



Fun for family and friends at Giraffe



Enjoy an espresso with runway views



Try something different at rhubarb

A bite before the flight



Italian delights at Carluccio's

Whatever you want, it's here

Up at the crack of dawn to catch that early morning flight? What could be better than a freshly made croissant and a strong cappuccino — or a full English, for those with a heartier appetite — to set you on your way? Maybe you're heading off on a romantic weekend à deux, in which case spoil yourselves with a glass of champagne, setting the perfect mood before boarding that evening flight.

Whatever your choice of refreshment, Heathrow is bound to have it. There are more than 50 eateries, bars and restaurants across the airport, where you can grab a coffee and a snack "to go", a sit-down meal, or a pre-flight cocktail. Whether you've arrived with plenty of time to kill, or are on a tighter schedule, Heathrow can cater for you. Here are just some of the culinary options at its five terminals.

- Caviar House** (Terminals 1, 2, 3 & 5) Caviar, champagne, smoked salmon — now it really feels like a holiday! Sample the high life before you even jet off with a little epicurean luxury.
- Giraffe** (Terminals 1 & 5) Giraffe Restaurants are a friendly and welcoming family restaurant with

world music, international dishes and breathtaking runway views.

Wagamama (Terminal 5) Tasty noodles in the friendliest setting, Wagamama is modelled on the relaxing ramen bars that have been popular in Japan for years.

Carluccio's (Terminal 5) As much a deli as a restaurant, Carluccio's is one of the few Italian chains that still feels Italian. Eat great value pasta and tiramisu surrounded by garlic cloves and bags of dried pasta.

Rhubarb (Terminal 3) Established as part of the UK's catering elite, rhubarb offers a delicious dining experience. Not quiet canapé, not quiet tapas, rhubarb is fine dining in miniature — perfect portions of a wide variety of luxury food.

If you simply don't have time to sit down to a leisurely meal, Heathrow has all the high street's grab-and-go restaurants for a simple bite, and fabulous coffee options. Choose from your favourites, including Pret, Costa, Eat, Starbucks and Caffè Nero.

Have a taste of the good life. Heathrow: making your journey better.

Tomorrow How to get your business trip off to a successful start

Win a holiday of a lifetime

Why not jet off to one of Heathrow's fantastic destinations completely free? The airport is offering one lucky winner and a guest of their choice the chance to experience VIP treatment from door to door on the holiday of a lifetime.

After a smooth start to your trip at Heathrow, you will fly to Cape Town in South Africa to see one of the most stunning natural cityscapes in the world first-hand.

The prize includes seven nights' accommodation at the Urban Chic Boutique Hotel, where you can escape the stress of everyday life and relax in luxury and comfort.

Situated in one of Cape Town's liveliest and most vibrant streets, you are just a stroll away from the city's best restaurants and bars, the Victoria and Albert Waterfront and just a short drive from Table Mountain and the fantastic beaches of Camps Bay and Clifton. All thanks to Heathrow: making every journey better!

Prize includes: Return flights for two people from London Heathrow to Cape Town Return transfer from the airport to the hotel Seven nights' accommodation at The Urban Chic Boutique Hotel and breakfast in the hotel each morning Travel insurance

For full details, and details of how to enter, go to timesonline.co.uk/capetowncompetition