

CADOGANVIP

THE MAGAZINE FROM CADOGAN CONCIERGE • APRIL 2018



MARATHON INSPIRED SHOPPING GUIDE
CHELSEA'S SECRET GARDENS
HEALTHY LOCAL BREAKFAST SPOTS

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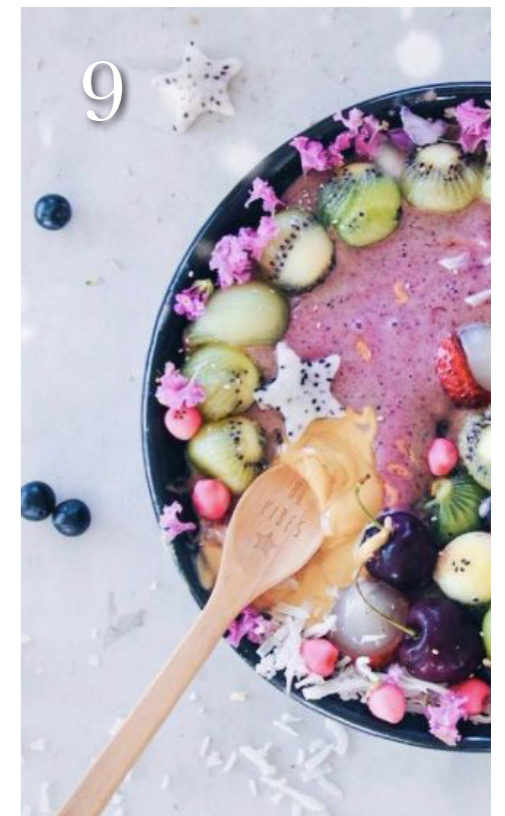
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VIP SOCIAL DIARY

The most exclusive dates for your
social diary this month.



Welcome

Welcome to the April issue of Cadogan VIP.

Finally, the blossom is starting to show across Chelsea as the clocks spring forward and the evenings become lighter.

This time of year often inspires us to think afresh about our health and wellbeing. To help encourage this positive attitude, we take a look this issue at some of the healthiest local breakfast spots and green spaces to enjoy. And whether or not you're running the London Marathon, you might find it worth investing in some fitness inspired pieces from our 'retail therapy' spread on page 12.

Until next month,

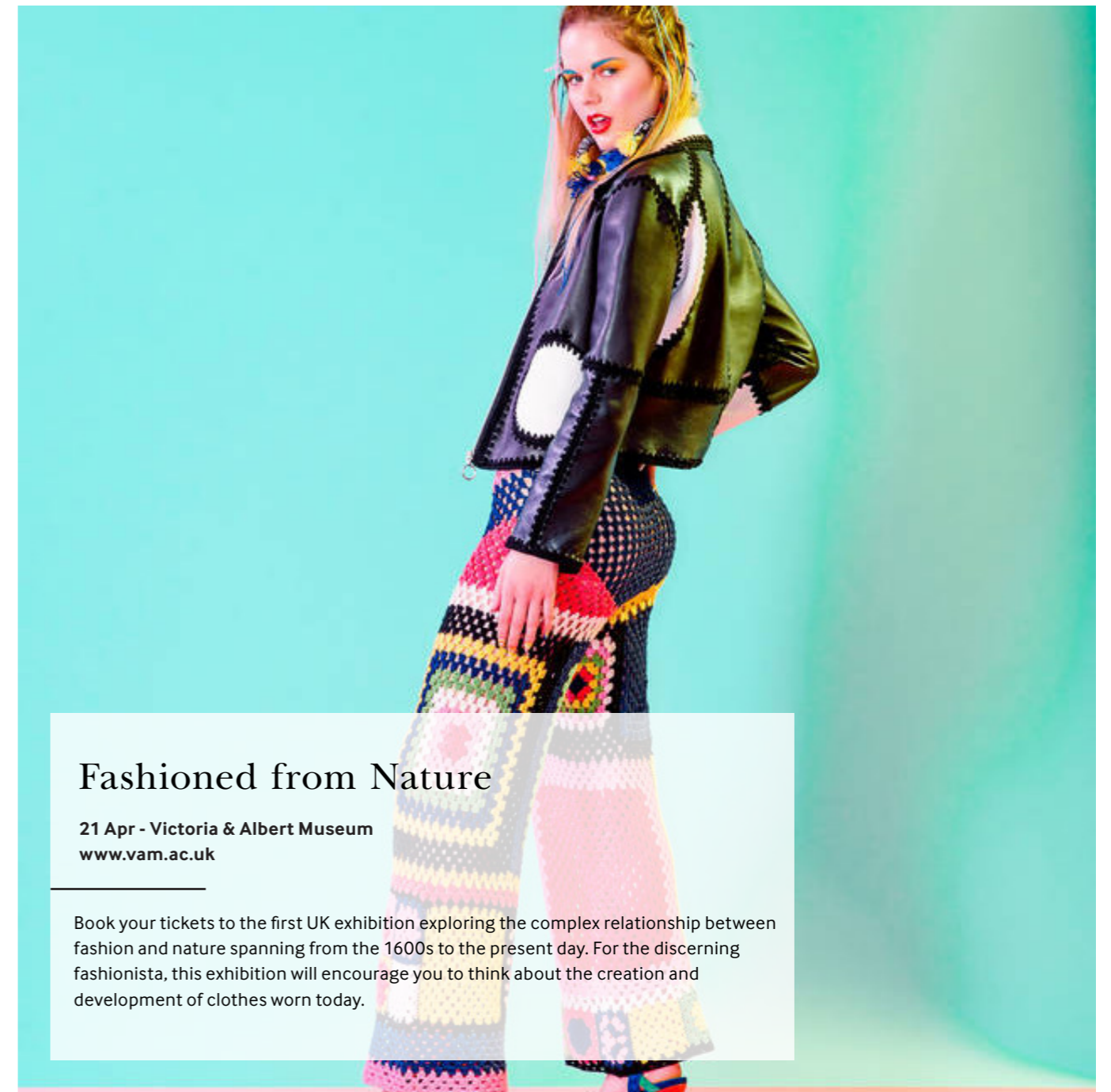


Hugh Seaborn
Chief Executive, Cadogan



What's on in Chelsea

MUSIC • ART • THEATRE • EXHIBITIONS • FOOD



Fashioned from Nature

21 Apr - Victoria & Albert Museum
www.vam.ac.uk

Book your tickets to the first UK exhibition exploring the complex relationship between fashion and nature spanning from the 1600s to the present day. For the discerning fashionista, this exhibition will encourage you to think about the creation and development of clothes worn today.

Midnight in Mayfair

28 Apr - Cadogan Hall
www.cadoganhall.co.uk

Step back to the 1920s and 1930 with Keith Nichols as he gives you a night of exceptional music which originated in the great London clubs and hotels. Enjoy the songs from the age when crooners, such as Vera Lynn and Al Bowlly, became the stars of the stage and the band leader was the superstar, think Jack Jackson at The Dorchester, Sydney Lipton at Grosvenor House and Carroll Gibbons at The Savoy. This evening will have you movin' and groovin' all night long.

Curator Tour: Special Forces

25 Apr - National Army Museum
www.nam.ac.uk

Take part in an hour long tour of the latest exhibition of Special Forces: In the Shadows. Discover who these elite soldiers are, the skills they need and the operations they've undertaken with the expert knowledge of the curator on hand.

Known Unknowns

On now until 24 Jun- Saatchi Gallery
www.saatchigallery.com

This major new exhibition presents the works of 17 contemporary artists who, although widely unknown, are respected and admired by their artistic peers and credited with breaking new ground. Filled with a diverse range of art forms from painting to sculpture and video to mixed media, the artwork focuses on the art of craft making and related to visual conditions in a highly globalised and digital age.



Tea Masterclass with Jing Tea

22 Apr - Chelsea Physic Garden
www.chelseaphysicgarden.co.uk

Celebrate National Tea Day with the Jing Tea Consultant, Kat Pietrowski. Grab yourself a 'cuppa' and take part in either a morning or afternoon workshop to discuss and taste some of the finest examples of loose leaf teas. Master the art of tea making and leave with a curated set of teas and tools to help you on your new tea journey.

Paola's Body Barre

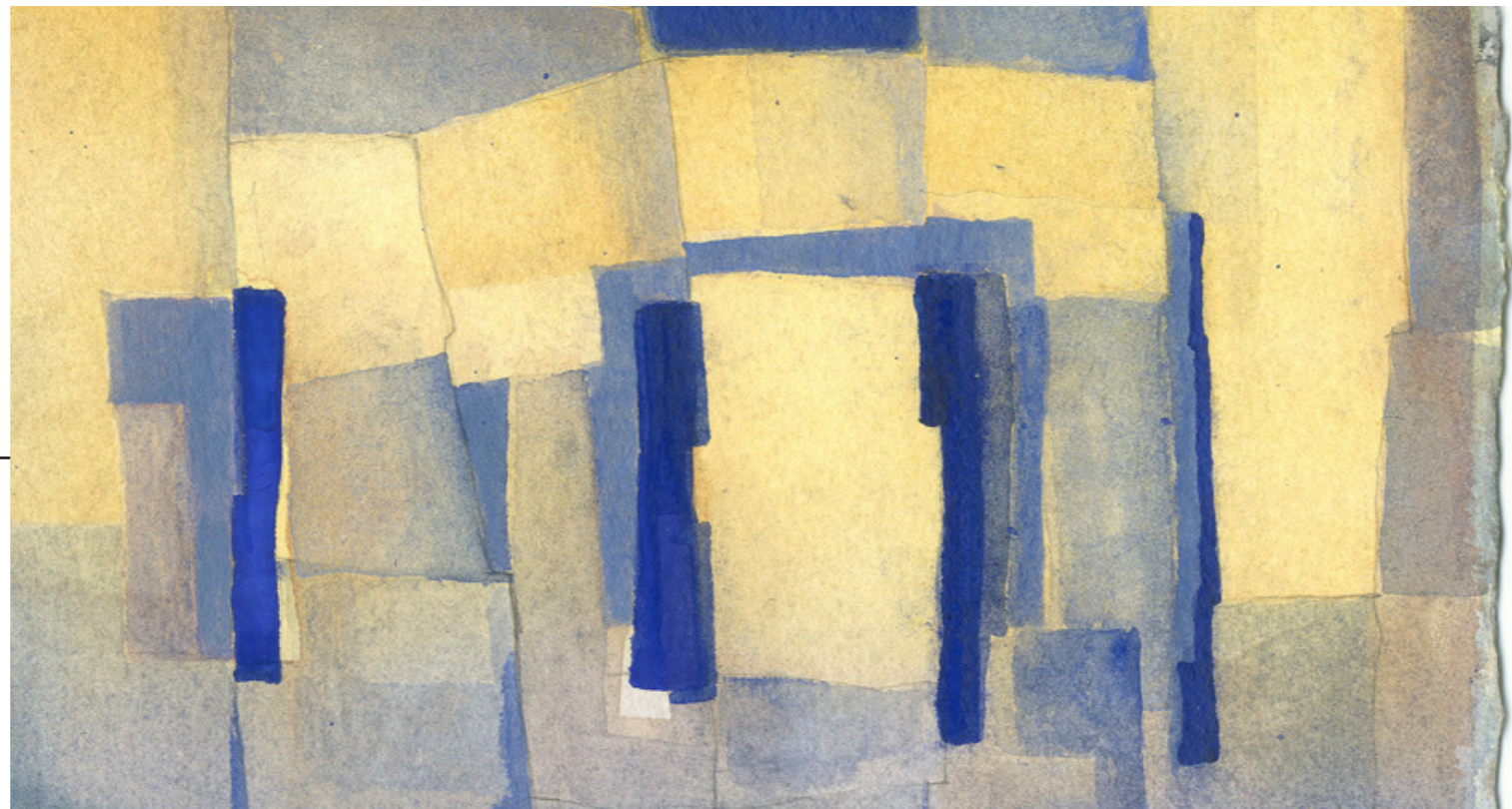
8 Apr - Bluebird
www.bluebird-restaurant.co.uk

Paola's Body Barre will be hosting the signature PBB class which will work you from inside out in order to leave you feeling lean, toned and strong. Fuse Pilates and Barre together in this dynamic, fun and low impact workout class at Bluebird then re-energise with a delicious brunch afterwards. Tickets include both Barre and brunch.

'Constructed Topography' by Tooney Phillips

27 Apr to 31 May - The Foundry Gallery
www.thefoundrygallery.org

Over 20 years, Tooney Phillips has immersed herself in the subterranean sections of a working limestone quarry in the South of France and recorded its changing geometric formations through photography and drawing. Through line, space and form she came to understand and has been able to describe the nature of this landscape in 2D in this fascinating exhibition. Where the space ends is where her drawings begin.



For more local events and exhibitions, visit www.inchelsea.co.uk

Ben Henriques: Work

19 Apr to 5 May - Jonathan Cooper Galley
www.jonathancooper.co.uk

In his first solo show since 2012, Ben Henriques highlights the beauty in everyday objects that document and populate our lives. The oil paintings in which the colours sing, seek to express emotion and reflect the fleeting nature of beauty which we sometimes forget to take notice and appreciate.



Jo Malone London celebrate the arrival of Jasmine Sambal & Marigold Cologne Intense

5, 21 or 22 April - Jo Malone London

Jasmine Sambal & Marigold is the new fragrance from Jo Malone London. To celebrate the launch, create your own bespoke box adorned with beautiful floral stamps. Whilst in the creative seat, enjoy a complimentary glass of British fizz with chocolate truffles and relax and enjoy a heavenly hand and arm massage.

Instructions for Great Assembly

7 Apr to 19 May - Royal Court Theatre
www.royalcourttheatre.com

Harry and Max were not satisfied with their first attempt at parenthood. Second time round, they have a 30 day money-back guarantee and an instruction manual. Surely this would result in parenting perfection? Thomas Eccleshare's Royal Court wonderful debut explores power and control as well as beauty and gender roles and must not be missed.



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Dining Out

*Some of the best local
destinations for a
healthy, energising
breakfast...*

L'ETO CAFFE
www.letocaffe.co.uk

L'eto caffe prides itself in blending the heart and mind with nutritious and healthy dining. For the perfect indulgent fitness feast, relax in L'eto's friendly café surroundings and kick start your morning with semolina Porridge, a delicious, sweet and nutritious alternative to traditional porridge oats, served with strawberries and almonds and full of energy. For a nourishing, savoury alternative, try the avocado rye bread tartine served with cream cheese and herb cured salmon.
149 King's Rd, Chelsea, SW3 5TX

FARM GIRL
www.thefarmgirl.co.uk

Farm Girl presents a holistic and healthy, yet comfortingly simple approach to Australian cafe culture in Chelsea. Serving fresh, nutritionally nurturing ingredients and delivering them in a warm and welcoming environment. Breakfast treats include Farm Girl's favourite, the Açai Bowl, packed with the goodness of organic frozen Amazonian berries blended with banana and creamy almond milk, topped with coconut shavings, winter fruits and chia seeds. This little breakfast bowl is full to the brim with vitamins, proteins and utter goodness.
9 Park Walk, Chelsea, SW10 0AJ

APRIL'S CAFÉ
www.aprilscafe.com

April's Café at Boutique 1 is Chelsea's stylish fashion-foodie hub with a high-end menu created by the ultra-talented chefs at London's Bistrottheque. Quench your thirst with April's berry recovery super smoothie, filled with the goodness of strawberry, blueberry, raspberry, banana, coconut milk and lime. Set aside from Pavilion Road, this innovative café boasts a secluded courtyard to relax and soak up the chic surroundings.
127 Sloane St, Chelsea, SW1X 9AS

GAIL'S BAKERY
www.gailsbread.co.uk

Burpees and bakery? Kick start your morning with some fitness followed by hearty freshly baked goods from Gail's Bakery, located on the iconic Kings Road. Gail's 'Bakers Breakfast' serves a selection of tasty, simplistic food with minimum fuss and few ingredients. Entice yourself with protein rich smashed avocado, seeds and tomato relish served on warm, freshly baked sourdough toast. If you're feeling fruity then Gail's seasonal fruit salad bowl served with Greek yoghurt and fresh fruit compote is bursting with flavour and full of natural vitamins. Breakfast is served until 3pm for late risers.
209 King's Rd, Chelsea, London SW3 5ED



MURIEL'S KITCHEN
www.murielskitchen.co.uk

Muriel's Kitchen is a lively but cosy bistro brim-full of British charm serving fresh, seasonal produce seven days a week. Rise and shine with Muriel's healthy and hearty power porridge served with gluten free oats, quinoa, chia porridge and almond milk, sprinkled with dates and blueberries. Accompany your Marathon inspired brekkie with a berry-licious fresh fruit smoothie loaded with seasonal berries, banana, honey and almond milk.
1-3 Pelham St, Kensington, SW7 2ND

ELAN CAFÉ
www.elancafe.co.uk

Elan Café pride themselves in having a taste for the very best, stylish and elegant with a bold and fresh Mediterranean inspired menu. If you're waking up and working out then fuelling your fitness is key. Serving an all-day breakfast menu with a selection of fresh fruit bowls, sandwiches and hot options too. If you are on the move, be sure to grab Elan's tropical bowl with kiwi, watermelon, dragon fruit, star fruit, goji berries and granola.
237 Brompton Rd, Chelsea, London SW3 2ER



GRANGER AND CO
www.grangerandco.com

With an emphasis on clean living and quality ingredients Granger & Co restaurant is a great place to visit after your morning workout. Granger's health-boosting juices and raw smoothies lead the way, with their very own body cleansing juice 'Granger's Greens' - get in the marathon spirit with this appetizing fresh fruit drink made up of apple, cucumber, ginger, silver beet, chia and coconut water. Continue your fitness feast with the fresh Aussie breakfast, served with jasmine tea, hot smoked salmon, poached eggs, greens, avocado and cherry tomatoes.
237-239 Pavilion Rd, Chelsea, SW1X 0BP

MANICOMIO CAFE
www.manicomio.co.uk

Manicomio Café in Chelsea serves only the highest quality Italian food in its elegant surroundings at beautiful Duke of York Square. The restaurant's charm derives from its endless class and Italian authenticity. Manicomio Café offers a more casual dining alternative to the a la carte restaurant next door and is the perfect scenario for a spot of healthy breakfast or brunch. Energise your morning with a classic smoked salmon omelette served with chives and crème fraiche or for a sweet alternative try Manicomio's protein packed homemade granola, topped with seasonal fruit and Greek yoghurt.
83-85 Duke of York Square, Chelsea, London SW3 4LY

WULF & LAMB
www.wulfandlamb.com

Wulf & Lamb, the new vegan eatery on Pavilion Road is bringing creative vegan cuisine to the heart of Chelsea. Their 100% plant-based menu will even leave bacon lovers wanting more. Rise and Shine with the full 'Wulf Breakfast' served with potato layer cake, borlotti bean ragout, scrambled ackee, lemon spinach with sautéed peppers and served with toasted sourdough. If that isn't enough to fill your marathon boots then treat yourself to the fluffy American pancakes stacked and served with maple syrup, mixed berries and vanilla cashew cream.
243 Pavilion Rd, Chelsea, SW1X 0BP

Retail Therapy

LUXURY • ACCESSORIES • PERSONAL SHOPPING • EXPERIENCES

To help motivate you this spring, we have selected some of the best marathon inspired garments...



Lululemon
Speed Up Bra
Horizon £68



Boutique 1
Lucas Hugh
Printed Shell Shorts
£150



John Lewis
Hand Weights
£3-13



Nike
Apple Watch
Series-3 Nike 2
£359



The Bodylift
Sarah Chapman
£29



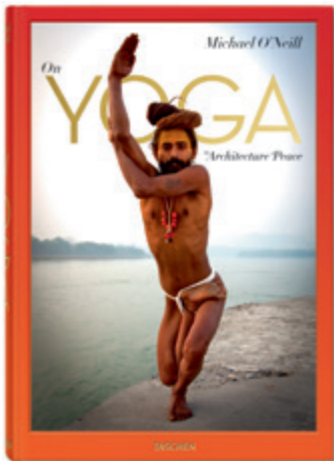
Nike
Vaporfly Fly 4
£230



Heidi Klein
High Neck Bikini
White Navy
£130



Aesop
Roll On Deodorant
£23



Taschen
On Yoga
The Architecture
of Peace
£45



Harvey Nichols
Sapopa Mrs Nice
shell jacket
£480

Red Valentino
Sneakers
£325



Harvey Nichols
Adidas X Stella McCartney
Shipshape nylon holdall
£140





Hidden Gardens

*With summer fast
approaching, we have
rounded up some of
the best hidden gardens
and green spaces
Chelsea has to offer...*

CHELSEA PHYSIC GARDEN

Royal Hospital Road, Chelsea

Chelsea Physic Garden is the oldest botanic garden in London. Housing around 5,000 different medicinal, herbal, edible and useful plants. A walled garden bursting with bloom, it is magical in more ways than one. Make the most of a mild spring afternoon and take a legally stroll through these wonderful gardens.

ST LUKE'S GARDEN

Britten Street, Chelsea

St Luke's Garden is an oasis of calm and tranquillity away from the hustle and bustle of the busy King's Road. Converted from the church's burial grounds in 1881 and



designed by a local horticulturist, the garden now boasts a charming scenery of beautiful plants with unusual colour schemes. With picnic benches, blossoming plants and luscious greenery, St Luke's garden is the ideal spot for a weekend picnic.

WESTFIELD PARK

Uverdale Rd, Chelsea

Encompassing grass areas, large sweeping oak trees, shrubs and flowerbeds with rounded rose buds, Westfield Park is two and half acres of pure greenery. With plenty of picnic tables and benches dotted around, if you are looking for somewhere to perch and enjoy an outdoor snack this April, then Westfield Park will be the one.

CREMORNE GARDENS

Royal Hospital Road, Chelsea

Cremorne Gardens offer a welcoming retreat for some peace and quiet. The small but charming garden has spectacular views over the Thames and offers some peace and tranquillity from London living. Located along the northern bank of the river, Cremorne Gardens was once a large Victorian pleasure garden which opened in 1845.

HYDE PARK

Hyde Park, Kensington

After an icy cold winter, Hyde Park is slowly coming to life again. With spring underway and summer soon approaching, this is a beautiful time of year for the great outdoors. With lush Greenland, blossoming daffodils and trees gradually becoming green again, Hyde Park is quite a magnificent sight. Enjoy exploring the park with outdoor activities such as boating on the Serpentine, visiting the beautiful rose garden, dipping your toes in Diana's memorial fountain and alfresco dining in the lido café and bar.

KYOTO GARDEN

Holland Park Ave, Kensington

Known for its colourful blossom trees, the Kyoto Garden is also home to tiered rock waterfalls, stone lanterns, a pond with pretty koi carp, and of course, Holland Park's famous peacocks. If you need a rest from the busy streets of London then Kyoto Garden is where to go. This outdoor paradise boasts a little piece of Japan set inside an English setting. First opening in 1991 the garden still now remains an easily undiscovered gem with many unique touches.

VIP Social Diary

THEATRE • SPORT • PREMIERES • EXCLUSIVE

Cadogan Concierge is here to enhance your social diary. We can access tickets for a range of occasions including many sold out or unobtainable events. Please contact us for further details of events covering the world of theatre, sport, exhibitions, comedy, film premieres and concerts...



LONDON MARATHON

22 Apr

www.virginmoneylondonmarathon.com

Every year, more than 40,000 people run the 26.2-mile (42.2km) marathon through the streets of London, with 327,516 people applying for a place in the 2018 marathon. The first half of the route runs just south of the Thames starting at Greenwich and Blackheath. After crossing the river on Tower Bridge, runners pass some of the capital's most famous landmarks, including the Tower of London and Big Ben, before finishing in front of Buckingham Palace.

FERRARI: UNDER THE SKIN

On now until 15 Apr

www.designmuseum.org

Come and race through 70 years of passion, glamour and design innovation, with unique behind-the-scenes access to one of the most iconic car brands. The exhibition explores Ferrari's powerful personality, the design and manufacturing process, the famous clientele



and the future of the luxury car brand. From the very first Ferrari to Michael Schumacher's winning Formula One car and the newest hybrid model, the exhibition features rare cars and memorabilia displayed in public for the first time.

UNDERBELLY FESTIVAL

6 Apr to 30 Sep

www.underbellyfestival.com

Underbelly Festival Southbank is back and is celebrating its 10th year. The Festival builds on the success of Udderbelly Festival and London Wonder ground – two of the capital's biggest festivals of their kind. Taking place on the same site and presenting London's largest programme of affordable comedy, circus, cabaret and children's shows, in a city-centre festival environment with a great range of street food and one of the largest outdoor bars in London.

THE LONDON COFFEE FESTIVAL

12 to 15 April

www.londoncoffeefestival.com

The four day London Coffee Festival returns with coffee, cocktails, music and art all linked to the theme of coffee. The festival includes live roasting demonstrations, an espresso martini party, coffee food pairing, a milk bar, latte art and the school of chocolate. Across the Old Truman Brewery site over

250 artisan coffee and gourmet food stalls, tastings and demonstrations, interactive workshops, street food, coffee-based cocktails, live music, DJs and art exhibitions are staged, all centred on the caffeinated drink. Visitors also gain access to Milk & Sugar, showcasing some of London's cutting edge fashion, design and art, lifestyle and wellbeing brands.

COACHELLA

13 to 22 Apr – California

www.coachella.com

Descend upon the Californian desert for one of the world's greatest arts and music festivals. With a jaw-dropping number of performances by brilliant bands and musicians, huge-scale art displays and plenty of top quality food and drink options; Coachella is a three day cultural spectacle.



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