

# Dating Advice: Dinner Date Dos and Don'ts



By Jessica Tom

For most of my career, I've been immersed in two things: love and food. For years, I was the Community Director at an online dating site, meaning I helped thousands of people in all things romantic. I'm also the author of *Food Whore: A Novel of Dining and Deceit*, a book about a young woman who secretly writes the *New York Times* restaurant review because the real critic has lost his sense of taste. Cue lots of drama.

**So, I guess you can say I'm an**

# expert in dining and early-stage dating. Dating while dining? Well, I have a couple thoughts on that. Here's some dating advice:

**Do:** Share some – if not all – dishes. It's more intimate. And, hey, if you like the person, you're sharing saliva anyway.

**Don't:** Eat off each other's plates. You're not a dog.

**Do:** Read up on the restaurant. A little background knowledge is a good thing and can help you both get situated.

**Don't:** Go overboard. You want some mystery.

**Related Link:** [Date Idea: Feed Your Heart with a Sushi Sampling](#)

**Do:** Have a drink to take the edge off and lighten the mood.

**Don't:** Test your limits. Tipsy is cute. Drunk, not so much.

**Do:** Order adventurously. Approach dates with an open mind ... and that includes with the menu.

**Don't:** Get something that's totally foreign. Maybe not the best time to get spicy alligator sweetbreads, ya know?

**Do:** Order courses that are subtly sexy: ricotta with honey and speck, dates stuffed with goat cheese, sticky toffee pudding.

**Don't:** Order cheesy "romantic" courses like chocolate fondue. (Though chocolate in general is always okay.)

**Related Link:** [First Date Outfit Ideas: Dinner and Movie](#)

**Do:** Tell him if you have a restaurant or cuisine in mind.

**Don't:** Try to run the show over multiple dates. Sometimes it's nice to be surprised (and let him do the surprising).

**Do:** Notice how he treats the waitstaff.

**Don't:** Pursue if he's an asshole to them, even if he's sweet to you. Red flag central.

**Do:** Get dessert!

**Don't:** Get so stuffed that you'll feel like a balloon about to pop afterwards. Especially if the restaurant isn't the last stop...

*JESSICA TOM is a writer and food blogger living in Brooklyn. She has worked on initiatives with restaurants, hospitality startups, food trucks, and citywide culinary programs. She graduated from Yale University with a concentration in fiction writing and wrote the restaurant review for the Yale Daily News Magazine. Connect with her at [www.jessicatom.com](http://www.jessicatom.com) and @jessica\_tom. "Food Whore" is her first novel. Order it on Amazon!*