

Gastronomic Routes:

The Favourite Restaurants of the Investment Professionals

In the fast-paced world of finance, where every decision counts and time is a precious commodity, dining often serves as more than just a meal—it's a strategic experience. Whether it's sealing deals over Michelin-starred courses, unwinding in a quiet bistro after a turbulent day, or networking at the hottest new spot in town, investment professionals know where to find the best.

From sleek, modern eateries that exude luxury to hidden gems offering comfort and privacy, this article explores the top restaurants where the titans of finance retreat, recharge, and sometimes, even negotiate their next big move.

Hector McNeil

Co-Founder and Co-CEO, HANetf



I am an immigrant from the north of the UK in London. Born and brought up in Yorkshire, I moved to London in 1989 to start my career at the London Stock Exchange as a graduate trainee. I was very much the country mouse in the big city. London in the late 80s and early 90s didn't have anywhere near the gastronomy delights and variety it has today. In fact, eating out in London in those days was limited compared to today.

My tastes and palate have certainly improved over the years. There are several reasons for this. First, being married for over 27 years to a beautiful lady born in London, but of Ghanaian descent. Second, an eclectic and ethnically diverse friendship group. Third, living in an area of North London for over 30 years with a large Greek Cypriot community.

As any City of London worker will testify, you have **two centres of where you socialise: Central London and where you live.** So, I've picked one restaurant from the centre and one from where I live.

First, I'll pick **Central London.** I am generally not one for the more formal end of the restaurant market, but my genuine favourite is **La Gavroche.** It's very well-known and I think quite traditional **French cuisine, but it is done incredibly well and not too high brow.** I've only been less than a handful of times and each time has been superb. The taster menus are always varied and never fail to deliver. The setting is traditional and intimate downstairs. Low lighting, but not stuffy. The highlight on my last visit was Michel Roux Jr coming to our table and asking if we had enjoyed the meal. I was star struck. Unfortunately, the restaurant closed its doors in January 2024 after 57 years but the good news it's now being kept alive in a pop-up concept. I can't wait!

My second pick is **more local to where I live: Nissi** in the area of Palmers Green - or "Palmer's Greek" as affectionately known by the locals. **It's a fantastic Greek Cypriot restaurant.** Nissi means island in Greek. The food is either Meze concept of masses of multiple dishes or ala carte. Both are superb. Fish, meat and super fresh produce is the order of the day and it never fails to deliver. Unlike La Gavroche where I've been a handful of times over the years, **I go to Nissi no less than a few times a month and have done for years. In fact, I had my 50th birthday party there where I hired the whole place for my friends and family.**

As any City of London worker will testify, you have **two centres of where you socialise: Central London and where you live.** So, I've picked one restaurant from the centre and one from where I live.