

FIT FOR PURPOSE

From 'freeze' therapy
to fist fighting - creative

Fernandez & Wells

★★★★★

Gourmet Soho sandwich bar

The ground floor of this Soho townhouse has been refurbished into a sandwich bar like no other. It's fresh, simple and appealing, with antique wood panelling painted brilliant white, huge counters resembling butchers' blocks, pristine grey flagstone floors and bright lighting softened by uplighters. The double-moniker smacks of the old merchant tradition, and also evokes images of family-run businesses and quality produce; a smart move by the young owners, who really are called Jorge Fernandez and Rick Wells.

An entire leg of Spanish ham hangs in the window; whole wheels of Comté and parmesan cheese rest on the counter. All the breakfast and lunch dishes are clearly displayed on the counters, so you can inspect what's on offer. Most of the assembled items have been sourced from London's top producers or importers. Brindisa salamis, Poilâne breads and numerous other name-check items are made into sandwiches and snacks. The salads, soups, sausage rolls, puddings are, however, made in a kitchen located elsewhere.

There is no seating inside or out, which is a little disappointing given the convivial atmosphere - and high prices charged. Staff are friendly, cheery and energetic. Be warned that a takeaway



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Just the place for a posh ham sandwich

lunch from this delicatessen, though filling and satisfying, probably won't leave you much change from a tenner - but it certainly beats going to Tesco Metro for a sarnie. *Nicholas Heathcote*
Fernandez & Wells, 43 Lexington St, W1F 9AL (020 7734 1546) Oxford Circus or Piccadilly Circus tube. Open Mon-Sat 9am-8pm. Takeaway lunch per head: around £8.