



The Full English - Know your Fry-up

A proper English Breakfast is a beloved tradition — eggs (fried or scrambled), bacon, sausages, baked beans, grilled tomato, mushrooms, toast or fried bread, and sometimes black pudding. But where you have it makes all the difference. A greasy spoon café offers the most authentic (and often most satisfying) experience — think strong tea, slightly worn Formica tables, generous portions, and no-nonsense service. It's usually cheap, cheerful, and gloriously greasy —



the sausages might heat, but that's part of the charm. At the other end of the scale, a hotel breakfast or health-conscious café might serve a refined version: free-range eggs, artisanal bacon, sourdough toast, roasted cherry tomatoes — lighter, cleaner, and Instagram-ready, but sometimes lacking the comforting clout of a proper fry-up.

And finally — be prepared to choose a side in one of Britain's most hotly contested debates: red or brown sauce. Tomato ketchup or HP Sauce. People have ended friendships over less.

Cream Tea – A Sweet British Showdown



No trip to England is complete without indulging in a traditional cream tea — a pot of tea served with warm scones, thick clotted cream, and strawberry jam. Simple? Not quite. The cream tea is a national treasure wrapped in a civil war — between Devon and Cornwall. In Devon, it's cream first, then jam. In Cornwall, it's jam first, then cream.

Each side is absolutely certain theirs is the “correct” way, and dare you mix them up in the wrong county, prepare for raised eyebrows (or worse).

You'll find cream teas everywhere — from fancy hotel lounges to rustic tearooms in country villages. Some are delicate and dainty, with fine china and fresh-from-the-oven scones. Others are hearty and rustic, best enjoyed after a long coastal walk. Either way, it's best savoured slowly, with good conversation and no rush at all. Just be sure to pick a side in the great jam-vs-cream debate... and stick to it!



The authentic Fish & Chip experience

If you're going to try fish and chips, make sure you get them from a proper takeaway fish and chip shop — known locally as the chippy. Ask someone nearby where the best one is (locals always know). For the full experience, get them wrapped in paper (with a tray if you're adding vinegar), and don't forget the wooden fork! Personally, I go for plenty of salt and vinegar, with mushy peas and curry sauce on the side. Then, find a spot outdoors and enjoy England's finest plain air. A&F Tip: : pub/restaurant fish & chips are NOT the same as a chippy's fish and chips!



Finding the Best Roastie



If there's one meal that defines traditional British comfort food, it's the Sunday Roast (Roastie). Usually served around midday on Sundays, this hearty dish includes roast meat (beef, chicken, lamb, or pork), crispy roast potatoes, seasonal vegetables, Yorkshire pudding, and lashings of rich gravy. It's a meal best enjoyed slowly — ideally in a cosy pub or a country inn with a pint or a glass of

red wine. Ask the staff what their speciality is, and if you're lucky, there'll be horseradish, mint sauce or apple sauce on the side. But be aware .. There are Roasties and then there are 'Roasties'. Just like with Fish and chips, ask a local where they'd recommend where they'd go!



Fish and chips
Origin: United Kingdom, England



English breakfast
Origin: United Kingdom



Sunday roast
Origin: United Kingdom



Haggis
Origin: Scotland



Black pudding



Trifle
Origin: United Kingdom, England



Chelsea buns



Cumberland sausage
Origin: United Kingdom



Cornish pasty



Bangers and mash
Origin: United Kingdom



Cottage pie
Origin: United Kingdom



Scotch eggs
Origin: England



Cheddar cheese



Bakewell pudding



Crumble



Chips and gravy



Cream tea



Yorkshire pudding
Origin: United Kingdom



Eton mess



Toad in the hole
Origin: United Kingdom, England



Melton Mowbray Pork Pie



Bubble and squeak
Origin: United Kingdom



Steak and kidney pie
Origin: United Kingdom



Clotted cream
Origin: United Kingdom

THE MOST LOVED LOCAL DELICACIES





A random map that shows the one thing each county in the UK leads in or is famous for – according to datasets from internet forums, articles and Search engines!

