

The logo for 'i-on' magazine, featuring a lowercase 'i' followed by a hyphen and 'on' in a bold, sans-serif font.

M A G A Z I N E - E Y E O N T H E C I T Y - V I E W O F T H E W O R L D



The Cupping Salon

I have always found the concept of brunch a complicated one. Is it one meal instead of two? And if so why would anyone forego two excuses to eat for one? It makes no sense.

So it was with some apprehension that, early one morning, I bypassed the cereal cupboard (ok, the frying pan) and made myself a cup of coffee with the prospect of an 11am brunch at Fifi and Ally.

Fifi and Ally is a Glasgow institution and one of Princes Square's most prestigious outlets, servicing the city's glitterati with an eclectic mix of trinkets, lingerie, fragrance and clothing. And of course brunch, which is served in The Cupping Salon; Fifi and Ally's patisserie and café bar.

By 10.45am I am starving and waiting impatiently for my friend to arrive. The Cupping Salon is however conveniently situated on the top floor of Glasgow's chic shopping centre which affords an excellent vantage point from which to people watch, which just about takes my mind off my growling stomach.

By 11am I am practically dribbling on the table and, wondering what sort of meal could possibly be worth waiting till this time of the morning for, began scanning the menu.

As a self-confessed bread addict, the obvious option for me was the daily organic baker's board, £3.95, which comes freshly baked or toasted and features just about every kind of bread imaginable. From wholemeal, light rye and multigrain to caraway seed and soda bread, the list is endless and the only disappointment that it wasn't fresh out of the oven. However, it tasted heavenly and arrived on a rustic bread board with a selection of jams, marmalade, mountain honey and praline and, for a savoury start to the day, I ordered a side of tasty rosemary ham and quite possibly the most amazing cheese I've ever tasted. Each savoury addition costs £2.25.

While I set about devouring an entire bakery, my friend ordered the warmed brioche which looked moist and golden with natural honeycomb, £2.95, and a seasonal berry salad, £2.95, both of which I am assured were superb.

We washed the whole lot down with lattes and fresh fruit juices which attentive and friendly staff replenished to allow us to linger for an easy start to the day.

Without doubt what sets brunch at The Cupping Salon apart, aside from a delicious and well presented menu, is the relaxed and flexible way in which the food is served. A selection of side dishes, individual specialities and larger platters offer the perfect way to construct a breakfast feast for sharing or a bespoke meal for one - either option guaranteed to leave you feeling stuffed well into evening. And, despite my morning hunger pangs, brunch was definitely a meal well worth the wait.

Brunch at Fifi and Ally's Cupping Salon is served daily Monday - Saturday till noon.

For reservations, Tel: 0141 229 0386

www.fifiandally.com