

Angel & North

Eating Out

Me Love Sushi

January is always that time of year where you try and cut back on all the excess, and eating out is no different. Now by this I definitely do not mean that I stop eating out all together - far from it. What I mean is that I usually look around for healthier options, munching on dishes that will cause me less long term damage to my health and wallet.

So inevitably, I suppose, my attention turns to good sushi and sashimi, and Japanese food in general. My problem is that, most of the time, you have to pay through the nose for good sushi in this town. I've just returned from California and this certainly isn't the case there. You can eat good quality Japanese food for very little cost all over the West Coast, and in a casual, relaxed atmosphere to boot.



Above: Me Love Sushi

Me Love Sushi, just next to Swiss Cottage Tube station, may lack the coastal ambience of some of the great sushi bars I ate in on my trip, but they're certainly on the right track with their approach. Not only do they deliver (in cute looking little eco-cars), but they serve good quality sushi rolls, sashimi, black miso cod and all the things you would expect to see on the menu. Key as always is the freshness of the fish, and when I dropped by last month the uramaki, fotomaki and temaki rolls we sampled were all very fresh indeed. It was served with a reasonably priced bottle of sake and served up by a very amiable restaurant manager, whose high standards of customer service would also not be out of place in the US.

It all acted as a reminder that London is getting its act together in many ways, but we need more democratic sushi restaurants like Me Love Sushi to satisfy my regular craving for Japanese food. There's a new cocktail bar upstairs that will undoubtedly pick up a lot of after work trade, but the real star of the show is all the fresh sushi you'll find downstairs - or have delivered to your home if you're lucky enough to live in their delivery area. Either way, it's well worth dropping in if you, like me, crave fresh Japanese food at this time of year.

A meal for two including sake and service costs approximately £50