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**Mixed metrics lead to positive performance in the eating and drinking out market**

The latest data from [Lumina Intelligence’s Eating and Drinking Out Panel](https://www.lumina-intelligence.com/product/eating-and-drinking-out-panel/), shows that while economic pressures continue to weigh on consumers, the UK eating and drinking out market delivered a positive performance in the four weeks ending 3 August 2025.

Despite decreased consumer confidence and rising inflation, the sector has benefited from the lowest levels of interest rates in more than two years, record-breaking summer weather, and the buzz surrounding major sporting events.

**Heatwave boosts eating out and delivery**

The hot weather has been a significant driver of consumer activity. Warmer conditions encouraged more people to dine out, with participation rising by **+1.8 percentage points**. At the same time, delivery occasions increased by **+0.5 percentage points**, as consumers sought convenience and avoided cooking in the heat.

Average spend also grew across both channels, reflecting stronger engagement from consumers who are continuing to treat themselves despite the ongoing economic squeeze.

**Pubs thrive with extended hours**

Pubs and bars have been the standout performers in recent weeks, with occasions increasing by **+1.6 percentage points**. Extended opening hours during the UEFA European Championship, combined with sunny weather, fuelled social and after-work drinking occasions.

Food sales within pubs were led by burgers and wings, which continue to thrive as customisable, flavour-forward options that resonate strongly with consumers.

“*The eating and drinking out market has once again shown its resilience, with consumers continuing to prioritise social and leisure occasions despite wider economic pressures. The combination of record-breaking sunshine and the excitement of the Euro’s has provided a welcome boost, particularly for pubs and bars, which have thrived under extended opening hours. We’re also seeing consumers engage more with delivery as a convenient solution during the heatwave, underlining the versatility of the sector in meeting evolving needs*.” – Liv Warren, Senior Insight Executive, Lumina Intelligence

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**About Lumina Intelligence Eating & Drinking Out Panel**

[Lumina Intelligence Eating & Drinking Out Panel](https://www.lumina-intelligence.com/product/eating-and-drinking-out-panel/) is based on 78,000 surveys across the year, built up from a nationally representative weekly sample of 1,500 shoppers. Our comprehensive coverage includes over 900 operators from across all out of home channels – including restaurants, pubs & bars, cafes & coffee shops, fast food, bakery & sandwich shops, restaurants and retail channels.

For more on out of home food & drink consumption in the UK, and to access our cost-effective consumer insight and data solution, go to: <https://www.lumina-intelligence.com/product/eating-and-drinking-out-panel/>

**Who We Are:**

[Lumina Intelligence](https://www.lumina-intelligence.com/) helps food and drink brands understand their consumers and markets - so they can grow faster, plan smarter, and make better commercial decisions.

We specialise in insight for grocery retail and hospitality, combining trusted data with expert analysis to support your commercial, category, and insight teams.

<https://www.lumina-intelligence.com/>