

hummus bros

FACT SHEET

Hummus Bros is the very first restaurant in the UK where hummus, hugely popular in the Mediterranean, is used as a base for the main course.

We are situated in the heart of SoHo at 88 Wardour Street and close to Holborn in Victoria House, 37-63 Southampton Row.

The concept was born when, as two college friends, Christian and Ronen stumbled out of a small specialist delicatessen with three basic ingredients: pitta bread, hummus and olive oil. In no time at all, the bowls of hummus were wiped spotlessly clean. "I could eat a good meal like that every day!" someone remarked. – It was then that the dream was born: to open a place dedicated to hummus.

Having our own place, where hummus could be served and celebrated with imaginative flair, was our one overriding ambition from that day on. After months of experimenting with different ingredients, countless tasting sessions and facing public scrutiny in busy markets we finally got there. The recipe was a winner.

Contrary to popular belief Christian and Ronen are not brothers.

The name Hummus Bros was chosen after many people kept on asking them if they were brothers, completely out of the blue.

Hummus is widely recognized as one of the healthiest foods around. It is rich in protein and is recommended for a healthy life style.

The glycemic index (GI) is a measurement of the quality of carbohydrates in a particular food, and, how fast this carbohydrate raises blood sugar levels. Hummus has one of the lowest glycemic index values which means that it fills you up, but raises blood sugar slowly and steadily, reducing the urge for a post-meal snack.

Our hummus contains less than 10% fat and a low fat version is also available with less than 5% fat.

We're conveniently situated for West End theatre-goers and gym bunnies with a healthy life style and of course hummus aficionados from all over the capital to eat the best hummus available in London.

Our hummus is made daily from carefully selected, fresh ingredients. We do not keep it over night although it can stay in a domestic fridge if taken away. It does not taste anything like hummus one can purchase in a supermarket because it is free from any artificial flavourings and preservatives.

Contrary to popular belief Christian and Ronen are not brothers. Did we mention that?

The entire menu is available for eat-in or take-away, all major credit cards are accepted.

Hummus Bros is open in Soho Sunday to Wednesday from 12pm to 10pm and Thursday and Saturday from 12pm to 11pm.

Hummus Bros is open in Holborn Monday to Friday from 11am to 9pm.

Hummus Bros
88 Wardour Street
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37-63 Southampton Row
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For more information, or to sample this new concept contact Christian on 07855 445 905