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In town for the Tattersalls Breeze-Up Sales, and looking for some insider tips on where to dine? We've got you covered!

JOCELYN TARGETT

Star Inn, The Street, Lidgate 01638 500275
Scutchers, Westgate St., Long Melford 01787 310200.
www.scutchers.com

Newmarket, in case you haven't noticed, is the oddest of places: a one-horse-town with 3,000 horses, and populated largely by skinny people whose livelihoods depend on them staying that way. Also, it's a town with next to no middle class, which means it has next to no restaurants, bar the obligatory chinesepizzeriacurryhouseitalian. If the temptations of the palate are what get you going, get going from Newmarket. Fortunately, the breeze-up sales and the races cut across most meal times anyway, so I'll be: (1) wolfing a bacon sarnie for breakfast in the Tatts canteen, taking care to peel as much icky white fat off the meat as I can; (2) shovelling in a Thai green curry from the stalls at the far end of the paddock, hoping not to drip too much on my tie; (3) blagging my way into a hospitality box in time for scones and tea at about 4 o'clock; and (4) limping home from the sales late and peckish to a plate of cheese and a bottle of red. With more time on my hands, I'd head for the **Star at Lidgate**, an all-time great pub a few miles out of town, run by a brilliant woman from Barcelona, and where the fire is always burning in the grate. I pretty much always order hake alla vasca—the fish poached in a garlicky stew of clams and artichokes and lashings of parsley—and guzzle as much Spanish red as I can get away with (a recurring theme here). I'm looking forward to grilled sardines in the garden in summer. Best blow out 'locally' (it's a half-hour drive) is **Scutchers** in Long Melford. The lobster omelette, brought to the table frothy and still cooking in a sweet little copper skillet, is a wow, and the frozen berries and hot white chocolate sauce – an idea borrowed from the Ivy in London – sounds bizarre but is utterly and deliciously memorable. Your tongue will be eternally grateful you forsook Newmarket, but you'll need a taxi home.

JULIAN LLOYD:

Loch Fyne Elton, The Old Dairy, Elton, Peterborough.
01832 280298. www.lochfyne.com

Loch Fyne operate a number of specialised seafood restaurants through the UK. There is one a short drive from the A1 near Peterborough, which is north of Cambridge approximately half an hour from Newmarket. The situation is a restored dairy building, at Elton, out in the country with plenty of car parking space, and in good weather the ability to eat outside. The majority of the stock comes from their own fisheries and oyster beds, on Loch Fyne, in Scotland, is fresh, and of very good quality. The staff are very friendly and helpful, there is a good winelist and the atmosphere is very relaxed. For those staying in Cambridge, Loch Fyne have a restaurant at 37 Trumpington St, Cambridge. I have not tried this one, but I know that all their restaurants are of the same standard. For the Square Meal review and map directions, click [here](#).

TOM FRARY, Café Racing

THREE BLACKBIRDS PUB, Wood Ditton.

The Three Blackbirds pub in Wood Ditton, the village after which the renowned conditions race staged during the Craven meeting is named, is what an English pub should be. From Newmarket, get on the A1304 and Dullingham Road before taking a left onto the Woodditton Road. When you get to the village, the pub, which dates from the late 17th century, is on the Ditton Green. It's a charming thatched, low-beamed affair with a flagstoned bar serving the all-essential real ale. Most appreciate the pub fayre and the curries always strike the right note. If you're lucky, you might even see a Devil's Dyke Morris Man while you're there. Click [here](#) to check out the positioning.

ED PROSSER:

Sangdao Thai, 160 High St, Newmarket, CB8 9AQ.
01638 660646

The Fountain, 182 High Street, Newmarket, CB8 9AP.
01638 666255

Jumping into a taxi and heading to one of the many characteristically English pubs in the villages surrounding Newmarket for a pint and bite to eat is the most rewarding experience after a day at the sales. But for those staggering out of Tattersalls when selling finishes at 10 p.m., it's more practical to nip across the High Street for either an upmarket chinese at the Fountain or visit its thai-themed neighbour Sangdao. **The Fountain's** staff have patiently witnessed many high-spirited and truncated celebrations prompted by racecourse or sale-ring success at a restaurant that has long been a favourite with the top local trainers, jockeys and

bloodstock agents. For those who can't face tackling the extensive menu and wine list, choose a set meal (make sure duck's included) with chinese beer, round the night off with an Irish coffee or two and you won't go far wrong. **The Sangdao** is a recent and welcome arrival for lovers of oriental food. Vegetables and herbs are flown in fresh from Bangkok every week and the resulting dishes are as good as at some of London's costliest Thai eateries. The pad thai and chicken with cashew nuts are outstanding as is much of the menu. There is even a massage parlour above the restaurant for those looking for the perfect finish to their evening.