orchestra with my opera you can blame everything on the tut is raised it's me on my own," says Rufus.

Strapped with a resounding emotional heft, the intense 12-track record opens in arres', Rufus' ode to the city and his most positive America song. 'Les Feux D'Artifice T'App opera, 'Prima Donna,' is another highlight. 'Zebulon,' a song about one of Rufus' high fans who have seen his recent concerts, is a majestic performance.

50 YEARS OF DANZA CONTEMPORANEA DE CUBA

This spring, UK dance fans are in for a treat as the dazzling Danza Contemporanea de famous, but rarely seen outside of Cuba, **Danza Contemporanea de Cuba** celebrates major UK tour throughout February and March 2010. The dance group consists of an and Caribbean dance styles and is one of the most exciting, modern groups around.

Danza Contemporanea, as a Cuban dance troop, are supported by Havana Cultura; (1 initiative from Cuban rum, Havana Club. The initiative provides a window on contemp give the spirit of Havana a global voice. The aim of the project is to give modern Cuba their work, energy and passion internationally. Exclusive behind the scenes footage of Cultura site: <http://www.havana-cultura.com/EN/performing-art/danza-contemporanea-dance.html#733>.

The eight venue tour will see Danza Contemporanea de Cuba collaborating with lead Rafael Bonachela, Jan Linkens and will include two UK premieres. With a compulsor children aged 10 upwards, Cuba today produces some of the world's finest contemp technique that mixes Graham and Afro-Caribbean methods to produce a movement th excellent. Along with this technique Danza Contemporanea de Cuba's work reflects th mystical dance that is performed from the heart.

Havana Cultura, as an initiative, encourages people to explore this unique talent, vibra offer. It is the first of its kind to profile artists from all disciplines, from musicians to wri art and culture of the city of Havana, as well as the richness of Cuban culture.

For their first major UK tour, Danza Contemporanea de Cuba will present two program the UK premiere of *Mambo 3XXI*, by young Danza Contemporanea de Cuba principal electronic mambo soundtrack by progressive Cuban electro group Nacional Electrónica [cultura.com/EN/cuban-music/nacional-electronica/new-wave-musical-experimentatio](http://www.cultura.com/EN/cuban-music/nacional-electronica/new-wave-musical-experimentatio) had its world premiere in Havana in December 2009.

Programme A will also feature Rafael Bonachela's *Demo-N/Crazy*, which was concei Assis Carreiro of DanceEast in 2007. The piece is set to Latin music by Julia Wolf, an Bonachela observed between the Cuban dancers. *Folia* by former Dutch National Ball Programme A.

Programme B will showcase *Mambo 3XXI*, and in addition will include the UK premie Director of Cullberg Ballet and former choreographer with Nederlands Dans Theater,

During all press nights, authentic Cuban cocktails will be on offer courtesy of Cuban n the main bar and provide the ultimate setting to an evening of the finest Cuban culture responsibly www.drinkaware.co.uk

Tour dates:

19-20 Mar Sadler's Wells, London Programme B

www.sadlerswells.com / 0844 412 4322

Danza Contemporanea de Cuba

Contemporary dance is a relatively recent development in Cuba, beginning in 1959 w/ Nacional de Danza Moderna (National Modern Dance Group). Guerra, who had dance York, moulded the Conjunto's repertoire into a uniquely Cuban blend of modern Amer and classical European ballet.

The company's name eventually changed to Danza Contemporanea de Cuba. Today i Escuela Nacional de Arte, Cuba's national art school. A number of dancers from Danz to form their own smaller, experimental companies after dancing with the company.

Currently under the direction of Miguel Iglesias, Danza Contemporanea de Cuba is se available budget and resources, but has nevertheless managed to undergo a small n Asia and Africa, and counts more than 70 works in its repertoire.

ST PATRICK'S DAY: LEGENDARY IRISH CHEF RICHARD CORRIGAN TO HOST A STYLIS

Richard Corrigan's iconic Irish seafood restaurant is the ideal venue for this year's St

The Greatest Fashion Show on Earth - ...

County Meath, Ireland, Richard knows the vital ingredients for both a St Patrick's Day r

The Jameson Room at Bentley's will play host to this exclusive St Patrick's Day event. Celebrations will start from midday where Bentley's will be serving a delicious Irish breakfast featuring *Salmon on Irish Soda Bread* and a *selection of Oysters* to start. Guests will then be presented with a *Pig* which will be carved in the room with *freshly baked rolls*. As an accompaniment, the classic *Irish Stew*. To finish, there will be *Irish Apple Tart* with *Whiskey Cream* and *Cr*

Guests of this exclusive occasion can make a day of it, enjoying the private Jameson Room stocked cash bar including Guinness on draft! Due to the high demand of this event, the St Patrick's Day menu on offer in the Grill Room from 2:30pm-4pm serving *Smoked Stew* and *Irish Apple Tart* with *Whiskey Cream* for just £32.95.

Back by popular demand, *Hungry Grass* will be performing their brand of energised Irish music. Internationally acclaimed singer/pianist *Anna Corcoran* playing between 6pm and 10pm.

Tickets cost £40 pp for the full day event or £32.95pp for the afternoon menu. To book call 7758 4141 or email jane.sturgess@bentleys.org.

Bentley's Oyster Bar & Grill

Address

11-15 Swallow Street

London

W1B 4DG

Nearest Tube

Piccadilly Circus

Contact Details

T: +44 (0)20 7734 4756

F: +44 (0)20 7758 4140

LOLA'S LAUNCH ST. PATRICK'S DAY CUPCAKE!

Celebrate St. Patrick's Day with a limited edition Irish Cream cupcake from LOLA's Kitchen.

A sumptuous chocolate sponge base with a dash of Baileys liqueur has been topped with buttercream icing and decorated with a traditional green Shamrock.

Baked fresh every morning, these cupcakes are hand-made using only the finest ingredients. Available from 15th – 21st March in Selfridges and Harrods or to order from the LOLA's Kitchen website.

Lola's Online Prices:

Regular Cupcake: £2.00

Tiny Cupcake: £1.00

Selfridges and Harrods Prices:

Regular Cupcake: £2.25

Tiny Cupcake: £1.10

THE BRABANTIA 'COLOUR YOUR BIN' CALENDAR FOR 2010/11**How does the Colour Your Bin service work?**

With over 200 RAL international standard colours available, Brabantia's personalised service ensures you get just the right match.

Professionally coated in the colour of your choice, now you really can 'get the look' you see in magazines and on television makeover shows.

This personalisation service is available on the 45 litre sized Touch bin through selected stores: <http://www.brabantia.com/Data/Colouryourbin/en/>

The cost will be approximately £275 (plus £8.50 delivery to UK mainland addresses), plus the order was placed or to your home address.

The Touch Bin

The Touch Bin® has a number of hallmark features, including 'soft touch' opening for hinge design which means the lid opens silently.

Ideal for busy kitchens, the 45 litre capacity bin is large enough for all the household waste removed, and size-matching Brabantia bin liners with tie-tapes are available to make a hassle-free task.

All Touch bins come with a 10-year guarantee.

Dimensions

Touch Bin® - 45 litre

Diameter

365mm

Height

755mm

The Greatest Fashion Show on Earth - ...

Brabantia products are available from leading retailers, including high street department stores, independent housewares and kitchen product specialists. For stockist details, please call 0844 873 5848 or visit Brabantia's website www.brabantia.com.

MOTHERS EAT FOR FREE AT GILGAMESH!

Acclaimed Pan-Asian restaurant Gilgamesh is welcoming mothers on Mother's Day

On Sunday 14th March mothers will receive their entire meal on a complimentary basis in an extremely economical way! The only rules are that only one mother is allowed per table.

Mothers can tuck into a delicious three-course meal for free, while their guests can enjoy a selection of dishes include; Clear Essence of Tomato, Cardamon and Lobster, Gilgamesh's signature Den Miso Baked Salmon with Lime, Cauliflower Purée and Spiced Sorrel. Mums can also enjoy Tropical Fruit Mousse served with Passion Fruit Jelly. The menu is available for both lunch and dinner.

One lucky mum and their guest will also win the chance for a one-off masterclass with a professional chef.

So go on, spoil your mother and bring her to Gilgamesh this Mother's Day.

GILGAMESH

Camden View
Camden Stables Market
Chalk Farm Road
London NW1 8AH
020 7 482 5757
<http://www.gilgameshbar.com>

BELLA ITALIA IS NO SHRINKING 'VIOLETTE' THIS MOTHER'S DAY

- Restaurant launches limited-edition Mother's Day dish in aid of charity -

Italian restaurant Bella Italia will be unveiling a limited-edition dish with a difference this Mother's Day in aid of the Wellbeing of Women charity.

Throughout March, Bella chefs across the country will be adding a splash of colour to their Mother's Day menu with the trademark purple of the charity which raises money for medical research into women's health.

The restaurant chain will donate 50p from every *Fettuccini Violette* sold to the charity. The dish features grilled chicken breast, leeks and creamy gorgonzola sauce on a glorious purple pasta.

Sourced from the village of San Severino off the Amalfi coast in Italy, the purple pasta gets its vibrant colour from ingredients such as artichokes, tomato, beetroot and turmeric.

Bella Italia development chef Vittorio Lettieri said: "Our colourful creation for Wellbeing of Women cause. It's great that customers can treat their mums as well as do their bit for charity."

The *Fettuccini Violette* will be available from 3-31 March and priced at £10.50. For reservations visit <http://www.bellaitalia.co.uk>.

FRAE RE-OPENS ON FRIDAY 12TH MARCH WITH A BRAND NEW LOOK...

London fell in love with Frae last summer when it opened its doors selling delicious **100% yogurt** in Camden Passage, Angel. Now, after a period of refurbishment, Frae is proud to present a new unique menu.

Frae has built up a loyal following thanks to its quality frozen yogurt, swirled in its simple packaging. Now, to complement the great taste of Frae, Scots Martyn Pollock and Donald Murray have created a new store design which takes influence from the charismatic boutiques of Camden Passage. The new furniture harmonise with the one-off wall designs, providing a superb experience for customers to enjoy their frozen yogurt as they watch the hustle and bustle of the antiques traders nearby.

Frae doesn't play around with its frozen yogurt. It comes fresh from a certified organic producer and no artificial preservatives are added. It's all natural and the yogurt is packed full of live pro-biotics. The new menu includes a list of 'Frae Favourites' such as Natural and Green Tea and the new menu includes a list of 'Frae Favourites' frozen yogurt with topping combos such as **Frae Red** (Natural frozen yogurt with Strawberries) and **Frae Blue** (Natural frozen yogurt with Blueberries, Granola and Honey).

Served in "eco-friendly" packaging (yogurt tubs are made from sustainably managed forest paper and coffee cups are fully bio-degradable), Frae customers can enjoy their yogurt with a clear conscience.

Open 11am till 10pm (Sun – Thur) and 11am – 11pm (Fri – Sat), 7 days a week, Frae is the perfect place for grabbing a well-deserved treat after shopping in the Camden Passage boutiques, picnic time out with friends.

In addition to frozen yogurt, Frae also offers a full range of organic, fair-trade coffees and teas.

- Frae can be found at: 27 Camden Passage, Angel, Islington N1 8EA

- Opening Hours: 11am till 10pm, Sun – Thur

11am till 11pm, Fri - Sat

- Follow us on Twitter @FRAE__ or join as a fan on Facebook

- Visit our website at: <http://www.frae.co.uk/> (to launch shortly after 12th March)

SECOND MICHELIN STAR AWARDED TO LE SAINT-MARTIN

Yannick Franques is awarded his second Michelin star for his menu at Le Saint-Ma

Situated within the picturesque Chateau Saint Martin and Spa (sister hotel of the Hote dating back to Roman times, Le Saint-Martin is a refined restaurant seating 35 guests Yannick Franques. Blending traditional and contemporary cuisine, this former student Eric Fréchon takes an inspired new look at great French classics.

An authentic craftsman, Yannick Franques prepares dishes of sheer excellence that u a serious approach to cuisine, not only implementing precision timing but also incorp seasonings.

The superb offerings on Le Saint-Martin menu (which changes four times a year), incl

- *Crispy red mullet with sweet red pepper and paprika, squid with anchovies and*
- *Lobster cooked in a saffron-flavoured fish soup breaded with dehydrated black*
- *Poached Sole glazed with a nut-brown butter zabaglione, velvety lamb's lettuce*
- *Pigeon a la royale, truffled celery root spaghetti, sauce thickened with black sp*
- *Barbary free-range duckling, glazed with coffee extract, turnips and fig puree, s*
- *Roasted Lamb with herbs, Zucchini and goat's milk cheese cannelloni, black g*

The talent of Jean-Michel Manière, Pastry Chef at Le Saint-Martin is demonstrated in th

- *Black Chocolate, heart of guanaja 80% and praline flamed millefeuille style*
- *Milk Chocolate, andoa 39% and diced exotic fruit, coconut chips and sorbet*
- *Pear Williams, poached in a blackcurrant juice, iced vanilla mousse, chestnut*
- *Gingerbread, tarte soufflee Saint Martin, lavender honey ice cream*

At age 27 and a native of Nice, Head Sommelier, Jean-Christophe Rault takes genuin and their respective regions with his clientele. After obtaining a distinction in the wine-Touraine, in 2003, he worked for major establishments such as the Château Belmon recently, the Château d'Artigny at Montbazon.

In July 2007 the Oetker Group entrusted the general management of both the Hotel du Martin and Spa in the expert hands of Monsieur Philippe Perd with the aim of developi flagship hotels on the Côte d'Azur. The presentation of this second Michelin star to Le and the excellence of these Oetker properties.

Le Saint-Martin
Chateau Saint Martin & Spa
Avenue des Templiers.
06 140 Vence
Reservations +33(0)4 93 58 02 02

www.chateau-st-martin.com

NO GAIN – WITH NO PAIN! CONTEMPORARY INDIAN SEAFOOD RESTAURANT TRISHI OPTIONS

Spring is on its way, and all those forgiving, bulge-burying sweaters will soon be back no need for starvation rations: designed to satisfy the most careful gourmet – and, sin are as kind to waistlines as they are to palates, there is no need to be bland in order t spring.

The menu is available at lunchtime from 12 – 2.45pm, 6-7pm and after 9.45pm.
The menu is priced at £14.50 for 2 courses (£29 with wine flight), £17.50 for 3 courses courses (£35 with wine flight) and £23.50 for 5 courses (£38 with wine flight).

Wild Mushroom Salad
Garlic, Wild Leaves, Mushroom - Pomegranate

Lobster and Crab salad
Mooli (a variety of crispy Japanese radish, also known as daikon), Cucumber, Cau

Chargrilled Wild Tiger Prawn
Peanut and Coriander

Fish Seekh Kebab
Dill, Cucumber, Ginger

Hariyali Bream
Mint, Corinader, Tomato Kachumber

Virtuous eating has rarely tasted this good.

The Greatest Fashion Show on Earth - ...

Trishna is the popular Marylebone seafood restaurant that opened early last year. For good food is a sacrifice too far, the restaurant offers a fine selection of matched wines from Europe and India. The restaurant is located at 15-17 Blandford Street, Marylebon www.trishnalondon.com

Please Note

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Jim Lawrence

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