

oneALDWYCH

LONDON



**Dominic Teague
Executive Chef
One Aldwych**

**We are a contemporary luxury 5 star boutique hotel
in the heart of Covent Garden.**

**Privately owned, 105 bedrooms,
Indigo Restaurant, Eneko at One Aldwych,
Lobby Bar, Guest Lounge,
Meeting Rooms, Screening Room,
Health Club, Spa and Pool.**

Why did Indigo restaurant take the decision to re-launch their menu to be entirely gluten and dairy free?

How did we make it happen?



the Indigo menu



the Indigo menu



the Indigo menu



the Indigo menu



Why did we not immediately reveal
the new concept to our guests?

The reaction when our new
concept was revealed?

Top London restaurant goes gluten and dairy free... and no one notices

Lizzie Edmonds

THE executive chef at one of London's top restaurants has revealed how he made his à la carte lunch and dinner menus gluten and dairy free months ago – and nobody has noticed.

Dominic Teague, from Indigo restaurant in Covent Garden's One Aldwych hotel, told the Standard that he worked on his new menu over several months after noticing a "massive uptake in guests who wanted gluten and dairy free dishes".

Mr Teague, formerly of the Lanesborough Hotel and Marco Pierre White's L'Escargot, added that he had "experienced first hand" how difficult eating out could be for those with dietary requirements as his wife is intolerant to gluten and his mother to dairy.

The chef launched the menu three months ago, becoming one of the first in the city to have their entire lunch and dinner offerings free from gluten and dairy.

So far, he said, nobody has been able to tell the difference. "No one has said anything. We have regulars who have all given great comments about the new

BROKER QUITS CITY FOR LURE OF FRESH FOOD

A FORMER stockbroker says his frustration at not being able to get hold of quality, locally produced food due to his busy life in the City led him to quit his job and create a food delivery service.

Ben Pugh, 37, a former Morgan Stanley employee, is the founder of Farmdrop, an online marketplace where users can buy meat, fish, dairy, vegetables and store cupboard items direct from producers. Customers choose their items online and the



farmers, who are based within a 30-mile radius of London, take it to a distribution centre in Bermondsey, before Farmdrop electric vans deliver it the same day. Prices are kept competitive, Mr Pugh, pictured, says, by cutting out supermarkets. The service has seen the number of users double to 2,000 in the past few weeks.

Mr Pugh, who lives in Maida Vale, said: "We hope this will mark a bit of a revolution."

farmdrop.co.uk

Lizzie Edmonds

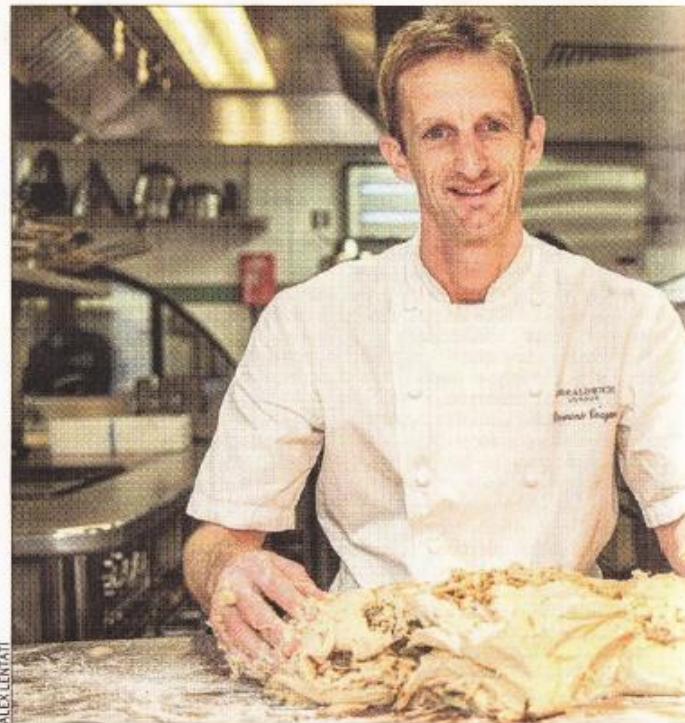
menu but not about it being gluten or dairy free," he added.

"A few people have been told after, or when they ask for gluten-free food. Most can't believe it. We have had loads of people coming back."

Mr Teague, 43, who lives with his family in Blackheath, said a particular

challenge on the menu was bread, which is made in-house. Over several weeks he developed a samphire and onion bread made from buckwheat flour – one of his proudest creations.

He said: "The most challenging items were the bread, the fish and chips and the chocolate mousse. But they get the



ALEX LENTATI

best comments – especially making a chocolate mousse dairy-free. It is made with coconut oil instead."

His team didn't announce the menu to avoid alienating those without dietary requirements.

He added: "One of my priorities was not to make it out as a fad. We didn't

want people to think I was doing this just to be different. I did this for real reasons and it fits into the hotel's philosophy of health and wellbeing.

"We were subtle about it. But we are still a luxury hotel. If someone wants a bœurnaise with their steak, we'll do it for them."

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Going Out › Restaurants

Top London restaurant goes gluten and dairy free... and no one notices

Could you tell the difference?

LIZZIE EDMONDS | Friday 13 November 2015 | 4 comments

f t e 59K shares



- Guest feedback overwhelmingly positive
- 30% increase in bookings over the next quarter
- A special feature on Indigo was filmed for ITN London News
- Industry recognition

Future initiatives in the five star 'free from' environment