

Burp. We eat free so you don't have to

Pause Circus Parade, New England St

Mon-Sat 9am-6pm

The Place It's a small concrete triangle just across the roundabout from the Duke Of York's, a little way up New England Street. A couple of doors down from GMSC, Pause is far enough from town's hustle-bustle to boast a largely trend-free clientele, mostly yummy mummies and bona fide locals. It feels roomy, with a big mirror along one wall and local artists' work opposite. Sit at a table, on a sofa, on a



bench or outside. The background music when SOURCE visits is, rather impressively, a Kirsty McColl album.

The Meal A printed menu focuses on beverages and Pause's posh breakfasts, which we're gutted not to be sampling today (especially the lush-looking pile of pancakes with maple syrup). However, lunch choices are on two chalkboards and are kept simple – a range of hot or cold sandwiches, salads with bread and jacket potatoes, plus two larger daily special options, one of which is veggie. Despite being tempted by the chilli coconut chicken (£4.85), we dive into vegetable ratatouille with green salad (£4.85) and a baked potato with tuna melt topping (£3.75). With generous portions, both taste spectacular. The ratatouille has thick potato slices and perfect vegetables, with paprika amongst the flavours, while the jacket is seriously the best we've had in town, a

dead-on balance of fluffy and crisp, with a fat load of melt on top. Salads are lettuce, tomato and red onion. Oddly, we're drinking a latte and a hot chocolate (both £1.95), then for afters we snarf moist home-made lemon cake and banana cake, with a Yogi herbal tea (£1.40). Pause even make their millionaire shortcake in-house.



The Verdict Pause is a rare place, where the location, simplicity and value could almost distract you from the truly terrific food. Meals are made with real care, not only compared to similar cafés down this end of the Brighton diaspora but in fact taking on far more noted (and pricey) outlets around town. Unlike almost any other Brighton or Hove eatery, since reviewing Pause, we've been back there about five times, which is testament beyond any words.