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Five emerging food and drink destinations for a short UK break

Talented producers and chefs are working wonders with top-quality local ingredients in these regions. We pick the best places to eat, shop and stay

Mid Shropshire



Lunch at the Haughmond, Upton Magna, east of Shrewsbury, where there are also rooms. Photograph: Andy Hughes

An hour's drive north of foodie Ludlow, Shrewsbury may be better known for its medieval architecture and riverside charm, but the county town and its fringes offer rich pickings for visiting gastronomes.

Eat

[The Walrus](#), a pint-size but precise little restaurant run by ex-Gidleigh Park chef Ben

Hall and his partner Carla Ernst, makes the most of the garden in creative, seasonal dishes such as baby globe artichoke with cep cream, Comté cheese and wild garlic pesto (three courses £40).

For date-night dining outside town, it's worth the detour to [Wild Shropshire](#) in Whitchurch or [The Cross Keys at Kinnerley](#), while for brunch or lunch in town, try the panko fish cake with poached egg (£11) at [Number Four](#). Or head to [CSONS](#) for porridge made from local Pimhill Farm oats (£3), labneh with poached eggs, harissa, za'atar and homemade flatbreads (£7.50), or Worcester hispi cabbage with kale, romesco, pickled chillies, goat's curd and Shropshire chorizo (£15; also open Fridays and Saturday evenings).



The garden bar at Wyle Blue World

Among many great coffee shops, [The Colonel's Son](#) stands out for its sunshine-hued paintwork as well as roasted-in-house brews. Round off the day with small plates of local cheeses or charcuterie, and natural wines by the glass, at wine bar and shop [Glou Glou](#). Or try the garden bar behind homewares store [Wyle Blue World](#) for Moroccan meze trays (£16 for two) or chargrilled skewers with flavoured yoghurts (from £6); book ahead for occasional pop-up events by guest chefs such as grill whiz Adam Purnell.

Shop

Shrewsbury's [Market Hall](#) is a thing of beauty, despite its unpromising 1960s

exterior. Among stalls ranging from traditional fruit and veg to fresh pasta and a modern spice merchants are street-food cafes Moli Tea House, Tom's Table, St Pierre Seafood Bar and the Bird's Nest. A farmers' market takes place in the town square on the first Friday of the month: look out for fennel salami from [Shropshire Salumi](#). Elsewhere, old favourites such as Aroma tea and coffee merchants, Appleyards deli and Tanners wines rub shoulders with artisan bakery [The Bakehouse](#), eco grocery [Rosie's Emporium](#) (look out for kimchi from local producers the Fermented Food Company and fresh pasta from [@pueblo_shrewsbury](#)) and, just out of town, farm shop and cafe [Battlefield 1403](#).

Stay

Taking inspiration from Shrewsbury's most famous son, (Charles) [Darwin's Townhouse](#) has doubles from £90 B&B. East of town, [The Haughmond](#) is a dining pub close to scenic Haughmond Hill, with seven bedrooms, a self-catering barn and a micro-farm shop (doubles from £95 B&B).