

Lunch Suggestions

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About this document Lunch is not included in CSF registration this year. You are invited to buy your own lunch from one of the many eateries near to the Appleton Tower venue. While it is possible to eat well in Edinburgh, it is also possible to eat very badly indeed. This short unofficial guide is intended to help you do more of the former and less of the latter. It is based on my seven years of experience trying to find good affordable lunch around the central area of Edinburgh, and as such these recommendations are purely personal: I accept no responsibility whatsoever for anything that happens to you, whether you follow them or not, and there are of course other good places to lunch. On the other hand, feedback is very welcome.

Bonsai (Japanese), 46 West Richmond Street, 0131 668 3847 Bonsai is an authentic Japano-Scottish restaurant with a proper Japanese chef and an excellent value lunch menu. For five pounds you can choose from sushi, teriyaki chicken and salmon, and more exotic dishes such as okonomiyaki, a kind of omelette, which in Japan you would be allowed to make yourself. Here you'll have to make do with the chef's interpretation, but it is very tasty indeed.

Buffalo Grill (Scottish), 12-14 Chapel Street, 0131 667 7427 An old favourite grilling first class Scotch beef steaks with a variety of extras including the infamous 'carpet bag': a steak stuffed with oysters. Also available are lighter (and cheaper) dishes such as grilled trout and a variety of salads.

Nile Valley (North African), 6 Chapel Street, 0131 667 8200 In the unlikely event of fine weather, you may wish to buy a sandwich and eat it in a pleasant outdoor setting, such as in nearby George Square. Nile valley sells African flatbread wraps with various fillings including homemade falafel and baba ganoush and fuul. The genuinely spicy chili sauce is optional. Excellent black olives. Inexpensive, and you can also eat in (seats downstairs, big enough for groups)

The Mosque Cafe (Pakistani), behind the corner of clerk street and West Nicholson street If you're seriously hungry and on a tight budget, but want to eat freshly prepared food rather than junk, the mosque cafe, situated in the basement of the mosque next to Appleton tower (hint: it has a large minaret on top), is perhaps your best option. They will feed you a large plate of homemade curry and rice for three pounds. Various vegetarian and non-veg options are available, and you can eat in the little terrace outside or take away a box. If your budget is a touch larger and your curry taste more exacting, try Khushi's, on the opposite side of West Nicholson Street.

Nyam Nyam (Italian), Marshall Street A recent addition to the sizeable number of Edinburgh eateries run by the Crolla family, Nyamnyam has quickly become a firm favourite, in particular for its ever-changing selection of pasta dishes. You can choose between two every day, typical offerings include spicy Neapolitan sausage, frutti di mare, or tomato and basil. Primarily a take-away, there are a few tables inside.

The Outsider (Fusion), 15 George IV Bridge, 0131 226 3131 One of several modern British/fusion restaurants in Edinburgh. Enjoy a view over the castle as you peruse the two-course lunch menu at about 10 pounds. You might find mackerel fillets, scallops with chorizo or chicken stuffed with haggis on the menu. Book ahead if you want to eat here in the evening.

Coffee It is possible that the free coffee provided at coffee breaks may not satisfy your requirements. If this is the case, report directly to the red police box coffee cart on George square, outside the psychology department, for a very acceptable Seattle-style espresso or cappucino, and consistently friendly service.



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Figure 1: Eateries. 1=Bonsai (Japanese), 2=Buffalo Grill (steak), 3=Nile Valley (North African), 4=Mosque Kitchen (curry), 5=Nyamnyam (Italian), 6=Outsider (Fusion), 7=Coffee.