



**Gallery:** The World's Top 25 Companies

**10 Most Depressing Jobs**

**Apply For Our List Of Most Promising Cos.**

**AdVoice: Rubik's Cube Still Dazzles**



Free Issue >

Home

Live Stream | Topics | Contributors | **Headline Grabs**

3 hours ago  
**Skyhook Stays Defiant In War With Google**

PARMY OLSON *Disruptors*

3 hours ago  
**Former Morgan Stanley Smith Barney Brokers Lose \$4 Million Protocol Arbitration**

BILL SINGER *Street Sweeper*

IF YOU'RE THE RIGHT CANDIDATE, WE'LL TRAIN YOU TO BE THE **RIGHT ADVISOR.** [BECOME A FINANCIAL ADVISOR. >](#)

**Merrill Lynch** Wealth Management™  
THE POWER OF THE RIGHT ADVISOR.™



## Deborah Sweeney

MYCORPORATION

+ FOLLOW ME

MY PROFILE | MY HEADLINE GRABS | MY RSS FEED

FORBESWOMAN

### Dine Without Dashing: 5 Tips On How To Enjoy The 30 Minute Executive Lunch

Jun. 9 2011 - 7:23 pm | 973 views | 0 recommendations | 0 comments

They might not be meals on wheels just yet, but fine restaurants throughout the nation will soon be serving something new on the menu: full course meals in under 30 minutes.



Image by FotoosVanRobin via Flickr

Gone are the days in which lunch was a leisurely act that lasted for well over an hour and included the staples of steak and martinis. In its place is a glass of iced tea and a salad with no dessert course to follow up. Speed eating ensures that executives will wrap up the meal faster to get back to work in as close to 30 minutes as possible. [In an article with the Wall Street Journal](#), luxury restaurants throughout major cities like Chicago and New York are beginning to adapt their menus to accommodate guests looking for fast food without well, going to an actual fast food restaurant.

The results so far have been positive. Restaurants have been pre-assembling their desserts and tossing the steak aside in favor of the healthier and easy prepped grilled fish. Every minute counts with the lunch experienced timed out by the servers at restaurants like the Italian eatery [Il Fornaio](#) and [Markethouse](#) in Chicago which thrives on local produce in their menu items.

Sit down to order with a server arriving in precisely one minute upon sitting. 4 minutes later, the bread basket has arrived. Four courses, occasionally served bento-style, promptly arrive in 10 minutes.

What service!

Now it should be noted that not every restaurant will have a 30 minute meal down to a science for every visitor. Some meals might go over to 45 minutes (at the longest). But while the shift in lunches goes from social to functional and while our society stays in line with the "less is more" motto that seems to work so well, you have to wonder if conducting lunch on such a short timeframe can still let it remain an enjoyable experience. Depending on the industry you work in and the growls of your stomach, lunchtime is usually one of the most anticipated moments of the everyday work day. By keeping it within a 30 minute time slot, will there still be time to conduct business, catch up on the news or with friends, and enjoy your meal all at once?

I'm gonna go with my gut on this one- yes. Like most great meals though, you'll need to prep yourself if you want to fully savor the experience.

12  
Share

57  
Tweet

submit

0  
Digg

42  
Share



#### MY ACTIVITY FEED

Show all activity

- DEBORAH'S NEW POST 4 days ago  
**Dine Without Dashing: 5 Tips On How To Enjoy The 30 Minute Executive Lunch**
- DEBORAH'S NEW POST 6 days ago  
**How Great Word Of Mouth Went Above And Beyond For HelloGiggles**
- DEBORAH COMMENTED 6 days ago  
"Definitely looking forward to reading Lauren's article!"  
Posted to: **THE NEXT EDWARD R. MURROW IS A WOMAN**
- DEBORAH IS FOLLOWING 7 days ago  
**SHE NEGOTIATES**



#### MOST POPULAR

- | MY POSTS                                                                            | All Posts Last 24 Hours |
|-------------------------------------------------------------------------------------|-------------------------|
| 1. How Great Word Of Mouth Went Above And Beyond For HelloGiggles                   | 2,111 views             |
| 2. 5 Reasons Why Entrepreneurs Should Hire Interns                                  | 1,592 views             |
| 3. Dressing For Success While Office-Less                                           | 1,365 views             |
| 4. Dine Without Dashing: 5 Tips On How To Enjoy The 30 Minute Executive Lunch       | 973 views               |
| 5. Baby's 1st URL: 3 Reasons Why Buying A Domain Name For Your Child Is A Good Idea | 860 views               |

#### ABOUT ME

Stay in touch with everything MyCorporation has to offer by viewing our blog! Leave us a comment, Tweet us on Twitter, and like what we're up to on Facebook. <http://www.mycorporation.com/blog/> See my profile >