

[00:00:00.000] - Intro

Welcome to the UK Travel Planning Podcast. Your host is the founder of the UK Travel Planning website, Tracy Collins. In this podcast, Tracy shares destination guides, travel tips, and itinerary ideas, as well as interviews with a variety of guests who share their knowledge and experience of UK travel to help you plan your perfect UK vacation. Join us as we explore the UK from cosmopolitan cities to quaint villages, from historic castles to beautiful islands, and from the picturesque countryside to seaside towns.

[00:00:38.800] - Tracy

Okay, and welcome to the UK Travel Plan podcast. This week I've got guest Karen back again to talk about all things British food. We recently did a podcast live with Victoria in the Facebook group, and we got lots and lots of questions about foods. So myself and Karen have been chatting away and we decided we would do a little bit of a podcast and have a chat about the foods that we enjoy eating when we're in the UK and give you a little bit of context about what things that you can expect when you're there. A little bit about pubs, a little bit about how to save money as well when you're in the UK because food you're eating out is pretty expensive and if you're trying to budget, there are things that you can do. Also the fact that there are different names for different foods in the UK as well. So I thought I'd kick off. Would you like to just say hello?

[00:01:33.740] - Karen

Hey, I'm Karen. So, yeah, we've done a couple of podcasts before as well, haven't we? We just thought we've got so much to say about food. So it felt like a podcast on its own. But we went back to the UK for a visit. So just to give you the background, I'm from the UK originally and now live in Australia. And I've been over in Brisbane for about eight and a half years now. And last year in September and October, we went back to the UK for six weeks, myself, my husband and three kids to travel around and see family and catch up with everybody. And it seemed we ate all the food while we were away because my husband's a bit of a food obsessed. He really missed a lot of food in the UK, so we did a lot of eating of a lot of different food in a lot of different places. And actually, it was where nearly all of our money went. It was on food.

[00:02:20.230] - Tracy

It's definitely expensive. And actually, I've just recorded a previous podcast with Karen, which I will link to in the show notes because I'm not quite sure at this point which episode that will be, but there will be a link to listen to Karen talk all about her six week trip back to the UK with her family last October. And also, if you do recognise Karen's voice, it's probably because she is the person who does the intro to the podcast too. So let's start talking about food because I love food as well.

[00:02:51.800] - Karen

It could be a long podcast.

[00:02:52.800] - Tracy

It could be. So I think the first thing, let's talk about the food you might find when you visit the UK. What you're going to find out that there are regional variations, specialities to different regions. So I grew up in the North East of the UK, so in Northumberland. I grew up very much on my grandmother's home cooking. She used to make her own bread and she used to have exactly the same food at exactly the same day of the week. So she followed a very regimental structure. She also had four small meals a day with my grandfather. So I grew up in that culture in the late 60s and 70s. So I absolutely love any of the foods that she used to make. So I'll start with one of my favourites when I'm back is have a roast dinner. A Sunday roast is a big tradition isn't it, Karen?

[00:03:44.920] - Karen

Yeah, every single Sunday growing up, and even now, my mum and dad still every Sunday make a roast, even though it's just the two of them, they'll get a little mini roast now that they make. But you can have roasts in pubs. You can have carveries in pubs where you've got all of the roast meat laid out and all the vegetables and you can keep your plate as high as it can go. But Sunday roast, it was something that was non negotiable in our house growing up.

[00:04:14.170] - Tracy

Yeah, absolutely. I think actually Doug would be happy if I made a roast in every Sunday here. It's a bit too hot so I don't.

[00:04:19.650] - Karen

It's too hot in Australia.

[00:04:20.620] - Tracy

Absolutely. I know it was something I was discussing with Wendy in, I think, podcast 82, because she was over in the UK. She found it really difficult to find a Sunday roast. I think it's worth... If you go to a carvery, they probably will be on all day. But generally, if you're going into a pub or a restaurant for a Sunday car, it tends to be lunchtime thing. So finish generally about four and you will potentially... Well, I would book, to be honest, because it is a popular thing and people will go out with their family, meet up to have a Sunday roast. So if you're going to be in a popular destination in the UK, then I would consider definitely making some inquiries and booking a Sunday roast if that's what you want to do.

[00:05:00.870] - Karen

And the most important part of the Sunday roast has to be Yorkshire pudding. Absolutely. It has to be Yorkshire pudding because I'm from Yorkshire. So it's just something that we grew up with and it is delicious.

[00:05:09.440] - Tracy

I love Yorkshire Pudding. I absolutely love Yorkshire pudding with it. I've had sausage and mash and I have to have Yorkshire pudding. So if you're in York, what you can also do, I'll just mention this as well, and I know we're mentioning podcast number three, we're going to talk about York, is if you're in York, you can have a Yorkshire Pudding wrap, which is basically your Sunday dinner in a huge Yorkshire pudding that you fold over and you eat that. It's delicious. And I know lots of people have stopped off and had to have a Yorkshire Pudding wrap when they've been in York.

[00:05:39.430] - Karen

My kids were literally asking me if I can make that for them yesterday. I haven't tried making it at home yet, but yeah. I don't know whether it's an old thing, but we used to have Yorkshire pudding with any roast. Traditionally, it goes with roast beef, but my family do it with what, whether it's chicken, pork, whatever the meat is that you're having, it always has to come with Yorkshire pudding.

[00:05:59.460] - Tracy

Yeah, absolutely. It doesn't matter. The traditional thing is that it fits with roast beef, but actually most people will have it with any. And you can have a large Yorkshire pudding or make smaller Yorkshire puddings. There is a bit of an art to making Yorkshire pudding, which basically, once you've got the batter mix, you've got to make sure that the fat which you put in the oven is red, red hot. So you bring it out, put the batter mix in and put it in, and then your Yorkshire puddles will rise. That is what my mother has told me is the secret.

[00:06:25.210] - Karen

It's the taste. It's the taste of equal quantities of plain flour, milk and eggs, whisked up so it's smooth, bit of salt and pepper and in a really red hot oven. And I can say that because I'm from Yorkshire.

[00:06:36.620] - Tracy

Yes, you can.

[00:06:37.270] - Karen

I make good Yorkshire puddings.

[00:06:38.020] - Tracy

Absolutely. I have to say that my grandmother made the best Yorkshire puddles ever. She really did. I still miss those. I can still take places. Wonderful. You're so brilliant. Another thing you'll find across

the UK, not a regional thing, you'll just find everywhere really is good fish and chips. Fish and chips shops everywhere. It used to be when I was a kid, you'd get them wrapped up in newspaper. But I think that got stopped a few years ago. So you'll still get them wrapped around in paper though. And they'll ask if you want your salt and vinegar on. They ask about if... You can always ask for scraps as well. Do you want to explain what they are?

[00:07:13.540] - Karen

So scraps, again, some places have regional words for this, but scraps are like the little bits of batter that are broken off, and they give you a big scoop of them on top of your chips, and they're really bad for you. They're really good. They're really good chips, absolutely. Some places call them... Well, I was born in Sheffield in South Yorkshire, and then I grew up in Lincoln, and I've hung around people that say varying words, and then I moved down south. So I've heard words of scraps, bits, and scrumps, the words that I've heard for them. But I tend to go for scraps or bits is the most likely. I think scrumps is more of a Lincolnshire word. But they are really good. You can ask for those. They're free on top of chips. While we're talking about fish and chips, something that I forgot to mention in the previous podcast when we were talking about that we did around the UK, we made the effort to go to a tiny fish and chip shop in Lincolnshire called Upton Fish & Chip Shop. It only opens twice a week for a couple of hours. It's this really tiny, quaint little village in the middle of nowhere. And they've got this really ancient coal fired fish and chip shop where the chips are cut by hand in front of you. And you can put this tiny little cubicle doorway toward your food. And there's quite a wait sometimes to get it, but it's a really unique experience. And we took the kids there and it was great fun to just do it just for the experience.

[00:08:30.820] - Tracy

I bet they really enjoyed it. And if you go for things like the takeaways, like fish and chips, they're not overly expensive. I can't off the top of my head think now the prices and I will check when I'm over in the UK. But it's a cheaper meal to go and get a take away, something like fish and chips. And certainly something a traditional thing to do if you're a seaside resort for sure. Just watch out for seagulls.

[00:08:54.870] - Karen

Yes. That happened to me once when we were in Weymouth and I had this, we just bought a really lovely big tray of fish and chips and I was sitting on a bench and a seagull came over my shoulder and took the whole piece of fish and took it, picked it up and threw it on the floor in front of me. And then hundreds of seagulls came down. Oh, I can imagine. Yeah. So now I'm very paranoid about that.

[00:09:17.340] - Tracy

Yeah, you have to be, because they're huge as well. The seagulls are massive. So you have to be really careful. Even if you've got an ice cream, you have to be careful with the seagulls. There's usually signs actually saying, I think I remember St Ives, all these signs said, be aware of the seagulls. So another, head up towards Scotland, which is I lived on the border of Scotland, is one of my favourite foods when I'm back is to have haggis, neeps and tatties. So obviously haggis, I'm not going to tell you what it is. Tatties, potatoes and neeps is turnip. So if you get a chance, if you're in Edinburgh, my favourite place to go is Makar's Gourmet Mash Bar. They do a small portion of haggis, neeps and tattoos, which is delicious and I recommend that to everybody. So even if you just try it when you're over, say I won't talk about what actually haggis is.

[00:10:05.080] - Karen

I've never tried it. I can't.

[00:10:06.560] - Tracy

Do it. It's absolutely delicious. And a lot of people have actually tried it and said they really enjoyed it. So something worth trying. Another favourite in the UK is a fried breakfast or full English breakfast or in Scotland, a full Scottish. So with the full Scottish, you'll potentially get a bit of haggis and cakes. If full English as well, you'll get a black pudding or white pudding. Again, I won't discuss what they're made of.

[00:10:33.080] - Karen

Not always. What I mean is you don't always get those.

[00:10:35.790] - Tracy

You don't always get those full English.

[00:10:37.120] - Karen

Thankfully, because I think they're horrible. My husband loves them and he will sometimes add them to a full English. Yes. But they're not on every...

[00:10:44.560] - Tracy

No, you might get offered that. It might be a potential to have that. Because like you said in a B&B, you might not get those. You'll usually get your sausage egg, tomato, beans, fried bread, mushroom. Those are the staples of a fried breakfast with those additions of potentially that and haggis, black pudding, white pudding. But if you get the chance, again, try it if you want to. So we talked a bit about carveries because you mentioned about Sunday Roast. So a carvery is a great... Often they've got it, they're also like a pub carvery. So pub will have a carvery attached to it. So carvery is a bit more relaxed where you can go and you can help yourself to the vegetables, but they will carve up the meat tender name carvery. So again, usually very child friendly, those places. I know there have been a lot that have got places for kids to play as well in those pubs. So I know we're talking about pub meals. I guess from that as well. You can go... Pub meals, basically fish and chips, gammon steak and chips, scampi and chips, pie.

[00:11:58.160] - Karen

Maybe pasta dish. They've got I find that they do a really good variety of meals on the pub menus in the UK. There's definitely things that are on their menus that aren't on the menus generally here. You might get a risotto, you might get a pasta dish, or you might get, as I say, lasagne or something that you don't necessarily always get on the pub menus in Australia.

[00:12:20.290] - Tracy

Yeah, that's true. So usually quite a large variety of those and you'll have a bar that you can go and get a drink or alcoholic drink from as well.

[00:12:30.640] - Karen

And quite often you will take your table number and go to the bar to order food. Sometimes they might have waiting service as well that they might do that. But most of the time with a pub, you just take the number of your table and you go to the bar to order it. They might have a different corner of the bar that's just for food and it usually will have a sign above it saying order food here or something. But if not, just go to the bar and just ask about ordering food with whoever's serving behind the bar.

[00:12:55.240] - Tracy

And if you're, again, in a smaller place, you might need to inquire about book in it, especially at weekends. I know when we were in Cornwall last year, we went to a pub restaurant for a really good meal, but again, we struggle to make sure that we could get in because they were quite busy. Other popular dishes in the UK that you find is curry. I'm not a massive curry fan. I do like curry.

[00:13:18.830] - Karen

Curry is my favourite. And I really miss a good British-Indian curry. It does taste different in Australia. It's just, yeah, we really enjoy it. It's a very good store. So you've got lots of actual curry houses there, but you've also they'll often put curry on the menu of a pub.

[00:13:37.140] - Tracy

As well. Yes, they'll have a curry night as well. So you can often go and they'll have for a reasonable price, they'll have a choice of different curries. And obviously, there's lots of also take away restaurants in the UK. So takeaways, Chinese takeaways, Indian takeaways, fish and chip takeaways. So you can always just go and order out pizza as well. You can get on take away. I know somebody the other day asked me about an app, so I need to have a look at that, which would be the best app to have a look at for just finding out about restaurants, what's in the area.

[00:14:11.620] - Karen

Actually, that's interesting. When we were travelling, we ended up spending a night in LA on our way back. And we used Uber Eats to order food for our hotel. Oh, wow. So we found that was quite helpful just to be able to just grab some dinner. And if you've got the Uber app anyway, you can just have a look at it and you can plug in from what location and you can have a look at what restaurants are around in the nearby area.

[00:14:35.560] - Tracy

Yeah, if you want to take away, that's really useful to know. One of the things, I guess bangers and mash, mentioned before, but there's a mash with gravy. So gravy is a big thing as well.

[00:14:44.630] - Karen

My kids' favourite, toad in the hole, which isn't really a toad in a hole.

[00:14:49.630] - Tracy

Would you want to explain what that is?

[00:14:52.020] - Karen

So it's sausages cooked in a big Yorkshire pudding. So usually in a big square tin. And then you chop it up in slices and serve it with mashed potato and gravy, although maybe it's a weird Southern thing, but my husband and his family have it with baked beans.

[00:15:06.850] - Tracy

That's a weird Southern thing.

[00:15:08.710] - Karen

I think it's a weird Southern thing. I think that's odd. It's probably with gravy.

[00:15:12.120] - Tracy

Yeah, gravy, definitely. I don't know, again, because I'm northern, that we certainly like our sauces and gravies more so, I think, than... Well, probably controversial, but from people from the south of England, I would say so.

[00:15:28.080] - Karen

Yeah, I'd say I'm northern too. My husband's from the South Coast, so we have different ways with our foods. But yeah, toad in the hole is a big favourite.

[00:15:35.930] - Tracy

Definitely. And then we've also got things if you pop into Greg's bakery is probably the biggest chain of bakeries where you can pop in and get takeaways. So you can get your bacon butty. So you can get a bacon sandwich in the UK. I know somebody was saying that they found it really difficult. But honestly, bacon butty, go to Greg's. Really, if you go to any, I'm going to call it Greasy Spoon Cafe as well. That's what they call it. Where you get where you're having a breakfast, you should be able to order a bacon sandwich. Bacon roll, bacon bat, whatever you're going to call it. But we'll talk about that in a second.

[00:16:09.540] - Karen

I was going to say more of market venues might call it a bacon sandwich. Yes.

[00:16:12.560] - Tracy

And also you get HP brown sauce in the UK. Obviously, there's ketchup, so tomato sauce is popular, but also brown sauce, HP sauce, brown sauce, which I personally preferred. Doug always has tomato ketchup, but I like my brown sauce. That's a northern thing as well, though.

[00:16:30.190] - Karen

I don't do brown sauce. Matt does brown sauce. Really?

[00:16:32.610] - Tracy

I use ketchup. Okay. So if you get a chance, try a brown sauce. And then obviously, things like pork pies, sausage rolls, Scotch eggs you can get.

[00:16:42.300] - Karen

You said my husband's absolutely all time favourite foods that you're mentioning all right there, things he lived on while we were traveling around. Every time we stopped anywhere, he'd turn around and he'd be in a baker's buying a Scotch egg, some cheese straws, some sausage rolls, and a pork pie.

[00:16:59.310] - Tracy

Well, I can't beat it. Honestly, pork pies are lovely. So should we explain what a Scotch egg is?

[00:17:04.220] - Karen

Go on, you tell us.

[00:17:05.730] - Tracy

Okay. So a Scotch egg is basically it's a hard boiled egg and it's wrapped around with mince meat so that it's round. And then it's dipped in bread crumbs and then it's fried and it's delicious. Absolutely delicious. It's served cold. And it's served cold, yeah. But honestly, absolutely delicious with a bit of brown sauce.

[00:17:25.960] - Karen

I'm spotting a trend here.

[00:17:29.660] - Tracy

So if you get a chance to try Scotch egg, you'll find that again all over the UK. I don't know if it comes from Scotland because it's got some scotch egg. Maybe it does. But again, it's pretty popular, like pork pies, bacon buddies, sausage rolls. And then if you're going to obviously down in Cornwall, Cornish pasty.

[00:17:48.730] - Karen

Well, while we were traveling, Matt made it his mission to have a Cornish pasty everywhere because even though they obviously originate from Cornwall, you can get them all over the place. But he really did feel that the best ones were from the ones in Cornwall that he had, but he did try them everywhere just to make sure. But he did find a really good Cornish pasty shop at Gunwharf Quays in Portsmouth. And I think there might be a chain of them. It's something like the Cornish pasty Company. I think so.

[00:18:14.300] - Tracy

I have a feeling Doug had one in Bath, actually. So they're interesting because part of my ancestry is from Cornwall, I always find it quite interesting about the Cornish pasties used to be for the men to take down the tin mines. So the fact that you've got... Because you've got a thick out edge, which is gulped, I guess, is the best way to describe it, is what the men would hold to eat the pasta because they'd have arsenic on the hands. So to stop them getting poisoned because they couldn't wash the hands when they're down the mines. They would use the thick crust and hold on the actual pasty. And one half of the pasty used to be savoury, and the other half used to be sweet. Oh, didn't they? Yeah. So you'd get the meat and the veg. And then on the other side, you might get a bit of apple. So you'd get the whole meal in one. So that's it. But yeah, we had some absolutely delicious Cornish pasties when we were back last year, that's for sure.

[00:19:07.440] - Tracy

My husband loves a little bakery, a village called St Agnes in Cornwall. And he swears by the sausage rolls and Cornish pasties from there that they're really good. But he did really, really like this one that he had at Gunwharf Quays in Portsmouth. And so I think this chain seems to have nailed the recipe just right.

[00:19:24.860] - Tracy

And one thing I have to mention before, because I can hear Doug saying it right now is that what about Marmite? What about Marmite? So Marmite is very popular. It's absolutely delicious on a hot toast with a bit of butter and then spread the Marmite on. But it really is one of those things where you love it or hate it. So Marmite originates from Branston, which is in the town from where my husband comes from in Staffordshire, Burton on trend.

[00:19:50.340] - Karen  
Why does he love it so much?

[00:19:51.840] - Tracy  
Well, I think he just loves it anyway. But it was a side product of the brewing industry, which was a feature of Burton on trend. So it comes from there. So we always have Marmite in the cupboard. And when you're in the UK, you really should try Marmite. I know a lot of Australians don't like it because they're comparing it to Vegemite, and it's very different. To me, it tastes very different.

[00:20:11.680] - Karen  
So much better.

[00:20:12.440] - Tracy  
I also agree, Marmite is a million times better. Controversial, those Australians are going, No, I can hear them shouting, No, it's not. But you can get amazing Marmite flavoured things as well. So Marmite flavoured crisps. So that's another thing in the UK, get lots of fantastic flavoured crisps. But Marmite flavored crisps, Marmite flavored biscuits, Marmite flavoured chocolate, even, which Doug really enjoys. So look out for Marmite. So if you're in a B&B, you might get Marmite on the breakfast to spread it into your toast.

[00:20:40.680] - Karen  
I was just going to say that was really good when we were back staying in hotels here and there. You get your little pots of jam. They do little pots of Marmite. So we grabbed it, keep so we've got a huge stash for the trip.

[00:20:51.950] - Tracy  
That's a good idea. Now I'm thinking I want some toast with some Marmite on because I really enjoy it. I think, oh, we'll talk a little bit about puddles as well, because we're talking about jellied eels, actually. That's interesting. Yeah, I'm going to mention it because I think... Because both myself and Karen are from the north. So we're again talking about these regional variations. And I guess it's a bit, I don't know if it's a bit cliché or a bit, but there's certain areas that you'll go will associate with certain foods. And so jelly deals is a popular... I don't know if it still is, but you can buy it in London, in the East end of London, jellied eels. And there was something else we were talking about before. Pie and mash with liquor. It's not actual liquor as in it's like a clear liquid, but it's not alcoholic. But you can also get in London. I've never tried that.

[00:21:43.130] - Karen  
Never tried them. They're really not we're Northerners, we're not Northerners. Don't try that. That all bypasses us. But the idea of Jellied eels, just no.

[00:21:51.220] - Tracy  
But I guess I think places in London, I'm going to be doing a food tour in May at Borough Market. So if you're in London, a great place to go and try... I don't know if you get jellied eels, I just have to tell you this, in Borough Market. But Borough Market is a great place to go get all sorts of different foods, British foods, international foods. So that might be a good place to add into your itinerary if you're in London. So I think I'll talk well, I'll talk about puddings because I did mention those. So puddings in the UK, you've got things like Eaton mess, which is a personal favourite of mine, which is basically raspberry's fruit and meringue wrapped with cream, and it's hugely fattening, but it's absolutely delicious. I would say British puddings are really typified by hot pudding with custard.

[00:22:35.370] - Karen

I was just going to say, treacle pudding is the first one that came to mind. Apple pie. So again, with that Sunday roast, that would always be accompanied by something like that. My mum would always make a fruit crumble pie or a pudding that would either be treacle pudding, apple and blackberry pie, something like that, or a rhubarb crumble or something like that.

[00:22:55.840] - Tracy

My grandmother didn't make those because I don't like any of those. I don't particularly like hot fruit, so we used to have custard with jelly, so she'd make a jelly. We'd choose whichever flavour we wanted for the following week. And then rice pudding with jam, because she used to make her own jam. We'd have those. But Doug absolutely loves all those, I call them stodgy puddings, but they're hot puddings. You can get, certainly get them in most places you go. And I know treacle pudding, spotted dick, there's just roly polly pudding. There's all sorts of different bread and butter pudding that's and other food because I don't tend to eat them. I'm more a cold pudding, like trifle, bakewell, tart, I like that thing.

[00:23:37.650] - Karen

And you can have them served as you like. I don't actually like custard, which is a bit controversial, but you can have them with cream or with ice cream instead. Especially if you're ordering in a pub, they'll say to you: what do you want with it? You don't have to have it with custard, but that is the traditional way.

[00:23:52.120] - Tracy

Yeah, definitely. I'll just mention something briefly about food allergies. I don't have any food allergies, but it was something that was mentioned to me by some Americans I was talking to last year. They were quite impressed by how much it is mentioned on menus in the UK about what the ingredients are. So you can check or they'll ask you if you have got any allergies. So it's worth if you're going to go to a restaurant for afternoon tea or whatever to mention that as well, just bring that up because I think... I know that people have been quite impressed about how seriously it's taken in the UK. So I just did want to mention that because I could haven't imagine possibly somebody was thinking about that.

[00:24:32.210] - Karen

I think over the last few years it's got more so because I am intolerant to dairy and just don't have... I can have a little bit of it, but not a huge amount of it. But it used to be very hard to get soy milk in different places. And now you find that you can get a variety of options, oak milk and almond milk and all different options when you go to cafes and things. Whereas it used to only be more places like Starbucks and things that were more in tune with that thing. But now I feel like when we went back, there was a lot more variety of options.

[00:25:05.060] - Tracy

Then I guess I'll talk about drink. Yes, I am a typical English and I love my tea. I can drink potentially, I don't know, I could just drink constantly a cup of tea. I like milk in my tea. I don't do cream. I've heard people say that they put cream in their tea, but you wouldn't find that in the UK. So it's the teabag or tea leaves in Doug's case. I just like normal standard tea. But there's also the different variations of tea when you go there, but expect that they will ask if you want milk and obviously coffee. I don't drink coffee, but I know you drink coffee, Karen. So how did you find that in the UK?

[00:25:45.640] - Karen

I do. I definitely think obviously Australia is better for its coffee. We take it a lot more seriously over here. I know that when I moved to Australia, I found that a bit of a shock getting used to ordering coffee over here because you had to order a flat white or a long black. There were different words for things, whereas in a lot of the basic cafes that you've got in the UK, it's a white coffee or a black coffee, which is just a white coffee is just the hot water and coffee and milk, not like a flat white that's steamed milk. So they're different things. But when we were back, we found that most places now, a lot of them were doing the option of the flat white and the more cappuccinos and more different variations. So it feels like it's really come forward along the way with its coffee. There was definitely a lot more options over there. But still, if you go to your greasy spoon cafe or whatever it will be, do you



want milk in it or not?

[00:26:42.730] - Tracy

Yeah, that's a good option. Okay. I was just going to mention briefly as well about... Because we were asked the other day in the Facebook live about the difference between a pub and a bar. So pubs you'll find... A village may have its local village pub, the Red Lion or I can't think, the King's Head, whatever they're called. So there's certain typical names you'll find a pub. So every village will have its pub. And that tends to be where the locals will hang out. Everybody will know each other. Where e as a bar is a far more... You'd get dressed up to go to a bar, you'd get cocktails in a bar. You wouldn't find a bar in a village. You might find a wine bar in a town. And certainly, obviously, in places like London or Edinburgh, any of the major cities, you're going to find bars. But you'll also find pubs.

[00:27:34.820] - Karen

And pubs tend to be where you've got the local community hang out. I know my dad would go to the pub to play dominoes or to play darts and things. It's a community gathering place, whereas the bar is more a place that you would meet, drink with friends to go on somewhere else. Somewhere else, yeah. But you can go into any of them to have food. They still do food in bars as well. They do food in pubs. You tend to find that the locals in a pub will sit along the bar? Yes. Chat to the staff that work there because everyone knows everyone. But you've got usually a restaurant area in a pub as well, quite often where you can sit down and have a meal as well. But sometimes you've got two options. Sometimes you might have a restaurant in the pub and you might just have a bar menu in the bar side. So the pub might be split into different sections. So you might have different menus in the different sections.

[00:28:26.440] - Tracy

Yeah, absolutely. You might have different bar areas as well inside the pub. That makes sense because you're all about bars. Pubs can get very friendly, family friendly pubs as well. So a lot of outdoor beer garden areas so that kids can run around and play. From age 18 in the UK, you can order and drink alcohol in a pub or bar.

[00:28:51.780] - Karen

When we were back, we met people in pubs all the time with our little kids. Your kids can come in with you and eat and have a Coke or whatever in the bar. They can't go up to the bar and actually order a drink themselves, but they can come and sit in there and have food with you. And as you say, you find some... We just used to Google ahead of time to try and find some that got a playground outside so that when we'd have some food inside, we could go inside and burn off a bit of energy and have a play while we caught up with our friends. But pubs are a good meeting place. Absolutely.

[00:29:24.520] - Tracy

So let's think of ways to save a bit of money when you're traveling around the UK.

[00:29:31.070] - Karen

Don't travel with my husband. Please spend all of the money on all of the food.

[00:29:36.680] - Tracy

Did he put weight on?

[00:29:38.060] - Karen

Yes.

[00:29:39.280] - Tracy

Because I found I did, even though I was doing a lot of walking last year, but I was doing a lot of that because I love afternoon teas, which we haven't talked about. But yeah, I love afternoon tea, which is different from high tea, but I'm not going to go into that into this.

[00:29:49.860] - Karen

He actually told my daughter that the water in England shrinks your clothes.

[00:29:55.420] - Tracy

That's good to know. Actually, I think the water in Australia is shrinking my clothes at the moment. But yeah, so saving money because I know, I mean, it's something that you go there within a holiday or what you don't... It is expensive, so it's worth considering. So one thing that I do recommend is if you consider staying in a B&B or a guest house because obviously bed and breakfast, you get bed and you get breakfast. So you'll get a full English breakfast the following morning. So that's a good way to set yourself up for the day. So that's what we did a lot of that last year where we knew that we were going to get a breakfast the following day. And I think Doug was getting to the point where it's like not another English breakfast or Scottish breakfast because it is quite a lot. So you've got to consider that. But it is a good way to save a bit of money. Another good thing to do is to consider going into some of the supermarkets and getting a meal deal. So basically you get a sandwich, piece of fruit, cracker crisp, chocolate bar and a drink. So one of those two, the sandwich and then you'll get a choice between the fruit or the chocolate or the crisp and then a drink. Again, choice. And then they're around about, I think they were about £4 last year. But you need to look at the different supermarkets that you go into or you go to things like Tesco Express. So they're the smaller versions of the big supermarkets in the UK.

[00:31:16.990] - Karen

And if you're on the high street, you can nip into a lot of the shops like Boots.

[00:31:21.050] - Tracy

Boots, yeah. That's a really good way to save a bit of money because you can get a sandwich. Again, Greg's bakery is a great place to go and buy yourself a sausage roll or a Cornish pasty. And they also do sandwiches in there as well. So they're reasonably priced. And then I know you were talking about kids eating free, Karen.

[00:31:40.320] - Karen

Yeah, we managed to try and do that where we could. But although the boys are now getting to that age where they want adult meals. Yeah, crumbs. They want steak and things like that. So they were getting more expensive as we travelled around. But where we could, we tried to do the meal deals. So some different restaurants and pubs and things did a deal where if you ate on a certain time with one adult meal, you'd sometimes get a kid's meal for free. So that saved a little bit of money. But yeah, we ended up mixing and matching what we were doing. I think sometimes it means going into the pub at a slightly different time, perhaps when you were going to go. So I think times of things were like you have to eat before six o'clock in the evening or something, so you'd have to time your visit a bit earlier than you might have wanted to go. But if it saves you some money for the meal, then it's worth doing sometimes.

[00:32:33.460] - Tracy

Okay, that's a good thing to know. And also I'm just going to quickly mention because it just popped in my head as well that there are a lot of chain restaurants in the UK as well. They've got this like Pizza Hut, Nandos, Wagamammers. I think that's good.

[00:32:44.700] - Karen

Pizza Hut is good for an all you can eat pizza at a cafe, which is my husband's favourite thing to do with the kids. Where you just go and you pay a fee and you just stack up your plate over and over and over and over again.

[00:32:55.910] - Tracy

And Nandos, which is a favourite of myself and Doug, so you get a chicken with different coatings and chips and they do a really nice minty peas because I love the beef. So we actually were traveling on the country going on every Nandos in every city that we went to.

[00:33:09.240] - Karen

To try where the best minty peas was.

[00:33:11.850] - Tracy

Then there's Wagamammers. There's quite a few. I did take some photos of different menus, so I actually put those in the Facebook groups. So if you're not in a Facebook group, pop over and I'll put some in the show notes as well.

[00:33:24.010] - Karen

And there's some good Italian chains as well. We like that.

[00:33:27.360] - Karen

Yes, Prezzo. Prezzo. Yeah.

[00:33:29.260] - Karen

You know what you're going to get at ZiZis. Yes. You know what you're going to get when you go to them. And if you've had a good meal at one of them. And I know our kids, sometimes if they'd had some meals that they didn't enjoy, you at least knew you were going to get a good meal if you went back to one of the chain restaurants. It's good to mix and match it and do a bit of everything. But sometimes you just want a bit of comfort food that you recognise.

[00:33:49.040] - Tracy

Yeah, definitely. And then I guess my last tip would be is just to book. So book ahead if you want. You don't necessarily need to if you're going to a pub restaurant. But if you're going into... On a Sunday, I would still check, but do try and make reservations. I say this based on the fact Doug and I were in the Isle of Skye last May and really struggled in Portree to actually get somewhere to eat because we hadn't made reservations. So it's a good idea. The same actually, we're in York. We're in York over the Jubilee celebrations last June, and we had booked the first night. We didn't book the second night. We actually met up with some lovely people from our group and went out for dinner with them. And we were actually very lucky to get into the guy forks in because that was a Thursday night, which was a public holiday. I don't know how it was a bit of a miracle, actually, because we went in and they were like, yes, we've got a table because there were six of us. But we did manage to get in. But I wouldn't take a chance like that, I guess is what I'm saying and I have got a list of different places to eat in the different travel guides to the different destinations in the UK on the website. So you can check that out. And I'm actually adding more research I do, the more I'm adding in various places. So you can get the details from there and make reservations.

[00:35:04.960] - Karen

And sometimes you just phoning off a couple of hours ahead is enough. It depends on how popular the places. Like, if it's a really unique place, like somewhere like the Magpie Cafe in Whitby or something it would be good to lock that in earlier rather than later. But then you might just be sitting one afternoon and think, oh, let's go to this pub for dinner, just ring up and see if we need to a couple of hours from now.

[00:35:28.530] - Tracy

Yeah, I'll go online and check. I think it's always worth checking. I know, I mean, even in Edinburgh, we went to Makars Mash bar, which we always do. It was Sunday evening and Doug had actually walked up Arthur's seat, which I didn't do. And then I went to the restaurant and we managed to get a table for two, we hadn't it booked. And actually they were turning people away after that. So that's going to have you got a reservation. So I think very much so the weekend or during school holidays, public holidays, really consider about making bookings or particular where there's not as many restaurants, places like that, that I really consider where you're going to eat.

[00:36:03.840] - Karen

And consider timings of when you're going to eat too, because it depends where you are as to how late restaurants and pubs will stay open and keep serving. So a pub will stay open late, but it's not always got the kitchen open to serve your food till the pub closes. So they might close the kitchen at nine o'clock or half eight if it's a quiet night or something like that. So it was worth thinking where you're going to be because somewhere more rural, somewhere more villagey is going to shut sooner than London. You can go to eat much later in London, but in somewhere more quiet, you won't be able

to.

[00:36:40.400] - Tracy

Or they might close the kitchen for part of the afternoon, reopen later on the day. So that's with considering obviously takeaways as well, often open around about five, half past five. So just bear that in mind. But otherwise, I think we've done a fairly good job. I'm going to go make some toast with Marmite right now.

[00:36:59.090] - Karen

Are we going to talk about bread and different words?

[00:37:01.180] - Tracy

Oh, we are.

[00:37:01.740] - Karen

Yes. This was a controversial thing that came up in the group the other day we were looking at.

[00:37:06.520] - Karen

Yes. So we're talking about the fact that there are different words for bread, bread rolls in the UK. So I call them... I call it a bread, a bap so I would have a sausage bap. What is it you call it?

[00:37:22.180] - Karen

So I'm from Sheffield and they call a bread roll a breadcake. A breadcake, one word. And my friend, my old housemate, I don't know, 20 odd years ago, moved from Newcastle to Sheffield and moved into our shared house. And we went to a baker's and they asked her when she ordered a sandwich and they said, Do you want it on a breadcake, love? And she went, Oh, cake. Did you want it on a breadcake? And she was so baffled. I think she walked out. Just not knowing what to do.

[00:37:53.780] - Tracy

I don't want it on cake, thank you very much. So you might hear bap, cob, bun, barm cake, which is a Manchester one. Batch, muffin. Oh, and I'm going to mention a stotty because this is definitely a North Eastern thing. So a stotty is a bread roll, but it's quite big and flat. I really enjoy them. So if you go into Greg's bakery when you're North East, you'll see that they have stotties filled with things like cheese and onion filling, which is delicious. So you'll find those there. Another difference you'll find is actually sometimes the pronunciation as well. So I say scone.

[00:38:35.450] - Karen

And I say scone.

[00:38:38.280] - Tracy

See, we're both Northern, but I'm still I'm more Northern than me. I'm more Northern.

[00:38:44.590] - Karen

I'm a little bit more Midland-y.

[00:38:46.660] - Tracy

Yeah. Doug says scone.

[00:38:47.430] - Karen

Does he?

[00:38:48.120] - Tracy

Yes, Doug says scone.

[00:38:49.310] - Karen

My grandma used to say scone, actually.

[00:38:51.490] - Tracy

Yeah. So you'll find that when the north will say scone, the further south you go, at some point there'll be a change.

[00:38:58.210] - Karen

This is interesting because I was having this discussion, we were talking about this podcast last night, and Matt said to me that he has always said scone. And he now says scone because I say scone. So he's from the South Coast.

[00:39:10.090] - Tracy

And I always associate scone as quite a posh Southern. Yeah, I don't know. So it's interesting. Whatever you ask for, if you ask for a scone or a scone, people will know what you mean.

[00:39:24.520] - Karen

And there's plenty of pronunciation differences just in general, not just about food. Just as you go down, you'll hear lots of different dialect as you go.

[00:39:32.510] - Tracy

That's the whole other podcast because that toast and Marmite is calling my name, Karen. Okay, so I'm just going to say again, huge thank you to Karen for agreeing to do another chat and podcast and chat about food. There'll be lots of information in the show notes of this episode about the different foods that we mentioned and the different places you can find those foods and the tips that we've shared. But for now, I just want to say thanks so much to Karen for coming on.

[00:39:59.740] - Karen

It's a pleasure. Thanks for having me again. It's always good fun.

[00:40:02.740] - Tracy

Cheers, Karen. You can find information about everything we chatted about in today's episode at [uktravelplanning.com](http://uktravelplanning.com) episode 38. That just leaves me to say until next week, happy UK travel planning.