



Food & Drink

Andrew Kay starts the day with **Bonjour Breakfast** and ends it with a pre-show dinner at **The Brighton Centre**

Dawn to dusk

Breakfast is the most important meal of the day, or so we are told. There are times when breakfast for me consists of toothpaste, and even that is taken in a hurry. But when I get the chance I love breakfast in all its forms from the light continental to a big full English.

When I heard about Bonjour Breakfast I was fascinated; the idea of a fresh breakfast delivered to my door sounded too good to be true, but it was. It's a simple process of visiting their website, choosing what you want and placing your order and delivery time. The only requirement is that you live in a BN1, BN2 or BN3 postcode.

The variety on offer is huge, from teas and coffees, jams, honey and pickles, to pastries and porridge. They even offer champagne and newspapers! I made a broad sweeping selection and awaited the result...

I can report that Bonjour Breakfast is a first-class idea that comes with brilliant service. When I specified 9am on a Sunday morning, 9am it was. The superb pastries were from Cocoa in Queens Road, a place which I already love. The fruit juices were delicious and the porridge was a revelation: no pan, no washing up and no need for a microwave.

There was so much choice and best of all, if you spend £10 then delivery is free. For a personal treat that's no more expensive than going to the greasy spoon for a fry-up. And what a great gift idea for a friend or loved one, having a top-notch breakfast delivered.

I was so impressed that we have teamed up with Bonjour Breakfast to offer a special breakfast to a lucky reader! Send in a postcard marked 'Bonjour Breakfast' to the address at the front of the magazine or email competitions@thelatest.co.uk. Entrants must live in the BN1, BN2 or BN3 postcode areas. A winner will be selected at random. Closing date for entries is 4 November 2010.

www.bonjourbreakfast.com



Supper and a show