

## Review: Lucky Days

Cheap and cheerful, Lucky Days is a safe bet for a casual weekday lunch

By [Amy Norton](#), Deputy Food and Drink Editor (2015/16)

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*1 Church Street; 39 Parliament Street, York*

★★★☆☆

York's Lucky Days cafés – located on Church and Parliament Street – make no claims to fine dining. Yet, what they do offer is a comfortable setting, relaxed environment, and very affordable food. The atmosphere is warm, from the moment you walk in: staff are friendly and attentive, and the decor is bright and simple, with fresh flowers set on each table. Spreading over Parliament Street's three floors, there's rarely a wait for a seat, even on a busy Saturday afternoon. A recent addition to the café is the casual seating area in the loft. Although a little chilly on a cold day, and with only a coffee table to eat from, it netherless offers an exclusive area for a small group. The original branch on Church Street offers one of the most novel loyalty card schemes in York; roll a 6 on a dice, and every item on the menu is £1.

You can't go wrong at Lucky Days with a decent pot of tea or a cup of coffee, both well priced. The menu bodes well to the eyes of hungry shoppers, with paninis and pastries accompanied by two or three colourful salads; or there's a variety of hearty soups, served with crusty bread. Sandwiches are excellent: choose from the likes of goat's cheese and tomato or hummous and roasted vegetables, with salads including cauliflower and sultana, three tomato, and pear. Homemade deli items, beautifully presented both at the front of the shop and on the plate, range from salmon teriyaki to frittatas.

If anything, opt for a generous slice of cake; the chocolate fudge is topped with a luxuriant layer of icing, or there's plum and almond frangipane tart, rich cheesecake, and immensely popular blueberry scones.

Everything is home-cooked and fresh from the café's kitchen. Simply put, Lucky Days is good quality, speedy, and tasty food.



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