

BUFFET GUIDE

We Brits go mad for an all-you-can-eat breakfast buffet. Bacon, omelettes, hash browns, sausages with ketchup, pastries, cold meats, and cheese – the opportunities are endless, and we can't get enough, piling plates high of all manner of foods that don't belong together, like baked beans spilling onto a pain au chocolate or eggs nestling against yoghurt.

We love them so much that one in six (15%) of us don't even wait to be seated at the restaurant, instead throwing our belongings on a table to reserve it and rushing straight up to the buffet counter, one in seven have visited a hotel after hearing about or being recommended the buffet, and 9% of us frequently return to hotels purely because the buffet was that good.

In terms of our favourite top five breakfast buffet foods to feast on, hot full English brekkie items like bacon, beans, hash browns, and sausages top the list (48%), with fruit coming in second (37%), closely followed by eggs (34%), pastries (33%) and perhaps surprisingly, toast (32%). Less surprising is our aversion to healthy greens, with salad items like avocado being our least favourite breakfast buffet picks (12%).

So, with our collective love of buffets clear for all to see, Asda Money Travel Insurance want to ensure you and your fellow buffet-loving Brit counterparts get the most out of your favourite all-inclusive holiday pastime. We've enlisted the help of Oxford University's Dr Tom Crawford and self-proclaimed buffet king, YouTuber Tim Lee, to create this how-to-beat the buffet guide full of top tips on how to optimise your buffet-eating strategy and a handy formula for you to personalise your experience and get the most of the spread



TOP 20 DESTINATIONS

With 60% of people claiming to have booked their holidays based on the quality of the buffet, to provide some destination inspiration for your next holiday, here are the top twenty European destinations for the best breakfast buffet, according to Brits. After all, what's the point of being a buffet aficionado, if you don't know where to find the best selections?



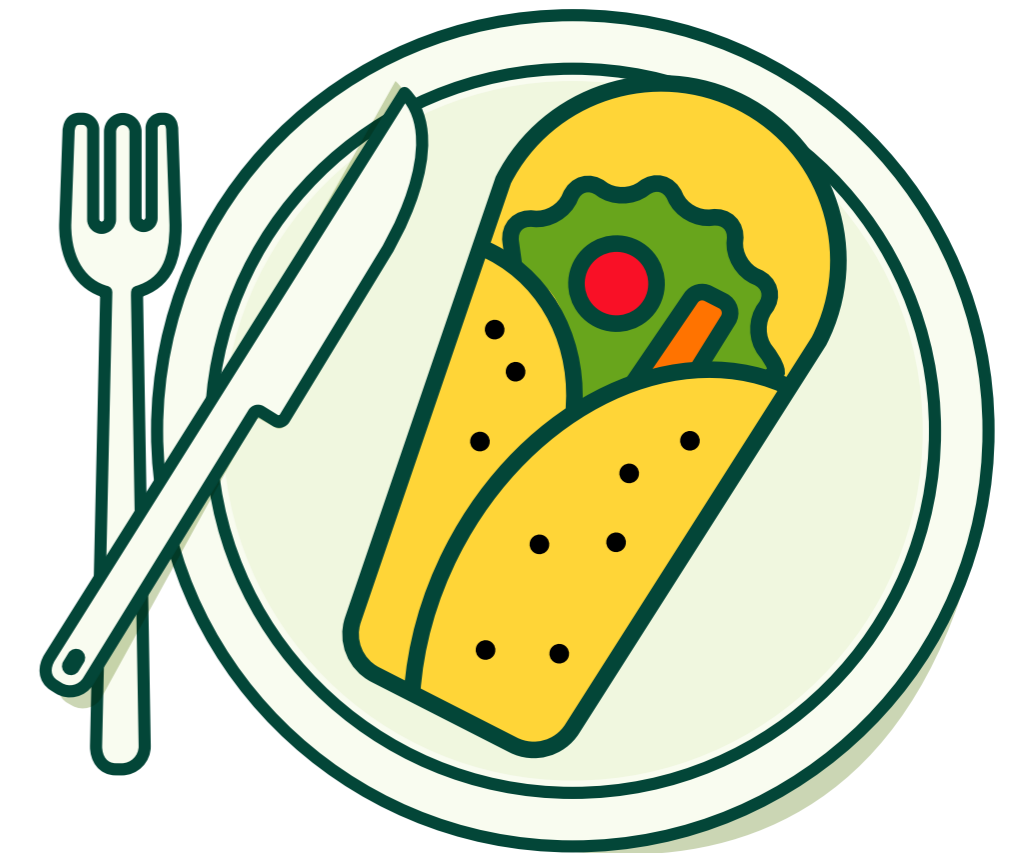
1.	Mallorca	6.	Rhodes	11.	Algarve	16.	Germany
2.	Barcelona	7.	Málaga	12.	Costa del Sol	17.	Benidorm
3.	Tenerife	8.	Lanzarote	13.	Antalya	18.	Corfu
4.	Cyprus	9.	Gran Canaria	14.	Malta	19.	Crete
5.	Amsterdam	10.	Lisbon	15.	Rome	20.	Nice

FORMULA

Now as much as we love our buffets; we're going about them all wrong.

The average Brit eats 2.9 plates of buffet food in one sitting, despite admitting to being full at 2.4, resulting in 26% of us having to delay activities for the day, 21% needing to take a post-brekkie nap, and shockingly 12% having to cancel day plans entirely. We're not even eating our favourite food items first, 49% of us claiming to chow down on fruit first, despite nearly half of us (48%) saying hot, full English are our best-loved buffet picks.

So, to help us avoid overindulging, filling up too early and missing those items you look forward to the most our unique formula developed by Oxford University Mathematician Tom Crawford reveals how you achieve a 10/10 buffet experience.



FORMULA

$$B = T + \frac{1}{(2.4 - P)} + \frac{(R + C + S)}{75} + \frac{W}{10}$$

Key:

B = buffet experience score (out of 10)

T = time at the buffet

P = number of plates of food (from 1, 2 or 3)

R = meal ranking

C = cost of items

S = how filling the items are (satiety index)

W = waiting time between plates

ACCORDING TO THE FORMULA TO BEAT THE BUFFET FOR THE ULTIMATE EXPERIENCE YOU MUST:

Get your timing right

Arrive at **8:17am**, spend 45 minutes at the buffet and leave at **9:02am**



Keep an eye on your plates

On average, Brits consume 2.9 plates of food, but feel full after 2.4, suggesting a propensity for over-eating! The perfect **number of plates to eat is 2**

Pick the perfect buffet menu

Combining research into Brits favourite items and our formula, the perfect menu is:

First plate - hot food

48% of Brits claim the hot food is their favourite part of the breakfast buffet!

- 1 piece of bacon (or veggie alternative)
- 1 sausage (or veggie alternative)
- 1 helping of beans
- Eggs
- 1 piece of toast

Second plate - cold food

Whilst cold food is what we often reach for first at a breakfast buffet Dr. Tom Crawford's formula reveals it is best to leave this until the second serving

- 2 pieces of fruit
- 1 pastry
- 1 yoghurt
- 1 serving of cereal

Stagger your sitting and wait wisely

The ideal waiting time between plates is 16 minutes, once finishing plate one and before going for more. Although 16 minutes gets you a 10/10 experience, the longer the waiting time between plates, the better - as this will aid with digestion.

TOP TIPS

But the advice doesn't stop there, to enhance your all-inclusive buffet experience even further follow buffet expert Tim Lee's top tips below



1 Check out what's on offer before committing

I know it may be early in the morning and we want to fill our tummies quickly but take a little time to survey the buffet options on offer. Thinking about what looks best, which items you might not have tried before and would like to, and which order you are going to tackle the buffet in. You usually can't enjoy all the items so it's all about prioritisation. Knowledge of the buffet layout and a little planning will make a good buffet experience great.

2 You can absolutely enjoy a cocktail if it's what you'd like

A recent study from McGill University where participants were given alcohol to determine its effect on appetite, showed good evidence that alcohol makes us feel hungrier—but only once we actually start eating! So, enjoy that Mimosa or Bloody Mary...responsibly. You're on holiday after all.

3 Have it your way!

Think of the buffet as the environment of culinary creativity, and the plate, your canvas. Every station is full of an array of unique and diverse dishes and ingredients. Make it special: try all the things you would never think to make yourself. Why have scrambled eggs when you can have a concoction of eggs cooked in every which way? The only limits are your imagination – after all, you are the Gordon Ramsay of your buffet odyssey.

4 Skip the Fizz!

Fizzy drinks are the sweet, sparkling shortcut to an expanded belly and a sugar crash. Avoid fizzy drinks to prevent bloating and manage your energy levels. To maximise your appetite, opt for unsweetened beverages, coffee, tea, or even a moderate alcoholic beverage (see above).

TOP TIPS



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Get yourself a sweet strategy

Saving room for sweet treats is something that goes without saying and typically, a buffet restaurant employs a dedicated chef or team of chefs for their dessert creations. Don't let the hard work and creative confections from these chefs go to waste. These can, and often are, the most memorable part of the experience. Plan ahead to enjoy those decadent sweets as the finale to your buffet meal!

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If you're eating what you fancy, you're getting your money's worth

Don't worry about trying to get your money's worth by piling as much on your plate as possible or going for items that feel more expensive like smoked salmon if it's not really what your tummy is actually craving. Remember as long as it's what you want then you're getting your money's worth!

6

The Secret Sauce!

As good as the dishes at the buffets are, sometimes it's the sauce that makes a good dish great. Bored of the same old ketchup – don't be afraid to ask for a side of hollandaise. Try drizzling this over your omelette and you'll discover egg heaven!

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Buffet Etiquette

The buffet is a social event in more ways than one. You are not only sharing the experience but also sharing the serving utensils on the buffet line. So, remember, keep it clean and cordial! Clean hands and new plates for each course, oh, and the queues! Be respectful of the queues; embrace your inner Brit and our love for them, no skipping, be polite and no road rage!

TOP TIPS

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Timing the Buffet - make a good meal great!

Take your time at the buffet. Enjoy small portions and remember you can always revisit the buffet line as many times as you like! If they run out of the streaky bacon that you are craving and only have back bacon, don't worry. The hard-working teams in the kitchen always keep the dishes replenished quickly, so feel free to wait until your favourite items come up. Remember, the buffet is just like the London Underground, you miss a train, there'll always be another one down the line!

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The most important tip...Enjoy!

Embrace the buffet experience with joy. Think about it, if your biggest problem is how to best experience the buffet, then you're in a pretty good place. Try new things, satisfy your cravings, and remember you're here to enjoy

