Trend for solo dining rising

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One in four diners eats out alone more than once a month according to a survey by Hospitality GEM, which says the trend for people choosing to dine alone is increasing.

Of the respondents to the the guest experience management consultancy's survey, 25% said they have done so more in the past year to 18 months than previously.

Within those solo diners, 71% said they eat out alone up to three times a week and the divide between north and south is pronounced with 74% of people living in the south saying they do eat out alone, compared to just 57% who live in the north.

The main reasons diners gave for choosing to eat alone were when the meal was 'work-related' or a 'circumstantial' occasion.

HospitalityGEM said: "As people's schedules becoming increasingly full the need to combine eating with other activities becomes more prevalent. The most likely reason for people to eat out alone is for 'work related reasons' suggesting casual dining with WiFi and power sockets as a favourite destination."

More men are likely to eat alone than women, at 82% against 66% and of those the age group in which it is most commonplace is the 30 – 45 bracket.

"The figures suggest a shift towards an increase in social acceptability and we see a reflection of this in the availability of places where eating out alone is not unusual," the survey said.