

Lunch is just a parking place away!

by Barbara Davies

The classic Limassol business lunch would take you to Neon Phaliron. Reasons more discreet might draw you to the newly restored Curium Palace Hotel, but I'm usually looking for something light yet filling.

It should be healthy and tasty, with a little modern continental flair, a touch of 'boulevard-café ambience, efficient, yet personal service; and, need I add, easy parking. Is that too much for a girl to ask?

Lucky us in Limassol! We are spoiled for choice. Even without Rubius Haggred's illicit umbrella-wand, the parking part is easy if you know where to go and have some change for the meter.

Woolworth Apollon, just off Archbishop Makarios III Avenue on Petrou Tsirou Street, is a well-frequented stop for Mothers' morning cappuccino (£1.30), after the children have been installed in school. With lots of free parking - some in the shade - it lacks a lot by way of atmosphere but it is clean, efficient and the staff are always friendly.

In a cafeteria-service style, there are fresh sandwiches and pastries from 8am. A reasonable and varying selection of hot meals are served at lunchtime; but what sets it apart is the extensive, fresh, self-service salad bar.

There are always several choices of mixed greens, tabouleh, various marinated vegetables, potato salad, chicken or seafood salads, olives, cheeses and sauces, and seasonal specialities - perfect for vegetarians. Two bowl sizes (£1,80 and £2,70) let you match your appetite. Beverage choices include wine - 1/2 bottle of local grapes, £2,00 - spirits, and fresh orange juice (£1,20).

All comestibles are available for 'take away'. The fish and chips for the children and a salad for Mum make for an easy, after-school lunch at the park.

Another mid-town favourite, open for just under one year, maintains consistently high standards in all my critical requirements. Foodbox Delicacies is one of the jumble of street side cafes on Archbishop Makarios III Avenue. It is near its T-junction beginning at beach front October 28th Boulevard. There is more than ample parking across the street at Enieros car park.

The specialities at Foodbox are gourmet sandwiches and salads which make your mouth water in anticipation, served on your choice of focaccia, ciabatta, Austrian multigrain, sliced white bread or croissant.

The sandwiches are freshly made to individual orders. Popular choices include chargrilled, marinated chicken, barbequed chicken with carrots and spicy mustard sauce or fresh goat's cheese with olives and sun-dried tomato.

Foodbox serves up 35 different sandwich selections and six creative salads, plus fresh fruit salad and pasta. I've been munching my way through the menu and have never yet encountered a 'dud'.

To eat 'in', sandwiches range from £1,70 to £2,80. Take away is cheaper (different tax base) or you may order any of their fare for delivery (delivery charge 50 cents, with a two sandwich minimum.) Why not lunch on the beach and order through their delivery service?

Cappuccino to drink 'in' is £1,60 and fresh orange juice is £1,50. But here you can also order any fresh blended fruit smoothie combination in season, while you watch the world stroll by. Open from 9am, you'll find them still serving into the wee hours, especially on balmy summer nights.

If the creative and quirky hold great appeal - 'Yes, yes!' I hear you cry - make your way to Luna and Friends in the Kirqis Centre on Emanuel Roidi Street, back behind St. Mary's School, on the long stretch of road that shortcuts between Gladstonos and Ayia Zoni Streets.

You may have to walk a few meters, but there is always enough parking in the immediate neighbourhood.

This lime-green haven of happiness is a chic coffee shop, pet accessory shop and animal and environment protection club, with just an all-time-great atmosphere. You'll feel comfortable here in satin and Manolo's, a business suit or straight from the gym, and there is a pet refreshment station if you arrive with your furry friend.

Your morning cappuccino is only £1,20, orange juice £1,50, and there are sandwiches and salads from £1,95 to £3,50. Ask proprietor, Dragana, about the deadly, daily sweet tray. Woof!

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