

Tried & TASTED

Bluebell Dental's Dr Suki Shakthi has a passion for pasta and is easily tempted by the naughtiest of cakes!



The coffee break

Venue: Belgique

Location: Woodford Broadway

Favourite dish: Cappuccino and cake

Who would you take? My fantastic staff

This is a great stop when you are pushed for time. It's just a quick dash up the road, the service is lovely, and there is a nice atmosphere. Their cakes are divine, very naughty but very nice, a great treat when you are on the go.

Lunch with friends

Venue: The Olive Tree

Location: Loughton

Favourite dish: Chicken or fish dishes

Who would you take? A catch up with the school mums

This has a nice atmosphere, good service, and if we get through our lunch quickly we can have a quick look at all the lovely shops along the high road. I don't get much time for shopping.

A family meal

Venue: Pizzeria Bel-Sit

Location: Woodford Green

Favourite dish: Any type of pasta with a kick of chilli, and the legendary garlic bread of course!

Who would you take? My husband and three children

I love the hustle and bustle and the waiters are so friendly. The kids are always made to feel so welcome too and can be themselves (you can never

THIS IS A NEW RESTAURANT, OFFERING LOVELY FOOD IN A NICE, RELAXED ATMOSPHERE

Venue: Papillon



hear them over the noise of the waiters!). The food is fantastic, there is something for everyone but I usually have to keep my head down a bit because so many of my patients seem to eat there too!

Business dinner

Venue: Papillon

Location: Chigwell

Favourite dish: Pasta (my favourite)

Who would you take? My hard working associate dentists

This is a new restaurant, offering lovely food in a nice, relaxed atmosphere. The service is good and the ambiance is just right for a motivating business dinner with my key team.

Living it up

Venue: Nuovo

Location: South Woodford

Favourite dish: Calamari

Who would you take? Staff for our Christmas party

Last year's Christmas party was great. Everyone from my professional oral surgeons to my hardworking nursing staff were there. There is something for everyone. We had a great evening, lovely food and a fantastic atmosphere

Get involved

Do you want to be one of *West Essex Life's* restaurant reviewers? Contact editor.westessex@archant.co.uk