

## The Capital Restaurant - one of London's finest



The Capital Restaurant - lunch from £27.50 per person

Eric Chavot became Head Chef at The Capital Restaurant which is a business owned by David Levin, in August '99 and since then has had an uncontested run of culinary success. To achieve two Michelin stars repeatedly is like winning the Olympics year after year: it is not an effort for the faint hearted and is something that many others strive to achieve without victory. With two Michelin stars, The Capital, Eric and his team are jumping the exacting food hurdles that are thrown at them by food critics and delivering winning food performances every day. David Levin is also a serious wine connoisseur and owns his own vineyards which produce award winning wines. For you and I, it means we can eat and drink at The Capital knowing that



The bar at The Capital Restaurant and Hotel

quality and delicious food are very much 'on the menu.'

Lunch options include tiger prawn and coconut risotto for starter or for the dedicated meat eater seared scallops with calf feet and braised cabbage. I tasted the prawns on my visit and can testify to the success of the delicious

and delicate flavours in both the prawns and coconut. Dishes are served in elegant chinaware that elicits compliments from diners.

Staff are attentive and knowledgeable and dressed in a smart, suited Parisian style. The decor is modern and chic and welcomes guests into its meadow of sultry pink chairs and lilac window wear.

Main courses include grilled halibut with seared calamari and white beans salsa or roasted lump of lamb with olive oil mashed potato and thyme jus. Vegetarians are also treated to an open lasagne of grilled vegetables.

I selected the halibut and my companion the lamb. Silence ensued as we greedily ate the tenderly cooked

## Eating at The Capital is a serious business: best to skip breakfast



A meadow of pink chairs

Eric Chaviot

offerings, which we both agreed were absolutely delicious as we cleaned our plates.

Portion size is just right and even with amuse bouche in between courses, you can just about fit in the cheese that is offered next. The cheese trolley, as one can imagine, is well chosen and not to be missed but go gently and spare a tiny thought for your stomach because pudding consideration will be upon you before you can say apple baba.

Even if you are on a post Christmas diet, the puddings are not to be missed. Delicate structures of sweetness arrive that round off The Capital's excellent meal.

Although if you manage to eat and drink as much as I did on my visit, you will be winning an Olympic gold medal yourself. You may get the gold for length of time spent in a restaurant or ability to pop the button off your skirt or trousers in just one sitting!

The Capital also has many special offers available. Do check their website

to take advantage of these.

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