

FAST FOOD
24
Hours

Preface

From breakfast to brunch, dinner to a nightcap, we're always in search of the perfect pick-me-up, a tasty treat or a mouthwatering meal. It's a difficult job, but Monocle takes a 24-hour tour of the globe's most exciting and eclectic bars, bakeries and restaurants. No matter what time of day it is, no matter where you are, there's something to satisfy your taste buds.

01
CHIN MEE CHIN CONFECTIONERY
Singapore

Chin Mee Chin, one of Singapore's last remaining traditional bakeries, hasn't changed all that much since opening in the 1920s. The look is vintage Singaporean: tiled floors, marble-topped tables and wooden chairs, with only the big front doors swung open to air the space. The third-generation aunties who run it still prepare breakfast the same way. Coffee is boiled over a charcoal stove, filtered through muslin cloth and then served with condensed milk, Carnation milk, or just sugar. — JB

204 E Coast Road,
+ 65 6345 0419



8:30
—
Coffee

PHOTOGRAPHER: TAN HAI HAN



03
MELQVIST
Stockholm

On a sunny day in Södermalm the crowd swells in front of the Mellqvist Kaffebar, with dozens of smart-looking Stockholmers drinking cortado coffees and eating cardamom buns. In Sweden the fika, or coffee break, is a particularly important part of the day. It usually includes a pile of cinnamon buns, can occur multiple times a day and is central to bringing people together. So for Mellqvist, having the best coffee and buns, and a selection of delicious sandwiches too, was crucial to making this the place to gather.

Mellqvist has been in this spot for five years, while the original Mellqvist in Vasastan to the north first opened 14 years ago. Both have become important meeting places in the city. "What we're focusing on is to get people to treat it as their second living room," says owner Anders Persson. "To make people comfortable so that they come, talk to people and maybe find some new contacts. We've got all kinds of people coming here: nurses, CEOs of big companies nearby, lots of musicians."

Staff have worked hard to get their coffee right, using a coffee roaster by the name of David Haugaard who was the first to do micro-roasting in Stockholm. For its baked goods Mellqvist employs the Valhalla Bakery, which uses a stone oven. The cardamom buns at Mellqvist are the best in the city and have gained a devoted following. — GL
Hornsgatan 78,
+ 46 76 875 29 92



11:55
—
Elevenes



PHOTOGRAPHER: SIMON BAJADA



02
LAWRENCE
Montreal

"People shouldn't come away from a brunch saying, 'Well, that was interesting,'" says Ethan Wills, co-owner of Lawrence. "It's not a cerebral meal. It should be comforting and indulgent." Wills knows this well: his bustling, British-accented brunch mecca in the Le Plateau district has won loyal fans for its comfort classics, such as chocolate-stuffed doughnuts and cold-smoked

trout. There's also the peerless full English breakfast, featuring bacon, sausage and black pudding, all made from scratch by UK-bred chef and co-owner Marc Cohen. Home chefs keen to recreate Cohen's decadent dishes have welcomed Boucherie Lawrence, a sister butcher shop that opened this summer, but the restaurant's brunch-time queues remain as thick as ever. Clearly, Montrealers understand that brunch isn't merely a meal; it's a social occasion and an event. — BL
lawrencerestaurant.com



10:00
—
Breakfast

PHOTOGRAPHER: FRANCIS PELLETIER



14:00
Lunch

PHOTOGRAPHER: EIRINI VOURLIOUMIS



04 ELAIA Athens

Climb the old steps that lead to the Acropolis and right next to a 12th-century Greek Orthodox church you'll find the blue chequered tablecloths in the shadow of white parasols of the Elaia restaurant and her older sister I Taverna tou Psara, or The Fisherman's Taverna.

Psara opened in 1898, and its kitchen today serves both establishments as this restaurant is renowned for its honest local cuisine and fish bought every day from the nearby Varvakio market or local fishermen. And the terrace of Elaia offers an impressive view of Athens that stretches from the ancient walls of the Acropolis to Mount Lycabettus. The menu here starts with the usual *mezedes* (Greek tapas) to grilled meat and fish, and the *piata imeras* (plats du jour).

Starters range from *tzatziki* (dip), fava salad (mashed split peas topped with onions) or the classic *horiatiki* – the peasant salad (fresh tomatoes, cucumber, peppers and feta cheese sprinkled with oregano). You can also indulge in the seafood salad or the catch of the day. Meat lovers won't be disappointed with the Cretan dish *katsiki stamnagathi* or goat's stew topped with spiny chicory.

Owner Vlassis Stathokostopoulos started his career in Plaka in the early 1970s as a waiter. Today, he runs several restaurants in Athens, but Elaia and Psara remain special. — NS stathokostopoulosgroup.gr



05 IPPODO Tokyo

For green tea novices who don't know their *matcha* from their *gyokuro*, an afternoon at the bustling Kaboku in Tokyo would be the ideal introduction. The tearoom is part of Ippodo, a Kyoto company that has been selling green tea since 1717. Japanese tea can be a complicated business, but Kaboku offers top-quality teas in a relaxed environment.

There are many teas to choose from: *matcha*, a thick whisked tea, is the most traditional of the lot and is more usually served at tea ceremonies; *sencha* is an everyday tea that can be served hot or cold; *genmaicha* combines green tea with toasted rice. The waitresses are happy to take charge but those who prefer to prepare their own tea are given the leaves, cups, hot water and even a clock for precision steeping, all served on a tray with seasonal Kyoto confectionery. For those in a hurry, a selection of teas are also offered as take-outs in stylish paper cups.

"We appreciate the tea ceremony," says Tai Kurimoto from Ippodo, "but we want people to know they can enjoy green tea at home too." He recommends *Sayaka no mukashi* for anyone who hasn't tried *matcha* before. "It's easy for beginners to enjoy – it has a mild sweetness," he says. Tea connoisseurs can wax lyrical about the balance of *umami* (full-bodied flavour) and *amami* (sweetness) for hours. The rest of us can enjoy a great cup of tea and a truly Japanese experience. — FW ippodo-tea.co.jp

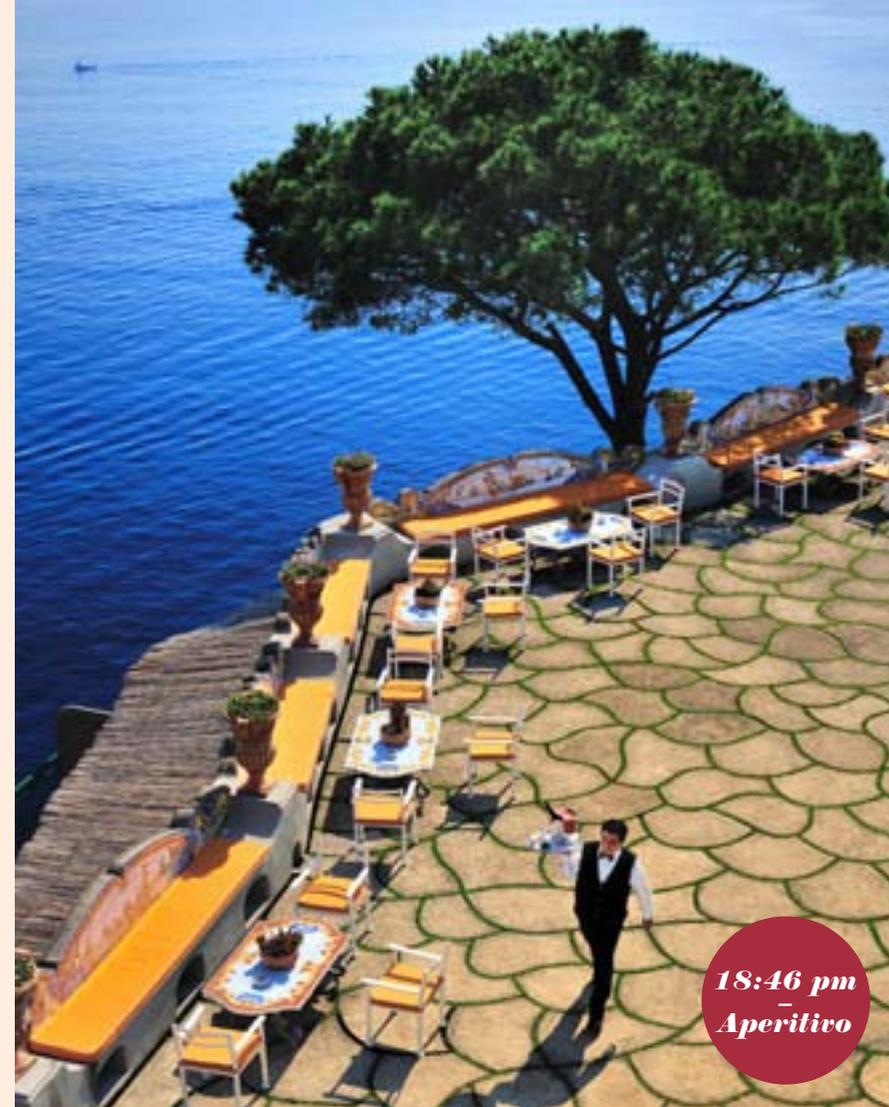


16:20
Matcha
Tea

06 SAN PIETRO Positano

Every summer, flocks of guests return to the 430 sq m terrace of the Il San Pietro hotel in Italy's Amalfi coast. And it's not just for the stunning view of Positano and the Faraglioni rocks of Capri. Set high on the cliffs overlooking the coastline, Il San Pietro di Positano was founded in 1934 by Carlo "Carlino" Cinque and thanks to its perfect location and 61 elegant rooms, it has become a favourite with many high-profile guests.

The terrace is accented with one-of-a-kind locally produced hand-painted tiles and is the perfect spot for an Italian-style *aperitivo*, a cocktail to quench a dry mouth and open the appetite, complemented with green olives, toasted almonds, and vegetable crudités with garlic dip. "Our most popular *aperitivo* is the Cocktail San Pietro, created by our bartender about 20 years ago," says Vito Cinque, the inheritor of his family's hotel. "The recipe includes vodka, Cointreau, fresh grapefruit juice, lemon juice and black cherry syrup and is served in a double martini glass with a slice of orange and a bougainvillea flower. This pink-coloured cocktail is perfect during a warm summer sunset". — DEP ilsanpietro.it



18:46 pm
Aperitivo

PHOTOGRAPHER: DAVID DE VLEESCHOUWER

07 LES GARAGISTES Hobart

Three years ago chef Luke Burgess, front of house Katrina Birchmeier and sommelier Kirk Richardson opened Les Garagistes in the industrial end of Hobart's city centre. From its earliest days the restaurant had a loyal following with both Tasmanian locals and foreigners making the trip further Down Under once they've secured a table. And for those who don't get one of the 40 seats in the restaurant, Les Garagistes' offshoot bar, Sidecar, is just around the corner and serves charcuterie from the glass cellar. Burgess' food is locally sourced and often uses rarely seen ingredients such as Bruny Island oysters and black garlic.

His combinations and creative plating resonate with influences of the kitchens he has worked in, among them Tet-suya's in Sydney and Noma in Copenhagen. The vast space, with open kitchen and bar, and glass charcuterie cellar, affords diners a glimpse at the collaborative effort and creativity that goes into each dish.

Dinner is now offered in three- and five-course set menus; each week one dish changes. "Dining should be a sharing process. That's why we have a communal table," explains Birchmeier. "Often customers don't know each other, but throughout the evening the restaurant turns into one big dinner party. The key to a successful meal is really enjoying one another's company." — CR garagistes.com.au



20:30
Dinner

PHOTOGRAPHER: CHRIS CHERIAR



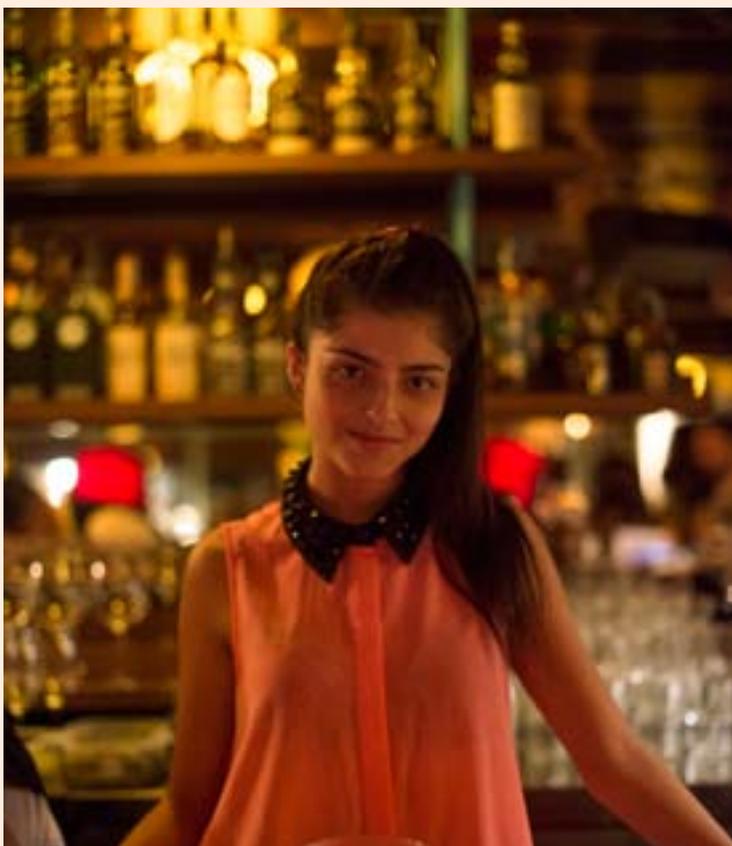
08 MAI LIROL DARLIN Bogotá

In Bogotá's up and coming neighbourhood of Chapinero sits the new spot of an old favourite haunt, Mai Lirol Darlin - spanglish for 'My Little Darling'. Up wooden stairs on the second floor of a glass window building, regular customers and Bogotanos from the design, media and music industry sip classic cocktails - from dry martinis to bellinis - and Belgian beer until 03.00.

Dashes of unpredictable kitsch adorn the small bar: vintage ceiling lamps, pink flamingos, black plastic pigs that serve as table legs, and red lampshades with black rabbits as light stands. At the white marble bar with five wooden bar stools, attentive barmen and barwomen sporting black ties and trainers serve up single-malt whisky, rum and gin-based cocktails, and generous shots of grappa, Peruvian pisco and tequila. And as the hours roll by deep into the early morning, house DJs mix Colombian and Cuban salsa, 1980s classics, and indie rock to funk. Live jazz bands also play most weekends.

"We want to sound different every night but you won't hear reggaeton (Latino hip-hop) played here," says Alejandro Ramirez, one of the bar's co-owners. For those who don't want to shake their hips, the bar is divided into two spaces by a glass wall where on the other side is a smoker's terrace area with a retractable roof that opens on warm nights. — ANM

Calle 59 No. 6-28



PHOTOGRAPHER: JUAN FELIPE RUBIO