

# Santo Bakehouse: You knead this place in your life

The Atkins diet has a lot to answer for. It essentially demonised bread, and that is not okay. Carbs were out, and *carne* was in. But let's be real, what is life without eating carbs? Not one worth living if you ask me. And with this logic, off I went in search of some banging bread at Santo Bakehouse, the recently opened bakery on Calle Espíritu Santo, hence the name.

[Santo Bakehouse](#) is owned by the most warm and welcoming pair, George and Valerie. George hails from Bristol in the UK and not to perpetuate the self-deprecating nature of Brits, but he was so modest about what quickly became his very obvious talents as a baker.



It was only when Valerie was talking about their past, that it come to light that George was a participant on the hugely

popular British show, Masterchef. Suffice to say, what he doesn't know about pastry and sourdough starters isn't really worth knowing.

Valerie's background is in education, but when the pair met by chance when George was visiting a friend, they bonded over their mutual love of everyone's favourite carbohydrate, and the rest, as they say, is history.





With their combined expertise and energy, they have formed the ultimate dream team at Santo. Having found the ideal location in Malasaña to make their bread baking dreams a reality, they survived the (sometimes arduous task) of renovating premises, tackling red tape and jumping through numerous Spanish



bureaucratic hoops. But having come out the other side, what they're left with is **a little haven of artisan bread and pastries** that would give a Parisian a run for their money.



As I inhaled a pain au chocolat, whilst simultaneously firing questions at the couple, I discovered that supporting organic suppliers is of the utmost importance to them. Yes, the price is undoubtedly going to be higher than the standard baguette

that perhaps you're used to picking up from your local *supermercado*, but there's a good reason why. The ingredients used are top-notch quality, often from local producers and we all know that the same cannot be said of *pan bimbo*.



Perhaps most excitingly of all was the discovery (as a fellow Brit) that they sell sausage rolls. **I repeat, they sell sausage rolls.** Since I'm unlikely to be in the vicinity of a good-old Gregg's anytime soon (please don't judge my guilty



pleasure), Santo's sausage rolls are a work of art. Buttery, flakey pastry, coupled with some well-seasoned sausage is the kind of indulgent treat that would have me queuing round the block.

In an era where we all seem to be moving at breakneck speed, and before we've even enjoyed what's right in front of us (as we're almost always 'onto the next' fix), there is a lot to be said for people who are honing their craft and pouring not just flour, but a whole lot of love into what they're putting out into the world.

If, like me, the bread basket is your Achilles heel in life, I urge you to pay Santo a visit because frankly, you 'knead' this place in your life.

## Santo Bakehouse

- Follow them on Instagram: [@santobakehouse](#)
- Address: Calle Espíritu Santo 25

Article by Cat Powell [@littlemissmadrid](#)

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# Nest Boutique: A local gift

# shop that's far from an empty nest

Like most people who live abroad, there's a multitude of things that I miss from home. Marmite, check. Being the happy recipient of a Colin the Caterpillar cake on my birthday, double check. Perhaps most surprisingly of all, I still pine for greetings cards. Back when I lived in London, I could spend hours (and inevitably a small fortune) in both Paperchase or Oliver Bonas. I'd gladly while away hours mooching through the aisles to find the perfect card for any occasion.

What came next was a move to Madrid; land of cheap wine, but sadly, no greetings cards. Save for some sad excuse of a birthday card in VIPs and El Corte Inglés, I felt almost tempted to make my own. You see, for me, the cards that you send are just as important, if not more so than the gift. You get to pen a heartfelt message, and show the recipient how much you care.









So with this in mind, [Nest](#), the brainchild of Nadine Walker, was born some 13 years ago. Fed up and frustrated by not being able to find both cards and gift wrap, she decided to take matters into her own hands – and Nest, the shop, was born.

Having started her professional life in Madrid working as a personal assistant in recruitment, Nadine starting to float the idea of opening up her own store after growing tired of apologising for the somewhat lame cards that she was forced to send on special occasions. Having had tentative conversations with suppliers, fate played a hand in finding the perfect location for where Nest can be found.







The store enjoys pride of place on “Plaza San Ildefonso” – one of the most popular and picturesque squares in the thriving barrio of Malasaña. Nadine recalled shopping regularly at the clothes shop that was once next door, and as she got along with the girls who worked there, a good word was put in – and the rest they say, is history.

Nest is, and was, an original concept store in a city that is now awash. The idea of having a one-stop shop where you could buy cards, gifts, trinkets and more was completely novel back in May 2008, and its uniqueness played a huge part in its success. Coupled with the prime location, the fact that there was nothing else quite like it, enabled business to boom, and for the shop to become synonymous with good taste when you were looking to buy a quirky, yet affordable gift.









Belle & Boo  
Pirate Ship Kit

Belle & Boo  
Pirate Ship Kit



Having spoken to Nadine at length, times haven't always been plain sailing. With any small business comes inevitable challenges and those more "unprecedented" ones too – such as a nine-week lockdown. COVID obviously put the brakes on Nadine's ability to keep the store open, but it did provide what Nadine referred to as "a much needed time to reset and reflect."

Being given the gift of time, Nadine leaned in and nurtured her creative side, and began illustrating postcards and cards which can now be found on sale in the shop. A fact that I imagine conjures up great feelings of pride.



Hola  
Peque







As someone who is anchored by the routine that comes with being a teacher, I asked Nadine what was her favourite thing about running her own business – the answer was immediate. “I love being my own boss” was the response, without missing a beat.

As independent gift stores continue to pop up throughout the city, there is something to be said for being the OG. When guests visit, we always drop by Nest, safe in the knowledge that there’s always something that you will make you reach for your purse. Far from just being the top spot for cards, there’s candles, wall prints and jewellery all vying for your attention. A fact that even a global pandemic seems unlikely to change, as we continue to view our homes as our sanctuaries.





As the seasons change and those darker nights draw in, there's never been a better time to "Nest." If the last 18 months have taught me anything it's that Amazon doesn't need anymore of your custom, and the power of a good gift can never be underestimated. So for me, I will always support small, and support local.

*These wonderful words are by [Cat Powell \(@littlemissmadrid\)](#)*

*And these beautiful photos are by [Brett Hastie \(@b.hastie\)](#)*

## Nest Boutique

- [Website](#) & IG: [@nestboutiquemadrid](#)
- **Address:** Plaza de San Ildefonso 3

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# Bootcamp in Retiro: Good things come to those who sweat

When it comes to exercise, I'm definitely what you'd call, a 'late bloomer'. The thought of having my booty kicked had never been my idea of fun. Fast forward to now, and my weekly bootcamp sessions are locked into my diary, along with all other commitments.

For those reading who perhaps aren't Madrid dwellers, during lockdown we were unable to exercise. Of the many things that I missed from my pre-Covid life, being able to work out was up there. Home workouts just didn't cut it for me, in the same way that training with a professional does.

So, that leads me to bootcamp: 60 minutes of intensity in the open air, followed by that much longed for endorphin high, that sends you off sweaty, and with a spring in your step.





So how did bootcamp come about? Jye, the British-born and British-qualified personal trainer (who you can follow at



[@nico.s\\_fitness](#)), relocated from the south of Spain to Madrid. Taking advantage of the wide open spaces that Madrid has to offer, coupled with people's newfound desire to train outside, bootcamp was born.

If like me, you have the attention span of a toddler, it's the perfect way to train. No two sessions are ever the same; from circuits, to 500-rep challenges, to merging animal flow, with stretching. It's a whole body approach that's tailored by the trainer, ensuring that you're working towards your fitness goals, whilst being kept (quite literally) on your toes.



Last weekend, bootcamp had a birthday. It's just turned one. Aside from the obvious benefits to my physical wellbeing, it's been a hugely positive presence on my social life. The groups

are fun, friendly and welcoming. Essentially, when training, the common ground that you share is a given: you're there to get fit.

However, the additional happy side effect (in addition to buns of steel), has been the multiple post-bootcamp brunches; culminating in a celebratory picnic in Retiro this past weekend. Having completed our Saturday morning burpees, we switched from squats to spritzes, and toasted the progress that we'd made and the friendships that had been formed.

As we move into the summer holidays, session timings are subject to change. However, the Wednesday sessions tend to suit those looking to get a post-work sweat on in Retiro. Whereas the Saturday morning session, combines the peace and tranquility of seeing the city wake up from Templo de Debod.





So if you're looking for a way to get your heart pumping and to challenge your mindset, bootcamp is for you. With a new workout each week, the sessions are designed to push you harder than you would clearly push yourself, and to always keep your body guessing.

Bootcamp got this sloth off the sofa and into the park. Leggings are now my much favoured fashion staple, thanks to my burpee bunch (and coach), and long may it continue. Jye also offers one-on-one sessions, if that's up your street. But my one main takeaway from the past year is that bootcamp is just as important for my head, as it is my heart.

For further info contact [nico.s\\_fitness](https://www.instagram.com/nico.s_fitness) on Instagram



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# California vibes at Clima Cafecito

A little over a year before COVID hit, I bought a flat. A tiny space, but a space to call my own nonetheless. I remember flat hunting with my Mum and her telling me: 'Choose the flat, or the location—but you can't have both.' And to be fair, she was right.

So I opted for the location and plumped for a piso on Ponzano. It meant that what I sacrificed on space, I made up for through *ponzaning*—being out and about on my street felt like a permanent holiday.

However, fast forward to lockdown, I can't lie, I absolutely hated it. I questioned my choice of having purchased a bijou (read, small) flat daily. Cohabiting within 30 metres is no joke.

But as Madrid slowly starts to creep back to normality, Chamberí is well and truly back to being the barrio that I know and love. So much so, that new cafes, bars and terraces are opening up with as much regularity as Boris Johnson contradicts himself.

Discovering that [Clima Cafecito](#), a gorgeous new cafe, had appeared right around the corner, was as welcome as a caña on a hot summer's day.



Martin, the owner, hails from Argentina via California and Lisbon, and the diverse menu reflects these influences. A spot



for brunch or lunch, the menu made it nigh on impossible to decide, with everything sounding delicious.

After much deliberation, as 'indecisive' should be my middle name, I opted for the chicken parm 'comfort' sandwich, while my fella went for eggs sunny side up, with avocado and sourdough toast. Paired with a lemon cooler, great coffee and dulce de leche cookies.



We left with full tummies, but eager to come back and work our way through the remainder of the menu. Other tasty morsels on offer were ceviche, breakfast tacos (with the option to make them vegan) and a Cuban sandwich that also called my attention.



Aside from the food which couldn't be faulted, I loved the space. Not to dwell on my compact casa, but it's essentially the opposite of my abode. It's a spacious bright and light space that conjures up the feeling of being beach side in Santa Monica, or generally just somewhere by the sea.



They also boast a small terraza, which is likely to become a popular place for an afterwork beer, or a chilled glass of

wine as the temperatures creep up. Having chatted to Martin about future plans, there are also plans afoot for potential wine tastings which I've earmarked for my diary already.





Everyone loves to have places in their neighbourhood that feel like an extension of their home. The kind of place you can

rock up to solo with just a book for company, the kind of place you can swing by knowing that you'll always grab a cosy corner, and some kind of sweet treat.





I have a feeling that Clima Cafecito will become just that, a home from home for when my four walls start to feel a tad

claustrophobic. So that's where you'll find me from now on, cookie in hand, tanning on the terrace.

## Clima Cafecito

- [Website](#) & IG: [@climacafecito](#)
- Calle de Alonso Cano, 51
- Metros: Alonso Cano or Ríos Rosas

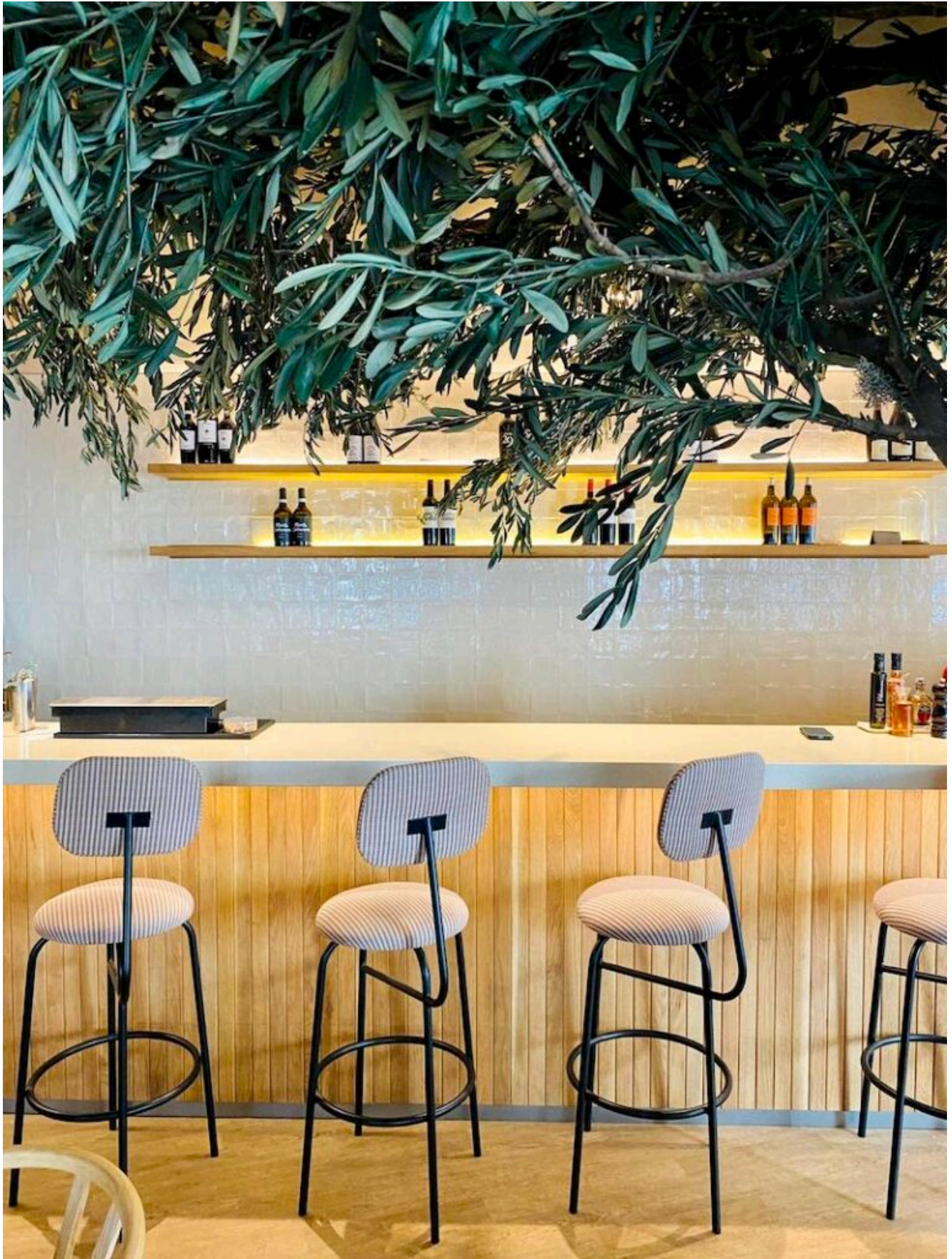
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# Lettera Trattoria Moderna: I love beige carbs and I cannot lie

There is most definitely a pattern emerging when it comes to my most [recent blog posts](#). I love Italian food. I could wholeheartedly eat pasta day after day, and never get bored. Why don't I then? I hear you ask... Well frankly, my waistline can't take it. But I am a fully fledged member of the pizza and pasta fan club.

During these times when I'm unable to return back to the UK (my home country), Italy is the next best thing in terms of comfort food to me. In lieu of a pie, a roast or a fry-up, Italian food cooked with love and attention feels nurturing and the perfect pick-me-up as the temperatures start to drop.





So last Saturday (during yet another *punte* spent in the city), I enjoyed a leisurely lunch at [Lettera Trattoria](#)



[Moderna](#) – a restaurant that's sandwiched between Gran Via and Chueca, sporting some seriously scandi-chic decor. And I had the very best kind of carb coma.



As Madrileños can't currently travel outside of the city, the place was heaving with a lovely lunchtime buzz. We munched on some delicious focaccia whilst perusing the menu and sipped on a couple of glasses of red – a great recommendation from our super attentive waiter.





We shared the show-stopping spaghetti to start, which is made and served from a carved-out parmesan wheel – certainly not a



case of style over substance. It was delicious and, as a cheese lover, gluttonously good.



Fresh spaghetti with parmesan. Image from [Lettera](#)

Next came an artichoke pizza and a slow-cooked ragu. We both left empty plates, but ensured that we left room for a pud. We weren't disappointed.





Pappardelle pasta with slow-cooked ragu. Image from [Lettera](#)

We shared the “Tarta de Agustina” – a cake served with ricotta and a crumble made of almonds. It was one of the most unusual, but tastiest desserts that I’ve had in a long time. We fought to munch every last mouthful.



Tarta de Agustina dessert. Image from [Lettera](#)

Lettera Trattoria really lives up to its namesake – moderna. It is home-cooking with a modern twist, served in stylish surroundings with knowledgeable staff. It's a pairing as perfect as Dolce and Gabbana.





We left full, happy and ready for a nap. So while we may not make it to Italy anytime soon, you can enjoy La Dolce Vita a



little closer to home.

By *Cat Powell* [@littlemissmadrid](#)

## Lettera Trattoria

- [Website](#) & IG: [@lettera\\_trattoria\\_moderna](#)
- Address: Calle de la Reina 20, Madrid
- Phone: 918 053 432
- Metros: Gran Vía, Sevilla & Banco de España

## You may also like:

- [Nina Pasta Bar: Don't walk right past'a](#)
- [Retrogusto Bar: My best-kept Madrid secret](#)
- [Camoatí: An incredibly romantic Argentine bistro in La Latina](#)

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# Nina Pasta Bar: Don't walk right past'a

Like most people living their best PL life (post lockdown, incase you were wondering), I am making it my mission to eat

out with gusto, and plough some money back into the hospitality industry—albeit rather selfishly as I wind up well fed, so it's not entirely altruistic.

However, there's one place in the city that I keep going back to. Not only in order to support a small business, but because their food is beyond delicious and the service feels akin to being greeted by old friends. Nina Pasta Bar is the restaurant equivalent of my new favourite toy, and long may it continue.

Nina's is tucked away, just off of Calle Ruda, making it easy to miss and the definition of a hidden gem. The menu isn't overly long; instead they focus on a few specialities, such as spaghetti carbonara which they absolutely nail, every.single.time.



*Spaghetti carbonara (image by @pria.rao)*

I'm currently in the midst of a love affair with their gnocchi bravos, an Italian take on the Spanish classic. They're little panfried pockets of deliciousness, served with a spicy bravas sauce and a creamy alioli. Challenge yourself to share the dish: I inhale an entire serving these days and don't break a sweat.





*Pizzeta (image by @pria.rao)*

There's no shortage of places to dine out at in Madrid, but there is a shortage of places (in my opinion) where you literally don't want the meal to end. From the cosy yet understated decor, to the reasonably priced vino tinto and the delectable specials, each morsel tastes as heavenly as the next—you can taste that it's been cooked with love.





Most recently, I had the pumpkin gnocchi with pancetta and I genuinely had to pace myself, such was the urge to faceplate into this hug in a bowl of meal.





*Pumpkin gnocchi with pancetta*

In light of the weird times that we're currently living through, Nina's feels homely and a safe cocoon (when, frankly, the outside world is leaning heavily towards doom and gloom).



*Tiramisu*

The service is always warm and welcoming, the tiramisu always decadently rich and the glasses of wine always err on the side of what I affectionately refer to as a 'generous pour'.

Torn between shouting about Nina Pasta Bar from the rooftops and wanting to keep it quiet so that I can still get a 'reso', here I am recommending it wholeheartedly as words cannot 'espresso' how much I love this spot. Sorry, couldn't resist topping and tailing with a pasta pun.



By Cat Powell [@littlemissmadrid](#)

## Nina Pasta Bar

- [Website](#), [Facebook](#) & IG: [@ninapastabar](#)
- **Address:** [Calle de Santa Ana 21](#)
- **Metro:** La Latina
- **Phone:** +34911374660

## Also check out:

- [El Brote: a new mushroom restaurant in the heart of El Rastro](#)
- [Camoatí: an incredibly romantic Argentinian bistro in La Latina](#)
- [Retrogusto Bar: my best-kept Madrid secret](#)

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## Bo Coffee: Wake up and smell the café in Chamberí

For the few of us left in Madrid, we've still gotta eat. Sniffing out a decent brunch is always high up on my to-do list because \*and please don't hate me\* I don't particularly rate a Spanish breakfast. I enjoy a good *tortilla de patata* as much as the next person, but my favourite breakfasts have always been devoured with gusto whilst on holidays in the US.

Pancakes, waffles, eggs... that's what I'm after. And if that floats your boat, Bo Coffee is where you need to get yourself down to.



Located just off Calle Ponzano on the same street as new hipster fave [MO de Movimiento](#), Bo is a complete newbie in the area – it had been open a mere four days when I stumbled across it. Hard to miss with its pocket-sized terrace, it's a gem in an area which lacks many places to get a great cup of Joe.





We ordered two savoury dishes followed by a a generous stack of pancakes. My boyfriend is a veggie, and he often struggles to find menus with plenty of options. But Bo had loads. He opted for shakshuka that was spicy, rich and came with a mound of feta which, in my opinion, makes everything better.



I had a Croque Monsieur which was nestled against brown butter – something that I'd never known I needed in my life. It tasted almost fudge like and was the perfect accompaniment against salty ham and melted cheese. However, we saved the best for last: a tower of light fluffy pancakes piled high with spiced apple, roasted pistachios, coconut crumble and rose petals. I'm salivating as I type, they were epic. To that end, they all but caused a fight between me and the fella as we rushed to inhale them.





Laura, the chef hailing from Venezuela (but having spent time working in both Chicago and Miami) knows good food. She explained that the food is locally sourced and that they've strived to come up with a crowd pleasing menu that will change seasonally. For instance, the pancake toppings will be mixed up and I am here for working my way through whatever's next.



Cute and cosy, warm and welcoming, I can't wait to make Bo my Saturday morning go-to post-bootcamp spot. It just means I savour every delicious morsel relatively guilt free.

## Bo Coffee

- [Facebook](#) & IG: [@bocoffeemadrid](#)
- **Address:** Calle de Espronceda, 16
- **Metro:** Ríos Rosas or Alonso Cano



By Cat Powell ([@littlemissmadrid](#))

Also check out Cat's other new favorite:

[MO de Movimiento: the sustainable star of Madrid's restaurant scene](#)

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## **MO de Movimiento: the sustainable star of Madrid's restaurant scene**

For those in the know, Madrid is not really a city to visit in July and August. To be frank, it all but becomes a ghost town. This is largely due to sweltering temperatures that have Madrileños bolting for the beach – 41 degrees and counting this week. However, 2020 is not your average year (slight understatement there). But with people not upping sticks for the summer as freely as before, for those of us that are sweating in the city, we can at least take advantage of getting reservations at hotspots more easily.

In spite of the city feeling quieter than a church mouse, there's one place that has still proven very tricky when it comes to getting a table – that place is MO de Movimiento. Tucked away on a rather inconspicuous street, it is the place

to see and be seen. A claim that I'm sure will surpass just the summer season, and become a Chamberí cult classic.

**The founders have put sustainability and social responsibility at the forefront of their business.**





*My organic aloe vera was served with a tonic hailing from Sevilla.*

First things first, MO de Movimiento is not your bog standard restaurant serving up standard fare. What makes it unique in a saturated market (because let's face it, Madrid is not short on trendy places to *tapear*) is that **everything is organic and sourced from within Spain. They also hire staff who are at risk of social exclusion, and sustainability is one of their pillars.**

In all instances, the team at MO de Movimiento is working hard to find locally produced ingredients and not just paying lip service to the current trend to be hip, healthy and holistic. The menu has changed during the four visits that I've made (I told you it's become a real fave) and the always-adapting menu reflects which foods are available and in season.

**Aside from the ethics of the restaurants being on point, it also helps that the food is downright delicious.**





I'm slowly but surely working my way through all that's on offer. Current highlights include the sun-dried tomato and mozzarella ravioli which was wafer thin and melts in the mouth. As well as courgettes fritters which we had to order more of, to avoid a tussle at the table – they were that good.

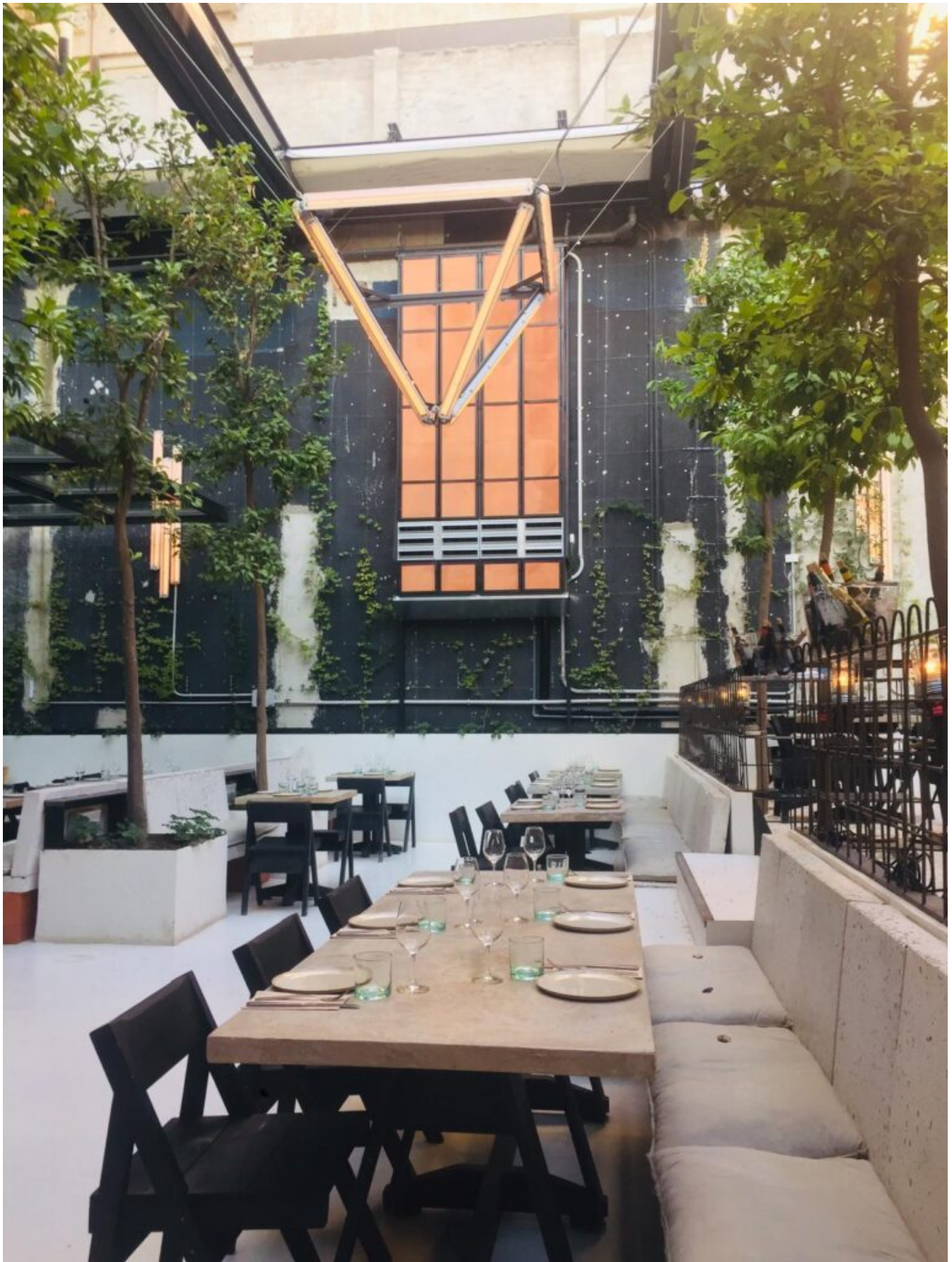




However, on each visit I have tried a different pizza, and having just returned from Puglia in Italy the stakes were high. I can confirm that the pizzas were every bit as stunning as the decor (more of that later). Napoli-esque in style with soft doughy bases and a whole host of toppings (I plumped for asparagus and Serrano ham) my appetite happily satiated but still with room to sample their lip smackingly good tiramisu.

**It's striking, like walking into a secret garden.**





Now onto the decor. For someone who religiously pours over Architectural Digest, MO de Movimiento is a masterclass in



chic and understated style. You can dine out under the stars at their huge terrace, which captures that perfect golden-hour light. There's also a smaller area of the restaurant overlooking the talented chefs inside.

**It is literally the perfect place to while away the hours in the heart (and the heat) of the city.**





As I said, it does feel somewhat of a secret, irrespective of the burgeoning waitlist, which makes me almost reluctant to share this locale (\*it's a short five-minute stroll from my flat). And I do worry that when the cat's fully out of the bag, its rapidly growing popularity is going to go through the roof.

Post lockdown I couldn't wait to dine out. Eager to dress up and enjoy the thrill of perusing a menu (and the pleasure of not washing up), MO de Movimiento didn't disappoint when it came to that inaugural dinner.

Set to become the darling of Madrid's dining scene, I suggest you make a booking before it's busier than the Bernabéu on match day \*pre-lockdown life of course.

## MO de Movimiento

- [Website](#), [Facebook](#) & IG: [@modemovimiento](#)
- **Address:** Calle de Espronceda 34
- **Metros:** Ríos Rosas, Gregorio Marañón or Alonso Cano

By Cat Powell (IG: [@littlemissmadrid](#))

*These pics were taken by Cat and by her friend Paul ([@pkear](#))*

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# Mercado Acre, shop small to keep dreams big

*An Aladdin's cave of goodies that will perk up any Madrileño during lockdown*

If you're like me, one of the things you're likely to love about Madrid is the lack of chains. Don't get me wrong, they're creeping in. Brands such as 'Five Guys' appearing on Plaza Santa Ana do prompt an eye roll, but in comparison to countries such as the UK and the US, Madrid exists comparatively chain free.

As we're in full-on lockdown, I'm missing one of my favourite pastimes, which is to simply stroll around various barrios to see what small business gems I can find. I always buy my weekly flowers at [Botanyco](#) without fail. I buy my bread at the local bakery, and it's a given that all fruit and veg is purchased from the grocers next door to my flat. So I was pretty thrilled when I discovered via the 'gram that Mercado Acre was still open and offering free home deliveries.

Mercado Acre is an Aladdin's cave of goodies that will perk up any Madrileño during lockdown. It's an organic store selling homemade bread, nuts, fruit, every type of grain/flour/rice/pastas that you can imagine, and frankly, whilst in the midst of a global pandemic, I don't think there's ever been a better time to invest your money in eating well and eating healthily.



But what really made my Sunday (when in all honesty I was struggling after our lockdown being extended) was that they sell plants. With a new green friend purchased and now fully ensconced in my *piso*, it felt great to bring something living into the flat and being able to support a small, local business.



If you don't live nearby and can't walk there yourself, the beauty is that you can order online. The store itself is

gorgeous, but you can console yourself by making your home more lovely (it can't just be me that's in nesting overload). They stock vases, plant pots and dried flowers, so if you've Marie Kondo'd your place, I'm sure you can find something online that would definitely help to spark joy.

There's a well-known British supermarket whose slogan is 'every little helps' – and in this instance it's true. Support small business if and when you can and before long, hopefully we'll all be back out discovering them for ourselves, en route to the nearest sun-drenched plaza.

*Article by Cat Powell, aka [@littlemissmadrid](#) / Feature image by [@the\\_interiorshopkeepers](#)*

## **Mercado Acre**

- [Website](#), [Facebook](#) & IG: [@mercadoacre](#)
- **Address:** Calle Noviciado, 18, Madrid
- **Metro:** Noviciado

## **Read Cat's previous articles:**

- [Order pizza from Lab 84 and take the sting out of lockdown](#)
- [Madrid lockdown diaries: Cat, primary school teacher & blogger \(UK\)](#)



Check out all [Madrid lockdown stories](#)

If you'd like to get involved and share a compelling story from this ongoing chapter of history, reach out to Daphne Binioris ([daphne@veracontent.com](mailto:daphne@veracontent.com) ) and Daniel Catalan ([a96039@aup.edu](mailto:a96039@aup.edu))

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## Order pizza from Lab 84 and take the sting out of lockdown

*Every time you order in from a small business, they do a little happy dance*

Madrileños are social creatures, there is no doubt about this. The concept of a complete lockdown (which is currently what we're all living through) is all the more difficult in a city that lives its life out on the streets. From sipping *cañas*, to munching *pinchos*, to swigging *copas*, we love to go OUT. Out to eat, out to drink, out to dance. It goes without saying that being a social butterfly simply isn't an option right now (as an aside, how well the city is respecting social isolation is actually incredible). But if you're craving a break in the monotony of cook, eat, clean, repeat, there are still small businesses who are able to deliver as I discovered.

Last week as a treat for not killing each other in our tiny flat, myself and my boyfriend [ordered pizza from Lab 84](#). We tend to always go out for pizza, our favourite regular place being NAP (just off Plaza Olavide) and we're both chomping at the bit to try out Mister Pizza 01 on Ponzano when normality is restored – oven pizzas are a poor substitute for the the real thing from a wood-fired oven. Unfortunately neither of the aforementioned options are delivering currently, so we took a chance on [Lab 84](#) via Uber Eats (it's also available on Deliveroo & JustEat!) and didn't disappoint.





We ordered one each as we were lucky enough to have a discount code (40% off at the time of writing this) so we splurged on a veggie option and a meaty treat. The veg option was great, topped with mushrooms, roasted peppers, courgette, spinach and tomatoes. My pizza came with gloriously spiced chorizo, mozzarella and red peppers. Obviously nothing really replicates the joy of going out for dins, but at least it gave us a night off cooking and all we had to fight over was who would do the washing up.

The biggest reason why I encourage everyone to order in if they can (I know that people are already feeling the pinch and may have their own reservations about deliveries) is that when you do a small business will do a little happy dance. These are scarily uncertain times and if I can do my own tiny bit to keep them afloat during this time, I will. And while these crazy times which have us clambering for human interaction, we finished chowing on down (let our food digest) and then got right on with a Bodycoach workout, how times have changed

## Lab 84 pizza bar

- [Facebook](#) & IG: [@lab84madrid](#)
- [Website](#)
- Phone: 685818096

\*You can get deliveries from places all over the city with: [@ubereats\\_esp](#) [@deliveroo\\_es](#) [@justeat\\_es](#) [@glovo\\_es](#)

By Cat Powell, aka [@littlemissmadrid](#)

Read [Cat's lockdown story here](#)