

YOUR POCKET GUIDE TO HEATHROW

FOOD ON THE FLY.



 FOREWORD BY 

John Torode & Gregg Wallace





Foreword by Gregg Wallace

I enjoy my holidays, particularly long city breaks in Europe. Once I've passed through security, that's when I really start enjoying myself. Sometimes I shop, but usually I spend my time enjoying something to eat – often accompanied by a glass of wine, which I am partial to.

Earlier this year John and I were appointed as the Official Taste Buds of Heathrow and we were lucky enough to taste our way around the airport. What we discovered was that there are more dining choices than we ever realised at Heathrow – it's extraordinary.

Perhaps because we are creatures of habit my favourite choice is still to sit at the bar of Caviar House & Prunier eating fresh shellfish and sipping a cold, crisp white wine.

What was apparent and comforting is that the cost of eating at well-known restaurants at Heathrow is exactly the same as it is on the High Street – something passengers are not always aware of. What we are attempting to do with this guide is provide all the dining options that are available to you so that you can find the perfect meal to enjoy – be it on your own, with friends or with family. Whether you want a sandwich or a three course dinner to celebrate a special occasion, your trip starts at Heathrow.

I know you will find this book helpful, I wish someone had presented me with it years ago. Enjoy your trip. Enjoy your food.

A stylized, handwritten signature in black ink, appearing to read 'G. Wallace'. The signature is written over a faint, sketchy background that resembles a plate of food or a fork and knife.

Foreword by John Torode

I love to travel. I love to fly. I love the feeling of excitement you get when you enter an airport knowing very shortly you will be off somewhere, anywhere. That is exciting.

To celebrate I always toast my journey – perhaps with a little smoked salmon and scrambled eggs, usually accompanied by a cheeky glass of bubbles or a crisp glass of white. I don't like to eat a lot before I fly but I do like to sit, to take my time, to be served and to chat.

I often have to pinch myself when thinking about the amazing opportunities that have presented themselves to me over the course of my career. One of them includes being appointed as one of the Official Taste Buds of Heathrow and tasting my way around the airport in 80 plates. As a cook, chef and restaurateur, it amazes me that it's possible to serve food and drink from 5am to 11pm each day. At Heathrow they do, 365 days a year.

There are so many places to choose from at Heathrow that you really are spoilt for choice. My favourites include "rhubarb" and Carluccio's, for their varied and eclectic choices and perfect portion sizes. With so many diverse options, there is no excuse not to have an amazing meal at Heathrow – particularly as most restaurants provide 15 minute menus for those in a rush.

If you are looking for more choice in the air other than your airline meal, my top tip would be to take away from one of Heathrow's bars or restaurants. Many offer parcels to bring onto the plane and enjoy onboard, including Giraffe, Gordon Ramsay Plane Food, YO! Sushi and even Caviar House & Prunier. I like the idea of picking up a pizza and a bottle of champagne for my flight – now that's a perfect start to any holiday!




Introduction

Your journey starts here. Not when you step onto the plane, or when you touch down at your destination, but the moment you walk into your terminal at Heathrow. You might have noticed some changes around the place in recent years. What you won't find here are endless fast-food clones or rows of identikit fridge-cold sandwiches. But a superfood salad with free-range grilled chicken? Or salmon tartare, or a bowl of steaming soba noodles? It'll be with you in ten.



Whether you're heading off on business or the trip of a lifetime, chances are your priorities are the same: good-quality food delivered efficiently so you can relax. This is why we have two key policies: a 15-minute delivery time (all restaurants aim for this across the board, but look out for the icon to indicate dishes that are guaranteed within 15 minutes) and with prices matched to those on the High Street, you'll never be charged a premium for eating at the airport.

Although the principles of speed and quality run across all the restaurants at Heathrow, this isn't a selection of identikit cafés. You now have at least half a dozen options to choose from in each terminal. There are French brasseries, sushi pick-ups, oyster bars, continental-style cafés and good old-fashioned English pubs. And, crucially, breakfast is served in all of them.

The aim of this guide is to help you and your family, partner, friends, colleagues or briefcase find the perfect place to start your journey. Take a moment to read the reviews (they're designed to give you a flavour of each place even in the first sentence) or flick to the Top Fives – on the next page and let us point you in the right direction.

Our restaurants are open for the first flight out and close when the last one departs, so you'll never be stuck for something to eat, whether you want breakfast at 9pm or a glass of Champagne before your morning flight. For up-to-date information on the latest developments, check our listings at [heathrow.com](https://www.heathrow.com). And leave the sandwiches at home – we've got it covered.

- F** Family
- BT** Business Travellers
- ST** Single Travellers
- IY** Indulge Yourself
- P&B** Pubs and Bars
- HE** Healthy Eating

Eat Well, Travel Well

- 1 **Pick up healthy snacks for the plane:** grapes, oatcakes, nuts, dried fruit, sesame bars and cereal bars. Eating little and often is a good strategy.
- 2 **Beat anxiety with a banana before boarding.** Low blood sugar makes you feel nervous, and your body is naturally much calmer when it's digesting.
- 3 **Chewing gum or sucking sweets** on take-off produces saliva in your mouth, so your brain knows you're not in danger and reduces stress levels.
- 4 **Drink plenty of water** – 250ml for each hour on the plane will keep you properly hydrated.
- 5 **Remember the mantra: protein will keep you awake, carbs will make you sleep,** so opt for a dish with pasta or potatoes for dinner on a night flight.
- 6 **Choose the fish option on board,** or bring your own. The high levels of omega 3 improve your ability to cope with stressful situations.
- 7 **Ensure you arrive feeling your best with a BYO breakfast** – a piece of fruit and a just-add-water porridge pot beats an airline muffin.
- 8 **Toughen up your defences by keeping vitamin C levels up.** Kiwi fruit, pineapple and strawberries are all packed with the immunity-boosting nutrient.
- 9 **Eat light on the plane so you arrive slightly hungry.** On arrival, tuck into a protein-rich meal to give you more chance of staying awake and adjusting your body clock to the new time zone.
- 10 **Beat jet bloat by avoiding caffeine, alcohol,** salty snacks and carbonated drinks while on board.

Top 5 for

All-day breakfasts

- 1 **Huxleys Restaurant & Bar** (T5)
- 2 **"rhubarb" British Restaurant & Bar** (T3)
- 3 **V Bar** (T5)
- 4 **Giraffe** (T1, T5)
- 5 **Oriel French Restaurant & Bar** (T3)

Kids

- 1 **Giraffe** (T1, T5)
- 2 **Strada** (T3)
- 3 **Dining Street Restaurant** (T4)
- 4 **Wagamama** (T5)
- 5 **Est Caffè** (T1)

A treat

- 1 **Caviar House & Prunier Seafood Bar** (All)
- 2 **Gordon Ramsay Plane Food** (T5)
- 3 **Oriel French Restaurant & Bar** (T3)
- 4 **Caviar House Oyster Bar** (T3)
- 5 **"rhubarb" British Restaurant & Bar** (T3)

Express menus

- 1 **Gordon Ramsay Plane Food** (T5)
- 2 **The Crown Rivers** (T5)
- 3 **YO! Sushi** (T3)
- 4 **Giraffe** (T1, T5)
- 5 **Est Caffè** (T1)

Top 5 for

Drinks

- 1 Oriel French Restaurant & Bar (T3)
- 2 The Three Bells (T3)
- 3 The Crown Rivers (T5)
- 4 Gordon Ramsay Plane Food (T5)
- 5 The Tin Goose (T1)

Sandwiches

- 1 Apostrophe (T4, T5)
- 2 Huxleys Restaurant & Bar (T5)
- 3 Pret A Manger (All)
- 4 EAT (T3, T5)
- 5 The Tin Goose (T1)

Grab and go

- 1 YO! Sushi (T3)
- 2 Gordon Ramsay Plane Food (T5)
- 3 Caviar House & Prunier Seafood Bar (All)
- 4 Pret A Manger (All)
- 5 Wagamama (T5)

Healthy eating

- 1 EAT (T3, T5)
- 2 Itsu (T5)
- 3 Caviar House & Prunier Seafood Bar (All)
- 4 YO! Sushi (T3)
- 5 Giraffe (T1, T5)

T1



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Est Caffe

Terminal 1, After Security

F BT ST



There's a one-size-fits-all feel to both the identikit blond-wood interior and the exhaustive Italian menu at Est Caffe. However, T1 regulars know that the kitchen here turns out excellent pizzas, made and baked out front and delivered to tables before you can say 'make mine a margherita'. Stick to classics like the linguine al pesto, or ask for recommendations from the friendly staff. The dining room occupies a bright corner of the terminal, but takeaway is a speciality if you don't have time to stop.

Harlequin Alehouse & Eatery

Terminal 1, After Security

BT P&B

As the name suggests – and the casks above the bar confirm – traditional English ale is high up the agenda at this T1 pitstop. You'll also find Old World wines and good honest English classics like sausage and mash, pies, roast dinners and scotch eggs on the menu, alongside some more exotic options. Settle into one of the comfy leather tub chairs for a bap stuffed with hog roast or roast chicken, and a pint of Hobgoblin.

Pret A Manger

Terminal 1, After Security

Terminal 3, Before Security

Terminal 3, After Security

Terminal 4, After Security

Terminal 5, After Security

BT ST HE

Pret's mission has remained the same since it first opened in London in 1986: proper sandwiches without the chemicals, additives and preservatives of 'factory food'. Now they've added boxed salads, hot wraps, soups and sushi to the line-up, as well as breakfast porridge and pastries, and baked cakes and slices (the chocolate brownie is legendary). Smoothies, juices and good-quality coffee are all served with a smile. If they've sold out of what you're looking for, just ask – there might be more on the way.



The Skylark

Terminal 1, Before Security

F P&B

Particularly popular with outgoing groups, this traditional pub is as well run and welcoming as its Wetherspoon compadres at Heathrow. The encyclopaedic selection of beer, generally, is what draws passengers in, but it's the comfortable seating, the menu of solid British classics and welcoming staff that make them stop a little longer. However, speed is a strong point – if you're in a rush, you'll find plenty of dishes delivered to your table within 10 minutes.



The Tin Goose

Terminal 1, After Security

F BT ST P&B HE

There's as much style as substance to The Tin Goose, a slick pub that combines stripped wooden furniture, a Farrow & Ball colour scheme and smart tartan banquettes with an unwavering commitment to good food and drinks. Pitch up at the bar for a well-kept pint of cask ale or a bottle from the international beer line-up, or take a table in the bright dining space for gastropubby classics like the Ploughman's, Irish stew, fishcakes and a glass from a wine list that runs from Sicily to South Africa. There's a Bloody Mary menu too.

Wetherspoon Express

Terminal 1, After Security
Terminal 5, After Security

P&B

If you'd rather be close to your gate before stopping for a bite or a final pint, Wetherspoon Express offers that last-chance saloon. A smaller version of its big brothers in the main terminal buildings, the mini-pub serves lagers, ales, spirits and wines along with a simple selection of good-value sandwiches and snacks. You'll find the T1 branch near gates 77-90 (for flights to the Republic of Ireland) and in T5's satellite 5B.



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AMT Coffee

Terminal 1, Before Security
Terminal 3, Arrivals



BT ST

It might look like a run-of-the-mill coffee shop, but London-based chain AMT is founded on sound principles: it was the first UK coffee company to commit to 100% fair-trade coffee and organic milk. The menu features the usual line-up of soups, paninis and smoothies, as well as an encyclopaedic coffee selection. Alternatively, the hot chocolate is a particular speciality – try the chilli and dark chocolate or the tooth-achingly sweet white chocolate version. The branch in T3 is open 24 hours.

Bite

Terminal 3, Arrivals

BT ST

Designed for incoming passengers to grab-and-go, most customers just pop in to pick up a sandwich and continue on their way, but this colourful café is also a pleasant spot for a post-flight breather over a fresh OJ or a morning pastry. There's generally plenty of space for luggage, and the atmosphere feels calm and convivial enough for lingering. Here, the all-day breakfast – Bite's biggest seller – comes in takeaway-friendly panini format.

Bridge Bar and Eating House

Terminal 1, After Security
Terminal 3, After Security
Terminal 4, After Security

P.B

At peak times, tables are hard to come by in this no-nonsense departure lounge pub. There's no magic formula behind its success, just favourites like Stella Artois, Becks, Staropramen and Guinness on tap, an easy-to-navigate wine list and an all-encompassing menu that runs from Cornish sardines on toast to chicken balti. The clean-cut bar area is a popular spot for groups to meet for a pre-flight pint, while the comfier back section will suit passengers looking for a quick bite (serving time is generally no more than 15 minutes).

Caffè Italia

Terminal 1, Before Security
Terminal 3, Before Security

F BT ST HE

There's nothing overtly Italian about the clean-cut look of this all-day café from the family-run Ponti's chain, but the food and philosophy come straight from the motherland: Emilia Romagna to be precise. Staff are particularly proud of the pizzas, scattered with Italian mozzarella and basil and baked to order in a stone oven – the spicy Diavola is a favourite – but there are pastas, paninis, wraps and salads too. It's also a popular stop for morning pastry and a cup of Italian coffee over Sky News.



Caviar House Oyster Bar

Terminal 3, After Security

BT ST IY HE

Flanked by Chanel, Miu Miu and Bulgari, Caviar House's oyster counter feels right at home in T3's little slice of Bond Street. Like the passengers perched on the counter seats, the oysters hail from across the globe – France, the US, Japan – but the most popular are the mighty Irish Natives. Wash them down with a New Zealand Sauvignon Blanc, or the house Champagne and a little spoonful of caviar. The airport record is 44 oysters in a single sitting, according to the charming (and clued-up) staff.

EAT

Terminal 3, After Security
Terminal 5, After Security

BT ST HE

This British family-owned chain is well known for its simple, healthy approach to food on the go. As well as a rainbow of sandwiches that ranges from crayfish and rocket to New York pastrami, the daily changing soups (in 'Simple' and chunkier 'Bold') and colourful salads come recommended. Hotpots like the pulled pork with brown rice and chunky slaw make a simple, nourishing grab-and-go option if you're in a hurry (don't forget to slip in a dessert pot for afterwards).

Leon

Terminal 3, Before Security

BT ST HE

It's fast food, but not as you know it. At this hip, health-conscious chain, it's compilations of fresh ingredients and bold flavours that whizz down the shoot and onto the counter. At 11am, breakfast – poached egg or porridge pots, perhaps – becomes an all-day menu featuring the likes of veg-packed superfood salad, grilled meatballs with herb slaw and brown rice, a (sustainable) fish finger wrap and 'meaty' and 'veggie' soups. The sunny interior is as homely as it is stylish, with comfy leather armchairs, a folksy soundtrack and cheery staff.

M&S Simply Food

Terminal 3, Arrivals
Terminal 5, Arrivals

F BT ST HE

A Great British institution, M&S is best known for its good-quality food. These convenient Arrivals Hall mini-markets offer homeward-bound passengers the chance to pick up one of the excellent oven-ready meals, fresh filled pasta or stir-fry ingredients, perhaps. For those who can't wait, there's an enticing and ever-changing range of grab-and-go salads, sandwiches and snacks. It's also a good stop for last-minute gifts – you can't go wrong with M&S wine or chocolates. Queues might look long at busy times, but they move quickly.

Oriel French Restaurant & Bar

Terminal 3, After Security

F BT ST

IY P&B HE

Surely a contender for Heathrow's most stylish eatery, T3's 'grande brasserie' brings a certain art deco elegance to the departure lounge. But Oriel is as efficient as it is genteel – dishes are delivered within 12 minutes – with pricing on a par with Café Rouge. Of course, there's a full English (the 'Anglais') but the menu stays true to its French roots with classics such as coq au vin and confit de canard. The sleek cocktail bar is a lovely spot to toast your departure with a signature Martini or a glass of Champagne.

"rhubarb" British Restaurant & Bar

Terminal 3, After Security

F BT ST

IY P&B HE



As the name suggests, British ingredients are at the heart of this contemporary all-day brasserie by caterer-turned-restaurateur "rhubarb". Delicate compilations like pea and mint tortellini sit alongside gutsier offerings – generous breakfast butties, a man-size bowl of British beef chilli or triple-decker 'Mile High' Club – but whatever you decide on, don't skip the chips. Seriously. The same careful sourcing has been applied to the line-up of 20-odd wines by the glass, from a local sparkler to an Aussie Shiraz via France and Italy.

Strada

Terminal 3, After Security

F BT ST

Reliable Italian food based on good-quality ingredients is the reason to come to Strada, the family-friendly UK chain that has brought its classic line-up of pizzas and pastas to High Streets everywhere. The airy contemporary space, with views of the open kitchen, offers plenty of casual seating – café out front, dining room beyond – for diners to tuck into favourites like the antipasto sharing boards, spicy Rossa pizza and creamy rigatoni with speck ham. Parents love the takeaway option, either for ordering on the go or boxing up unfinished food.

The Globe

Terminal 3, Arrivals

P&B

Despite the worldly name, there's not a mojito in sight at this straight-up, no-nonsense pub in T3 Arrivals. Passengers know what they want here, and it's generally a pint of beer – there's Stella Artois, Becks, Carling, Guinness and Bass on tap – and a hearty full English breakfast. Thursday is 'Curry Time', Friday for fish and chips and a stiff Bloody Mary or Italian coffee is as exotic as the drinks menu gets. The team will happily offer table service, but regulars tend to pull up a bar stool and chat to the friendly staff.

The Three Bells

Terminal 3, Before Security

F BT ST P&B HE

There aren't many airport pubs where you'll see fresh flowers, vintage chesterfield sofas and a seasonal cocktail menu featuring sloe gin fizz. Breakfast at The Three Bells can be muesli or eggs Benedict, while daily specials might include a salad of candy and golden beetroot with russet apples and watercress. Of course, there's also a good selection of beer, pub food and screens for live sports, but kids are welcome, as are groups – the lovely private dining room (Heathrow's only one) seats 12 and parties can pre-order.

YO! Sushi

Terminal 3, After Security

BT ST IV HE

Sparklingly fresh Japanese food comes thick and fast at this pioneering conveyor-belt sushi chain. Perch at the counter and grab the passing colour-coded plates (from £1.80) or pick from hot and cold dishes on the menu. YO! certainly doesn't scrimp on quality – the fish comes from the same supplier as Nobu, and premium (yellow) plates like salmon and tobiko tatare with coriander dressing could have been plucked from London's top sushi joints. Water on tap and a takeaway counter out front are designed to keep you moving.



T4

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Apostrophe

Terminal 4, After Security
Terminal 5, After Security

BT ST HE

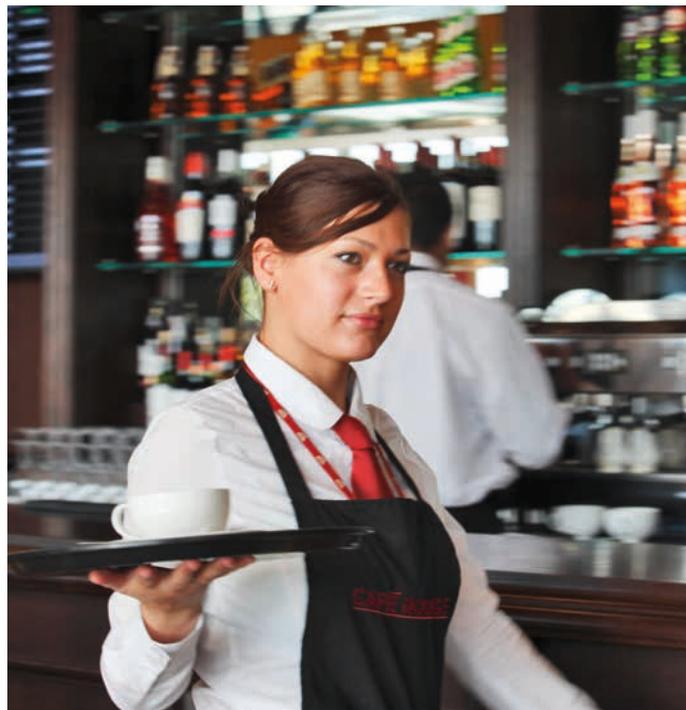
You can't miss the hot pink branding of Apostrophe's pastry-loaded counter. The cosmopolitan London chain is a cut above the average coffee shop – its freshly baked breads are grainier and healthier, cappuccinos creamier and hot chocolate definitely thicker. Swing by for one of the signature BLTs, or hearty soups and stews like Thai green curry or chilli con carne. The clean-cut Scandi look of the place, with café tables as well as comfy banquettes and high perches for plug-in pitstops, adds to its appeal.

Café Rouge

Terminal 1, Before Security
Terminal 4, Before Security

F BT ST

Vintage Parisian style runs through the veins of this mid-range French café, with its red velvet banquettes, etched mirrors and chequerboard floor. The theme continues on the all-day brasserie menu, which majors in classics like 35 day-aged steak-frites, moules marinières and bouillabaisse, or a quick croque monsieur. Both the T1 and T4 restaurants make a good port of call for early arrivals to the check-in desks. Ask one of the apron-clad staff for a table with space for luggage.



Dining Street Restaurant

Terminal 4, After Security

F BT ST P.B

As the red telephone box outside suggests, Dining Street is British at heart so it's a handily placed T4 pitstop for that last plate of bangers and mash, fish and chunky chips or Cornish ice cream. Solo travellers tend to pull up a stool at the bar, while the spacious dining area appeals to families (as do the kids' menus and colouring sheets) and larger groups. Portions are generous – luckily, you can take any dish away in a smart Union Jack takeout box. Dining Street serves Halal meat.



The Windsor Castle

Terminal 4, Before Security

P.B

Tucked away in something of a no man's land between Arrivals and Departures, this grand old gent of Heathrow pubs is as peaceful as a country inn. You'll find no blaring sports coverage here, just a relaxed spot for reading the paper over a pint of London Pride (customers come in specifically for it). As well as bar snacks, popular menu options include burgers and fish and chips but you'll also find teriyaki noodles and pasta pomodoro in the line-up. Friendly staff are always happy to chat.

T5

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Caffè Nero

*Terminal 1, After Security
Terminal 4, Before Security
Terminal 5, Before Security
Central Bus Station*

F BT ST

Good Italian coffee is the focus of this crowd-pleasing chain, but Caffè Nero also does a fine line in accompanying pastries, cakes and muffins, as well as Mediterranean-style sandwiches and paninis. The cafés themselves generally make for a relaxed pitstop, many with kids' play areas. Notable features of the individual airport branches are the front-row runway views from the T5 branch (bonus points if you can spot Windsor Castle and Wembley) and the 24-hour opening hours at T4.

Carluccio's

Terminal 5, Before Security

F BT ST

Enticing stacks of freshly baked meringues and pastries greet customers at the T5 link in this popular Italian chain. The breezy interior makes an appealing rendez-vous by the T5 check-in desks – singles, couples and families head there for Italian coffee and chunky croissants in the morning, prosciutto and mozzarella paninis and top-notch gelato at lunch or crowd-pleasers like rigatoni amatriciana or Milanese di pollo in the evening. It's all delivered in double-quick time. Check the boards for daily soups, pastas and risottos.

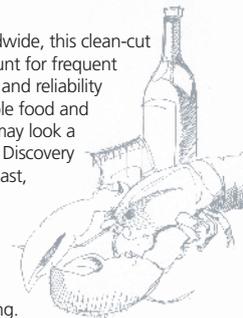


Caviar House & Prunier Seafood Bar

*Terminal 1, After Security
Terminal 3, After Security
Terminal 4, After Security
Terminal 5, After Security*

BT ST IY HE

A familiar sight in airports worldwide, this clean-cut seafood counter is a regular haunt for frequent flyers. They come for the speed and reliability of the operation, the light, simple food and the convivial bar set-up. Prices may look a little 'expense account', but the Discovero (£38) is a three-tiered salmon feast, easily enough for two. If you're dashing, pick up one of the takeout boxes; if you've time to linger over a glass of Muscadet or house Champagne, there's table seating. Don't miss the signature Balik salmon.



Costa

*Terminal 1, Before Security
Terminal 1, After Security
Terminal 1, Arrivals
Terminal 3, Before Security
Terminal 4, After Security
Terminal 4, Arrivals
Terminal 5, Arrivals*

BT ST

A familiar sight on British High Streets, Costa is officially 'the nation's favourite coffee shop' and the choice of coffee aficionados. And if you don't know your macchiato from your mocha latte, there are hot chocolates, teas and chilled fruit coolers in the summer. The chain also prides itself on a warm welcome and good food, from morning granolas to hot wraps and pasta salad at lunch, or a super-size custard cream any time. The T5 Costa occupies a prime spot opposite International Arrivals.



Espresso

Terminal 5, After Security



BT ST

Flying from gates A18-A23? Regular flyers stop by at this relaxed Italian coffee bar tucked away in a quiet corner of T5, where the chill-out soundtrack matches the low-key vibe. It's a pleasant, airy little stop-off. Would-be plane-spotters can head straight for the high bar tables to soak up the action outside – the views are great – and there's plenty of space to check emails over a lunchtime deli sandwich or an afternoon muffin. The real Italian coffee is another draw.

Giraffe

Terminal 1, After Security
Terminal 5, After Security

F HE

You can't miss the colourful furniture or graffitied walls (or 5m-tall T5 giraffes) of this family and group-friendly chain. There's nothing understated about the catch-all global menu either, from the signature Mexican huevos rancheros at busy breakfast times, to Malay noodles, Austrian schnitzel, ribs and traditional fish and chips throughout the day. It's also a great place for a hearty superfood salad. Kids are particularly well catered for, with special menus, plane-spotting opportunities galore (in the T5 branch) and colouring sheets.

Giraffe Juice

Terminal 5, Arrivals

HE

The handy arrivals hall location of this colourful juice and coffee bar – the only one in the Giraffe chain – is the main reason for its popularity with greeters, taxi drivers and arriving passengers. However, the line-up of organic porridge and fresh OJ in the morning and vibrant salad pots, bloomer sandwiches and fresh smoothies throughout the day is as feel-good as it looks. Natural daylight is another plus – the bar is just by the T5 garden.



Gordon Ramsay Plane Food

Terminal 5, After Security

BT ST IY P.B HE

The T5 outpost of the Ramsay empire might look swish but the bill won't bite. Pitch up for a cocktail at the marble-topped bar, or settle in for European dishes that range from sharp – steamed sea bass with wild mushroom and celeriac purée – to simple: fishcakes, perhaps. Express menus, from £16.95 for two courses served in 25 minutes, are proof that upmarket doesn't mean slow. Phone bookings are taken (recommended for large parties or peak periods), as are pre-orders for the three-course picnics in nifty orange cool bags.



Huxleys Restaurant & Bar

Terminal 5, After Security

BT ST P.B

With its handsome dark wood, chequerboard floor and leather banquette seating, Huxleys could pass for a new-wave gastropub, but the recently revamped menu has no such pretensions. Expect simple compilations of the best ingredients: gammon, topside of beef and whole chickens, for example, roasted daily in house. Thick-cut sandwiches, hearty all-day breakfasts, pie and mash and Bombardier ale continue the British theme. Solo travellers can perch at bar tables, and there are booths for groups of 6-7. It's a popular spot for live sports events.

Itsu

Terminal 5, After Security

BT ST HE

Hard to beat for a healthy bite on the hoof, this popular London-based sushi bar serves up beautifully presented boxes of sushi, sashimi, wraps and salad with names like 'Health & Happiness' and 'Hip, Humble & Healthy'. Grab one for the flight – you'll still have change from £10 – or make a meal of it with miso or Poshu noodle hot options, detox juice drinks and frozen yoghurt. Breakfasts are similarly style- and health-conscious. Just look out for the luminous flying butterfly motif.

Krispy Kreme

*Terminal 3, Before Security
Terminal 5, Arrivals*

F ST

Purveyors of the world's most famous doughnuts since 1937, Krispy Kreme needs little introduction. Stop by for one of their 'original glazed' signatures, or one of 15 other indulgent delicacies like apple pie or chocolate truffle (all doughnuts, naturally). They're baked fresh every day and available in trays of 12 – many of which disappear up into airport offices on a daily basis – or solo with a coffee or soft drink, perhaps. In T5 you might even spot a passing celebrity – the café is just opposite the VIP lounge.



Starbucks

*Terminal 3, After Security
Terminal 5, After Security*

BT ST

Now in 50 countries worldwide, the global coffee giant takes the quality of its beans and roasts as seriously as ever. In addition to the espresso-based lattes, cappuccinos and mochas, Starbucks' line-up of liquid refreshment includes frappuccinos, hot chocolate and even teas. Hot and cold food runs from soy porridge or a morning sausage buttie to paninis and salads, with, of course, plenty of accompaniments for your cappuccino: muffins, pastries, cake slices and cookies. Chances are, you probably already have a favourite.

The Crown Rivers

Terminal 5, After Security

ST P.B HE

JD Wetherspoon has cracked the formula for a busy pub: more than a dozen beers on tap, double-quick service and solid pub grub. At this bustling watering hole near gates A1-A7, it also includes a multi-lingual touchscreen menu, a table-service option and plenty of international dishes – taquitos, hot dogs and teriyaki noodles – alongside Brit pub staples like bangers and mash and beef and ale pie. Many stick to the burger menu (the pub serves 1,400 a week) but the calorie counts with each dish will help health-conscious diners.



The Five Tuns

Terminal 5, Before Security

F BT ST P&B HE

You won't find beer-stained carpets or flashing fruit machines in T5's only landside pub. Geronimo Inns brings together all the best elements of the Great British gastropub: friendly staff, honest hearty food, real ale and a convivial setting. The day here is just as likely to start with a bowl of granola and yoghurt as a Full English – lighter bites like fishcakes suit passengers pre-flight. Early arrivals to the nearby check-in desks might swing by for a quick pork pie and a Bloody Mary.

V Bar

Terminal 5, After Security

BT ST P&B

More of a swing-by than a destination (it's the last stop before gates A18-A23), V Bar has a pleasant Continental-café buzz about it. Refreshment is at the lighter end of the spectrum; tapas is the stand-out speciality on the Mediterranean-inspired menu – small plates of frittata, potato wedges and chipotle meatballs – with cocktails and 20-odd wines by the glass. Another reason to stop by is the hearty meal-in-a-glass breakfast smoothies, or for high tea – pork pie and Welsh rarebit, for example. The 'terrace' space is a quiet spot to pass the time.

Wagamama

Terminal 5, After Security

F BT ST HE

Quick-fire bowls of Japanese noodles and rice are served by smiling staff in the clean-cut dining room at Wagamama. As well as canteen-style communal tables, there are booths for couples and families. UK regulars will recognise everything apart from the breakfast menu, which features traditional Japanese rice dishes and a popular kedgeree alongside the Full English. Kids can attack mini ramen and katsu with pincer chopsticks. Grab a takeout for the plane – you can even pre-order on the Wagamama app.





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