

BALANCE

A journal about enjoyment



Hoi
Polloi

Saturday
19 & 26.07.15

HOI POLLOI SUMMER BRUNCH CLUB

Hoi Polloi is pleased to announce the next two dates of our series of summer brunch clubs in the Britannia Room on the stunning Rooftop at Ace Hotel. With views of The City and a plant-filled terrace, the scene is set for some delightful, communal, summer brunching of four courses, helped along by lashings of a special cocktail – all for the very reasonable price of £29 per head.



12⁰⁰ & 14⁰⁰

SPECIAL OFFER

Join us for midday brunch on 19th or 26th July for the price of £24 by using the code: **BALANCEBRUNCH**

THE MENU

Stone fruits, goats curd, elderflower, nuts and seeds

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Crispy duck egg, girolles, asparagus

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Hot smoked salmon hash, peas, spiced creme fraiche

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Strawberries, creme fraiche ice cream, almond crumb

All served with Bibi Spritz cocktail, classic iced tea, teas, filter coffee and toast

Optional (Free) Activity RESHAPE (11⁰⁰ & 13⁰⁰)

45 minutes of physical and mental intensity. Exertion that you never thought possible. This highly intensive group experience is designed to condition and re-sculpt selected muscle-groups. Reshape is the work of 1 Rebel. There are only 20 places for the free class, booked on a first come, first served basis.

FREE with BRUNCH



Wine is good for you

Zeren Wilson



A meal without wine is unthinkable for some. Being in a restaurant sober and not witnessing the cut and thrust of the dining room; missing that moment when the volume seems to 'pop', usually around 9pm, would make me consider why I was there at all. I estimate it sucks out 75% of the joy of eating in a restaurant. For me, in any case...

Why is this? Do I really need to be slightly sozzled to get the most out of a night out? It appears that I do. I'm not alone, of course. It turns out that we may have been hard wired to appreciate alcohol from way back in the evolutionary trail: a recent study found that wild chimpanzees enjoy scoffing naturally fermenting fruits, rich in energy and goodness and the happy accident of %ABV. It's always good to have the scientists on side when it comes to justifying why we feel like we really need a drink at the end of the day. Red rags and bulls love an excuse to get jiggy.

Walking the fine line between hedonistic excess and keeping things in check to achieve a happy balance can be tricky — tottering over the edge is all too easy. But yes, wine is good. It makes us feel good. The best wine experiences send a frisson of energy coursing through us, and those moments tend to be when a wine is 'in the zone' — perfectly balanced, acidity, fruit, tannin and alcohol coming together to play a mesmerising dance, mouthfuls of unbridled pleasure and positive vibes. These moments represent some form of vinous 'holy grail', and when they come along, the good vibrations linger long in the memory.

So, let's raise a glass, share a few scoops over dinner, carouse and make merry into the night — it's in our DNA, just ask the chimps.

In Pursuit of Balance

RIESLING

Kabinett and Spätlese Rieslings from the Mosel in Germany, can pull off an exhilarating balance between fruitiness and electrifying acidity, weighing in at a modest 7-10% ABV. Breakfast wine.

PINOT NOIR

Great Pinot Noir can achieve an ethereal quality which no other grape can hold a candle to, managing to be crammed with perfume, light and silky, brimming with freshness. Burgundy is the accepted apogee (medieval monks discovered the best vineyard spots) but California is the next best thing for this writer, in particular the Sonoma Coast.

CHENIN BLANC

A versatile grape that has naturally high acidity, allowing it to produce wines from great value sparkling through to well balanced dessert wines. Its heartland of the Loire provides the richest pickings: Crémant de Loire, Anjou, Vouvray, and Côteaux du Layon (sweet) are all worth getting to know.

