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## Restaurants and Other Refreshment Facilities

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## The basic concept of restaurants and refreshment facilities:

The concept of being refreshed means to be served with food or drinks or snacks or all of them.[1]
A restaurant is a profitable project where you are served with food or drinks inside a certain space. However, many restaurants offer take-out as well.[2]

## Historical development:

The first public space that resembled the current concept of a restaurant was mentioned in old Egyptian documentation that goes back to 512 BCE .

Thermopolium is an institution that goes back to the Ancient Greek and Ancient Rome eras.
It is considered the main foundation upon which the modern restaurant was built. They used to serve food and drinks in it and these establishments kind of resembled the modern Fast-food restaurants.

In Pompeii, a total number of 158 Thermopoliums were located all around the city. They were centralized in the city center and places that had a dense social movement. All these Thermopoliums had counter service.

Popina is a wine bar that was known by the Romans. It used to serve a variety of wines and a very limited menu of food such as olives, cheese, bread, and some kinds of sausages and twangs. The Popina was known to be a place only for the poor people of the Roman society where they used to gather and interact with each other. Most of these Popinas were just empty spaces where people can stand, yet some of them were found to have tables and chairs and sometimes sofas as well.

The Inns, on the other hand, were also one of the old forms that helped shape the current restaurant. Throughout history, The Inns were a place that serves food and drinks and were located on the sideway of traveling roads. The Inns used to host people traveling between cities where they can find accommodation, food, and drinks. The meals that were offered in the Inns were fixed and there were no menus or choices for people to choose from and mostly the food used to be served on joint tables.

In China, during the 11th and 12th centuries, the first establishment that resembled the current modern restaurant was born. These establishments used to serve food to the military merchants who travel from one city to another and that was in big cities such as Hangzhou and Kaifeng.

Later, the restaurants in Kaifeng have flourished and evolved and became an industry that serves all the people from all around China. These restaurants started to serve meals and types of food from all around the country because most of the merchants were from out of the city and unfamiliar with its local cuisine. Such institutions used to be located in the center of the city where there are hotels, entertainment facilities, taverns, and brothels. Yet, a more luxurious type of these establishments was found, and they used to give the impression of a more sophisticated atmosphere resembling the modern restaurants.

In Japan, The culture of restaurants appeared in the 16th century mostly in tea houses. One of the owners of one tea house invented something called Kaisekr which is a traditional multiple course meal while his
grandchildren complemented this invention with an artistic table set that goes with beauty of the texture and color of the meal.

In Europe, Inns that offered accommodation and food along with Taverns that served food with beverages kept being the main source of food until the middle ages and renaissance. They were often serving food suitable for the financial state of the peasants.

France, in particular, has a very rich history when it comes to the evolvement of different types of restaurants. Many of the features of the current modern restaurant have their origin from French restaurants. In the 13th century Inns in France used to serve a wide variety of wine and food and, normally it was table served. Also, the local regulation states the obligation of writing the prices of meals at the entrance of every restaurant, and that was considered the first appearance of menus.

Taverns and Cabarets, also, used to serve food. However, what was special about Cabarets is that they used to serve food and drinks on tables with sheets and table sets and they used to serve beverages with meals. The price was depending on the type of meal that the customer chooses not the number of pots. Cabarets were classier and served a better quality of food than Taverns. By the time of the 19th century, most of them were typical restaurants, yet some of them offered musical shows with players and singers.

In 1672, the first café was opened in Paris in Saint-Germain affair and by the time of 1723, a total number of 400 restaurants were opened in Paris. Nevertheless, the meals that they served were limited to snacks and sweets such as coffee, tea, chocolate, and some patisseries and liquor.

In the Westworld, the culture of the modern restaurants in the 1780s. However, the concept of the restaurant as a public place where people were served at their table with food from a menu emerged recently approximately in the late 18th century.

In June 1786, the mayor of Paris released a statement giving legal legitimacy to the new type of restaurants and allowing them to receive customers until 11 pm in winter and 12 pm in summer. The chefs who used to work for the aristocrats of the society started to be encouraged to open their own businesses. The first sophisticated restaurant in Paris "La Grande Taverne de Londres" was opened in Palasi-Royal in 1786 by Antoine Beauvilliers who was the personal chef of the count of Provence. The restaurant was characterized by mahogany wooden tables, Lenin table sheets, chandeliers, its formal and professional workers, a wide variety of wines, and finally, a wide list of dishes served in a chic decorated sort of way. This restaurant was considered to be the first Fine-dining restaurant with a luxurious room, an advanced kitchen, and a wine cellar.


Fig[1]: La Grande Taverne de Londres restaurant
Source: https://en.wikipedia.org/wiki/Antoine Beauvilliers

Fig[2]: La Grande Taverne de Londres kitchen Source: https://en.wikipedia.org/wiki/Antoine Beauvilliers

After the French revolution, the number of restaurants increased greatly and due to the emigration of the high-class category of the population to the country, a lot of chefs found themselves out of jobs, which led them to open more restaurants. However, after the industrial revolution, social repairments played a significant role in the growth of the restaurant industry in Europe. [3]

## Basic typological principles:

Before starting the process of designing a restaurant, an analytic organizational process must be considered to classify the following:

- The type of food this restaurant is going to serve.
- $\quad$ The quality and quantity of food it is supposed to serve.
- The type of service this restaurant is using whether it is on-demand service with a daily changing menu, table service, or self-service.
- The most important feature is defining the type of customer targeted in this restaurant.
- Finally, the location of the restaurant will help greatly define the suitable type of restaurant.


## Dining Rooms, Service:

The most paramount room in a restaurant is the lounge. The choice of furniture along with lighting fixtures should be consistent with the function of the space which is a restaurant. There must be extra tables and chairs for the easy rearranging of the lounge furniture to be accommodated to with the momentary situations. The side rooms and conference rooms should contain furniture that allows diversity in arrangements. In the case of large dining rooms, they must be split into zones. The kitchen, side rooms, and toilets should be close to the lounge.


Fig[3]:Functional scheme of a small restaurant
Source: E.Neufert, "Architect's Data", page 175

The space required for a restaurant varies greatly depending on the type of the restaurant with the exception of fast-food restaurants. Cafes need the least space while fine-dining restaurants need the maximum space.

## The functional design of dining rooms requires first specifying the following:

- The entrance and the axes of movement which define the useable spaces of the lounge.
- The spaces needed for service. For instance, in a restaurant for 40 users, at least one serving point is required as close to the center as possible.
- The size and shape of tables should be according to the type of restaurant and the type of customers expected.

The best approach is to start from the capacity of the lounge and the percentage of the mass needed for tables in different orientations where the shape and size of the table depend on the expected use. Small lounges with an area of 20 are designed according to the character of the restaurant and the expected orientation of this type of business to avoid the impression of a waiting room. [4]



Fig[6]:Self-service restaurant
Source: E.Neufert, "Architect's Data", page 176


Fig[7]:Bistro-café-bar
Source: E.Neufert, "Architect's Data", page 176


Fig[8]:Banquet
Source: E.Neufert, "Architect's Data", page 176


1 meals and drinks servery
2 dishwasher
2a crockery returns
3 drinks bar with mixer, toaster, food containers etc.
4 oven for small pastry items
5 food storage
6 rotisserie
6/7 cooker rings
7a water boiler and steam machine
8 pot and pan washer
11 stores/office; catering size
refrigerators and freezers instead
of cold store staff toilets
19
G1
G3 bar counter customer toilets

Fig[9]:Snack bar
Source: E.Neufert, "Architect's Data", page 178


Fig[10]:Café-restaurant
Source: E.Neufert, "Architect's Data", page 178


Fig[11]:Functional scheme of a small restaurant
Source: E.Neufert, "Architect's Data", page 178


1 serving aisles in U-shaped counters
1d vending machines
2 link between two counters with covered dishwashers, operated from both sides, each with two rinsing basins
4/5 cold meal preparation
4/5a cold servery (salads, ices, desserts)
6/7 griddle, soup heater, water boiler etc.
6/7a hot servery (bain-marie, hotplates)

Fig[12]:Restaurant with buffet and vending machines
Source: E.Neufert, "Architect's Data", page 178


Fig[13]:Self-serving restaurant
Source: E.Neufert, "Architect's Data", page 178

## Restaurant Categorization Factors:

Many elements played a significant role in the process of categorizing restaurants and the most paramount indicators used in this process are:

1. Formality: The decoration of the restaurant along with the dressing code of the customers both define whether this restaurant is formal or casual. The type of service that this restaurant offers whether it is a table service or counter service kind of restaurant, also, plays a significant role in this process. The level of attentiveness of the workers is an additional factor that defines the level of formality of the restaurant.

- Fine Dining restaurants are known to have fancy decorations, formal dressing-code, and table service with extra high attentiveness of workers.
- Casual restaurants are known to be more practical and comfortable, informal dressing-code, and table service but with less attentiveness of workers.

2. Price: The prices of restaurants, in general, range from cheap all the way to very expensive. Google used the symbol of the Dollar to indicate the level of costs of each restaurant and that makes the reconnaissance process much easier. The symbol \$ refers to cheap, \$\$ moderate price, \$\$\$ expensive, and $\$ \$ \$ \$$ very expensive.
3. Food: The process of categorizing restaurants according to food stands on three features:

- Type of food: The menu can be from a certain cuisine of a certain country, or it can be the chefs own personal creations, or it can be limited to one type of food like pizzaries or steakhouses or limited to one certain kind of diet such as vegetarian food.
- Quality of ingredients used in the food: The quality of the ingredients depends on the type of these ingredients, their origin, and the way they were made. For instance, a restaurant can only offer fresh, local, organic ingredients or pre-processed ones with preservatives or a restaurant can serve meals that use ingredients prepared only on demand for each order or use ingredients in large quantities in big pots.
- The way of serving the food: Some restaurants pay a lot of attention to the artistic, decorated shape of each meal, while others have a simple and modest way of serving their food. A few even serve food in plastic disposable packages.

Categorizing restaurants depends on the combination of these previous factors. Some restaurants have fixed features that are not substance to change while others are more flexible and allow an acceptable range of change of these features.

## Different Types of Restaurants:

## 1. Fine Dining:

Fine dining restaurants share the following features:

- Formal dressing code and very sophisticated service and manner.
- Luxurious decoration and formal environment.
- Extremely attentive kind of service with formal workers.
- A special menu with creative dishes that use high quality and unique ingredients.
- Some of these restaurants have employers specifically for the task of helping with choices of pairing food with wine.
- A price range from expensive to very expensive.


## 2. Casual Dining

The general atmosphere of this kind of restaurant is more casual although there can be a variety of differences between one casual dining restaurant and another.

- Offers table service.
- Informal environment.
- Unique decorations.
- A price that can be listed under "moderate price".


## 3. Contemporary Casual

This kind of restaurant emerged recently. It is modern and stylish, mostly eco-friendly that serves healthy food, and has a specific brand.

- Usually offers table service.
- Modern and informal yet trendy and fashionable.
- Decoration elements and dishes that catch the eye.
- A price range from moderate to expensive.


## 4. Fast Casual

Most of these restaurants have an informal atmosphere. It has quick service for people searching for a quick yet healthy bite but can't afford the prices of casual restaurants.

- The quality and price of dishes exceed fast-food restaurants but less than casual restaurants.
- Counter service.
- Modern, Informal, and trendy decoration.
- A price range from cheap to moderate.


## 5. Family Style

This type of restaurant offers dishes in a family-style way. Some of these restaurants serve only big family dishes. However, it is possible to find family restaurants that serve individual meals.

- Usually serves food on large plates for the purpose of sharing.
- Table service.
- Customers often pass around the dishes and serve themselves.
- Most of them embrace an informal atmosphere but it is possible to find a more classy family restaurant.
- A price range from moderate to expensive.


## 6. Fast Food

Fast food restaurants share the following features:

- The main focus is fast service.
- Counter service or drive-through service.
- Normally, this kind of restaurant is a series of branches that offers the exact same menu.
- Informal environment.
- The food is served in disposable plastic packaging.
- A price that can be considered cheap.


## 7. Cafe

Cafes offer flexible spaces for a quick coffee or a casual get together with a friend and they share the following features:

- Cafes normally serve drinks like coffee and tea, and some kinds of food like sweets, pastries, and snacks.
- Informal, comfortable, and relaxing space.
- Offers a space where people can work or just socialize.
- A price range from cheap to moderate.


## 8. Buffet

Buffets allow customers to compose their own dish because they offer a wide variety of choices. Most of them have a daily theme like Chinese or Indian and some of them allow an open quantity of food for a fixed price.

- A variety of food choices for a fixed price.
- Counter service where a customer serves himself.
- Different types of food including (salads, soups, appetizers, main course, sweets, and fruits)
- Includes dishes from one or more cuisine.
- Informal yet appealing decoration.
- A price that can be considered moderate.


## 9. Food Trucks and Concession Stands

There is a variety of food trucks or food stands. It can be a hotdog truck, a falafel stand, or even a burger van. This kind of restaurant is considered the simplest choice of business where a person only needs to buy a truck or a stand instead of a structural construction to serve food in. Although food trucks and stands have a lot of types all of them share the following features:

- Usually, they serve only one type of food like hotdogs or ice cream or sandwiches.
- It is an outdoor space usually by sports stadiums or around festival fairs or just in the streets.
- They use pre-processed food either partially or completely.
- A price range from cheap to moderate.


## 10. Pop-Up Restaurant

This kind of restaurant gives a wide space for creativity for the chefs and the customers to try new things. Pop-up restaurants can be anything from a summerly beer garden to a place with seats and tables that are only open for a short period of time such as a month or two.

- Opens for a short period of time ranges between a few hours to a few months.
- It can be at any kind of places such as a deserted old building or even a container.
- Different kinds of service that can be counter service or table service or even food truck service.
- The advertisement of these places relies solely on technology and social media.
- A price range from moderate to expensive.


## 11. Ghost Restaurant

These restaurants only offer delivery services. It reduces costs and allows chefs to focus on the creativity and quality of the food. Ghost restaurants are more open to changing their menu on a regular basis because they only have to change it on their online websites.

- Offer only delivery.
- Often have an agreement with an independent delivery service.
- There is no need for a structural location.
- A diversity in the types of food.
- Only an online and social media advertisement.
- A price that can be considered moderate.[5]


## Current situation in the Czech Republic and Europe:

Restaurants, in general, went from attracting customers visually by their decoration or their aesthetic dishes to having to be appealing by their attentiveness to their workers and customers' health and safety. All of that in the light of the COVID situation which led to the appearance of the Sidewalk café to:

- Have enough tables for restaurants to stay in business.
- As much as people used to enjoy indoor spaces, They had to create outdoor spaces just as appealing.
- Respecting the restrictions of the COVID situation but, also, generating a comfortable space for people. [6]

With the COVID epidemic and its health necessities, an opportunity came along for restaurants to renovate their constructions. Adapting to the new circumstances became a must to accomplish the safety of workers and customers and to stay in business.

- Safety First

All restaurants had to give the priority to safety before anything else. Many of these restaurants were accustomed to reduce touching as much as possible due to the fact that touching is the prime cause of bacteria transfer. For instance, restaurants started to use electronic menus that use QR codes instead of paper menus. Also, restaurants became keener to using electronic payments through apps to reduce touching as well. A small yet growing group of restaurants customized their service system to be more like a Sushi-style counter belt.

- Improve Flexibility

Lately, restaurants became more resilient and that is one of the recent signs of the pandemic effect. Many restaurants, which did not offer takeout before the COVID situation, now have large pick-up counters that allow customers to order food and pick it up avoiding entering the restaurant in the first place.

Ghost restaurants became more popular after the pandemic because they are an example of flexibility. All these changes will play a significant role in exceeding the resilience of the restaurant industry and that will lead to providing dine-in, take-out, and delivery services all at the same time which will accomplish a sense of balance that will help restaurants to keep up with the latest trends after the pandemic.

- Maximize Open Space

The new restriction imposed by the COVID situation made an exception for patios and open spaces. Restaurants, on the other hand, had to customize this exception to their own benefit by exceeding the outdoor spaces following one of two ways: either expanding outdoor spaces that already existed or creating new outdoor spaces.

Although the restrictions of COVID are now decreasing, these new features that came along with it kept being a paramount attraction for customers. A survey was conducted in 2020 and confirmed that $62 \%$ of people prefer eating in open spaces even in winter and that indicates that customers will still prefer open spaces even after the end of this epidemic.

Not all of the restaurants were able to create outdoor spaces because of the rise of real-estate expenses. However, they did manage to find a way to exceed open spaces by installing windows with big spaces of glass and high walls to create an illusion of outdoor spaces. All of the constructions that began after the pandemic had to accustom their design to give the impression of open space in order to make it comfortable.

- Pandemic Role in Reshaping the Industry

The restaurant industry is now in a delicate place. The challenges and opportunities that were a direct result of the epidemic, caused a wide range of changes and transformations in restaurants design. These changes will leave a permanent impact on this profession. Although these transformations might seem impractical at first, but on the long run they will lead to a lot of benefits. There is no doubt that these changes showed the resilience and flexibility of restaurants. This will make restaurants more safe, more efficient, and more likely to survive this pandemic and any future challenges. [7]

## Examples:

The Výčep restaurant is considered a casual dining restaurant. It is situated in a residential house in Vinohrady, Prague. It was designed by MAR.S Architects in 2017. The architect aimed to design a traditional Czech pub with traditional Czech bear and cuisine, but in the frame of the 21st century. He tried to reflect the distinctive features of Czech pubs in the early 20th onto his contemporary interior. Its setting stone is "BEAR BAR" that welcomes the visitor directly upon entering. [8]


Fig[14]: The Výčep restaurant "Beer bar"
Source: https://www.architonic.com/en/project/mar-s-architects-vycep/20067481

There should be a place to for drinking while standing at the bar and of course there should be a pretty big one on top. Here it is from the recently renovated historic brewery Dalešice beer. Wood paneling was used as an interior feature to protect walls from damage, as well as parquet floors.


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Fig[15]: The Výčep restaurant "Renovated historic brewery"
Source: https://www.architonic.com/en/project/mar-s-architects-vycep/20067481


Fig[16]: The Výčep restaurant "Wooden bar for drinking beer while standing"
Source: https://www.architonic.com/en/project/mar-s-architects-vycep/20067481

The interior uses a strip of green paint on the walls that sweeps all around the space connecting all the walls together. On the other hand, oak friezes are laid on the floor in the traditional herringbone pattern. The furniture consists of wooden benches with typical, dark brown TON banana pub chairs [8]


Fig[17]: The Výčep restaurant "Interior walls, wooden benches and tables" Source: https://www.architonic.com/en/project/mar-s-architects-vycep/20067481

The lounge in Výčep can't be missed as it is every pob's most essential part. It contains TON 33 armchairs along with a wooden coffered ceiling and neon light fixtures by Vojtěch Kálecký. [8]


Fig[18]: The Výčep restaurant "Armchairs and a wooden coffered ceiling" Source: https://www.architonic.com/en/project/mar-s-architects-vycep/20067481

The line lights above the tables stretched from the entrance across the whole restaurant are also designed by Vojtěch .[8]


Fig[19]: The Výčep restaurant " line lights above the tables"
Source: https://www.architonic.com/en/project/mar-s-architects-vycep/20067481

The other light fixtures are made of traditional shapes of glass from the Czech manufacturer Osmont. Bohumil Hrabal, who is associated with the Dalešice Brewery by his film Postřiziny (Cutting It Short), is overseeing the whole beer bar.[8]


Fig[20]: The Výčep restaurant "Glass light fittings"
Source: https://www.architonic.com/en/project/mar-s-architects-vycep/20067481

However, the main attraction of Výčep is not only its interior but also the excellent kitchen with its traditional Czech recipes in a brand new and unexpected way.[8]


Fig[21]: The Výčep restaurant "Layout and section"
Source: https://www.architonic.com/en/project/mar-s-architects-vycep/20067481

Céleste restaurant at The Lanesborough - London is considered to be a Fine Dining restaurant. The construction began in 1827 under architect William Wilkins as a hospital. Arthur Brett and Sons renovated and re-opened it as a hotel in 1991. The Michelin-starred Céleste at The Lanesborough hotel in Hyde Park Corner is a reminisces to the last days of the decadent era and it takes interiors to a heavenly level.[9]


Fig[22]: Celeste restaurant "Restaurant bar"
Source: https://foodle.pro/MajorFoodie/meals/london/celeste-1/4314


Fig[23]: Celeste restaurant "Restaurant interior lounge"
Source: https://www.modernchandeliers.eu/luxury-chandeliers-at-celeste-restaurant-in-Iondon/

The hotel got a gorgeous transformation in 2015 by the Alberto Pinto design studio. The space contains a domed glass roof that Floods the space with natural light before the sun sets along with three spectacular chandeliers that punctuate Céleste's pale blue room.[9]


Fig[24]: Celeste restaurant "Domed glass roof"
Source: https://www.modernchandeliers.eu/luxury-chandeliers-at-celeste-restaurant-in-london/


Fig[25]: Celeste restaurant "Domed glass roof"
Source: https://www.tripadvisor.pt/LocationPhotoDirectLink-g186338-d8445606-i426558636-Celeste-London England.html
The walls are lined with Greco-Roman bas-relief friezes of women in floaty fabrics and muscly men on horseback that are held up by fluted columns. Regency-period luxury and majestic glamor are emphasized with Gilded mirrors and French blue velvet sofas.[9]


Fig[26]: Celeste restaurant "bas-relief friezes"
Source: https://www.tripadvisor.pt/LocationPhotoDirectLink-g186338-d8445606-i426558636-Celeste-London England.html
A.Lacroix Pâtisserie A cozy café with a marvelous view of Notre Dame, where you will be surrounded with medieval stone walls, visible ceiling beams and classic bistro style decorations with a modern influence. It was open in 2016 and the architect is unknown.[10]


Fig[27]: A.Lacroix café "Interior lounge"
Source: https://www.alacroixparis.com/about

The A. Lacroix was designed to be a "middle ground", a blended combination between the class and quality of the traditional French patisseries and the casual, modern and informal style of American cafes. This mix of styles is very much illustrated in the atmosphere of the place.[11]


Fig[28]: A.Lacroix café "Bar"
Source: https://www.quide-restaurants-et-voyages-du-monde.com/shopping/2181/232/paris/arnaud-lacroix

There is a beautiful view of Notre Dame Cathedral from the window of the pastry shop. Tables on the sidewalk also offer views of the cathedral. [11]


Fig[29]: A.Lacroix café "Exterior view" Source: https://www.alacroixparis.com/about


Fig[30]: A.Lacroix café "The view out of the glass facade" Source:https://www.alacroixparis.com/about

The place has two lounges and an outdoor area. The back room is very comfortable, with tables and a comfy sofa overlooking the street through the windows that covers the entire exterior of the shop.[11]


Fig[31]: The Výčep restaurant "Interior decoration"
Source: https://www.viajaredemais.com.br/europa/franca/paris/a-lacroix-patisserie-doces-feitos-a-mao-em-paris/

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