

**FROM ALFRESCO TO AL-DESKO!
LUNCHEES ARE BACK ON THE TABLE AS BRITS GET BACK TO BUSINESS**

- TheFork reveals lunchtime restaurant bookings are up **by over a quarter (26%)** across the country
 - **London** City commuters are the most-hungry for a working lunch
 - **53%** spike in 3pm bookings, as ex-work from home Brits favour later lunches over breakfast meetings

Europe's leading restaurant reservation platform, [TheFork](#), has revealed over a quarter (**26%**) rise in lunchtime bookings, as lockdown lunches become a thing of the past for commuters returning to inner city offices following 'Freedom Day'.

After 18 months of working from home, Brits have clearly worked up an appetite but not for early starts, as data from TheFork also shows a rise in brunch-time bookings, with mid-morning food meetings being favoured over breakfast ones by **19%** as colleagues connect face to face.

Leading way in returning to the 'old normal' in the last month, **Colchester** has seen an **361%** rise in lunchtime bookings at eateries across the city, closely followed by **Southport** with **97%** and **Bristol** with **51%**.

Top 10 UK cities by lunchtime bookings:

1. London
2. Birmingham
3. Windsor
4. Brighton
5. Whitby
6. Girvan
7. Bristol
8. Norwich
9. Hassocks
10. Colchester

Patrick Hooykaas, Regional Director at TheFork UK said: "It's clear from TheFork's restaurant reservation data that the nation is hungry to get back to business as usual following 'Freedom Day'. With restaurant bookings for business brunch and colleague lunch bookings on the rise, it's a positive sign that commuters are returning to the cities, revisiting their favourite haunts, and beginning to resume old habits post-pandemic, and we look forward to seeing this continue over the coming months."

- ENDS -

For further information, please contact the TheFork press office on 020 7693 6999 or email: thefork@welcometofrank.com