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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!*

**JASON SINGH, TATTERSALLS--WHITE PHEASANT, Market Street, Fordham, Nr Ely. 01638 720414**

[www.whitepheasant.com](http://www.whitepheasant.com) -- As well as the excellent fare available at the restaurant at Tattersalls, quite a few buyers and vendors have discovered the impressive quality and variety of food on offer at the Café Barn, situated near the Somerville barns, at lunchtime and dinner. If heading out for dinner, quality dining doesn't come much better than The White Pheasant in Fordham. The former pub, which dates back to the 1600s, has been converted to a restaurant which offers quality British fare sourced from local suppliers. A favourite with the sales crowd means that bookings at sales time are essential. Click [here](#) for map directions.

**JAMIE McCALMONT** --The Old Plough, 26 High Street, Newmarket. 01638 730110 I've been going to the Old Plough for 20 years and it has been a pub in Newmarket for as long as I can remember. The building dates back to the 1700s. It's good, solid food with an excellent wine list, and the kind of place you want to go if you're really hungry. The Sunday lunch is really attractive, and offers roast beef, roast chicken, roast pork or roast lamb, at a set price. They come out with about 10 different vegetables to serve you--roasted potatoes, mashed potatoes, boiled potatoes, cabbage, broccoli, etc. Anyone wanting to eat there should make a reservation during sales and race times. If you haven't got a table during sales week, you're not going to get in. Tony and Gina Keen are the owners. Any place that stays popular for 20 years has got to be doing something right.

**STUART BOMAN, Darley--THE FOUNTAIN (Chinese) 01638 666255. 182 High Street, Newmarket, CB8 9AP**  
Opening Hours Sun-Sat: 12:00-13:45, 18:00-22:30  
The Fountain is a well-known old favourite that has an extensive menu of everything that you would expect from a good Chinese restaurant.

**THE OLD SCOTCH**  
**Indian Restaurant**

**01638 663200. 4 The Avenue, Newmarket, CB8 9AA**  
Opening Hours Sun - Wed: 12:00-14:00, 18:00-23:30  
Thu: 12:00-14:00, 18:00-23:15  
Fri - Sat: 12:00-14:00, 18:00-23:30

Located a stone's throw from the Tattersalls Sale ring, The Old Scotch proves a very popular restaurant post sale. Generally good traditional Indian cuisine set in an old tea room.

**SANGDAO**  
**Thai Restaurant**

**01638 660646. 160 High Street, Newmarket, CB8 9AQ**

Opening Hours Sun: 12:00-14:30, 18:30-22:30 Mon: Closed Tue - Sat: 12:00-14:30, 18:30-22:30  
Top quality Thai food presented beautifully with friendly and courteous service.

**ORANGERY RESTAURANT**

**01638 663175. Bedford Lodge Hotel, Bury Road, Newmarket CB8 7BX**

Opening Hours Sun: 07:00-10:00, 12:00-14:00, 19:00-21:00 Mon - Fri: 07:00-10:00, 12:00-14:00, 19:00-21:30 Sat: 07:00-10:00, 19:00-21:30  
Orangery is a high-class restaurant in the Bedford Lodge Hotel, a four-star hotel, set in lovely surroundings. Two menus are available, a set menu and a la carte, along with an extensive wine list. The service is genuinely warm and friendly, adding to the overall experience.

**THE WHITE PHEASANT**

**01638 720414 21. Market Street, Fordham, Ely, CB7 5LQ**

Opening Hours Sun: 12:00-15:00, 19:00-22:00 Mon - Sat: 12:00-15:00, 18:00-22:00  
A consistently good gastro-pub set a little out of Newmarket but well worth the drive either for a Sunday lunch or dinner after the sales. Attractive service and traditional styled meals done very well.

**THE STAR INN (Spanish)**

**01638 500275. The Street, Lidgate, Suffolk CB8 9PP**  
Opening Hours Mon-Sun 12.00-14.00pm Mon-Sat 19.00-22.00

A fantastic restaurant that was voted nationally as Pub of the Year 2005 that serves delicious Catalan / Spanish food. The paella and the meatballs are favourites on an extensive blackboard menu that also features a large selection of seafood.