

TOP 30 TIPS

TO FIND A QUIET RESTAURANT

1

Hotel Dining

4 and 5 star Hotel restaurants are often designed for a more relaxed atmosphere.

2

Read Restaurant Descriptions

Pay attention to how the restaurant describes itself; terms like "cozy" or "intimate" may indicate a quieter atmosphere.

3

Who are they targeting on social media?

Restaurants showcasing images of young people drinking on social media are targeting that demographic by creating an atmosphere with lively music and an influencer-friendly environment, which might not align with the serene ambiance sought by some patrons.

4

Look for Restaurants with Carpets / Curtains / Booths / Well Spaced Tables

Carpets and drapes can absorb sound, so restaurants with these features may be quieter. Restaurants with ample space between tables tend to be quieter.



Ambient Menu

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Fine Dining / High End Restaurants

These establishments often prioritise a quieter atmosphere. They know that high noise levels negatively affect your sense of taste, and they want their award-winning cuisine to shine. Higher-priced restaurants also tend to attract a quieter clientele.

6

Call ahead and ask questions

Important questions about events, peak times, quieter sections, and the availability of private dining rooms can help ensure a pleasant dining experience.

7

Sit in the mezzanine / loft if available

Restaurants will always put people in the window first. It is a marketing ploy to make the restaurant look more popular, but an upstairs loft is normally quieter with less people and softer music.

8

Try a different style of cuisine

Traditionally, Indian, traditional Japanese, and classic French restaurants, cater more to ambience. Each style has their own distinct features tailored to create a tranquil dining atmosphere.

9

Check for senior special times

Even if you aren't a senior, dining at those times means they won't be blasting the music and will be keeping noise to a minimum.

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Look for BYO Places

Restaurants that allow you to bring your own alcohol might be quieter, as they often cater to a more mature crowd.



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Go one street back from the main restaurant strip

Opting for restaurants one street back from the bustling main restaurant strip can offer a quieter and more memorable dining experience, as they often rely on return customers and prioritise food, service, and ambience. Main strips tend to have more pedestrian and vehicle traffic as well as higher rent costs. This leads to louder music and faster turnover tactics. But, venturing into residential neighbourhoods may unveil cozy, local eateries.

12

Avoid tourist regions

Just like above, they tend to be busier and noisier and have high overheads they need to make up for by employing marketing tactics.

13

Try Vegan / Vegetarian

These restaurants often promote a more tranquil atmosphere. Vegetarian and vegan restaurants tend to attract patrons seeking a more serene dining experience. These establishments often promote a healthier and quieter atmosphere.

14

Whisky and Wine bars are quieter than other bars

Wine bars that serve small plates or tapas alongside their wine selections often create a sophisticated and relaxed atmosphere conducive to quiet conversation.

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Teahouses

Particularly those serving Asian or European-style teas and light snacks typically provide a calm and peaceful atmosphere.

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Farm-to-Table restaurants

These prioritise locally sourced ingredients and seasonal menus and often offer a laid-back and peaceful dining experience.



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Ask around

If staying away from home, ask a hotel concierge or local. They will know all the best spots.

18

Follow architect firms

Which restaurants are they working with? If they are paying money for an architect, they are more likely to be using acoustic panelling too.

19

Outdoor seating

Restaurants with outdoor seating are often more relaxed, especially if they're away from busy streets. Just watch out for live music days.

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Ask an audiologist

We spend our days working with people who struggle to hear speech in background noise. We know which eateries we have visited that are most conversation friendly.

21

Visit an RSL, Surf Club or Bowls Club

Forget the idea that RSLs and Bowls Clubs are purely for seniors. They often have a great chef and younger crowd. Great spot for lunch, but tend to be livelier on weekends.

Note: call ahead or check out their socials to avoid quiz nights, members nights, live music, or champagne brunches.

22

Try Golf

Or at least their restaurant. They generally have a calm atmosphere with soft furnishings, well spaced tables, and quality food. Just avoid the 19th hole and look out for members / quiz nights.



23

Avoid restaurants at High Tea Time / bottomless brunch

When the champagne is flowing, the volume increases exponentially.

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Avoid the CBD on a Friday night; instead, visit on a Saturday night

The after-work crowd on a Friday gets very loose and lively, but on weekends, restaurants cater more to date nights and intimate catch-ups.

25

Weds night is busier than you think

Statistically, this is the busiest night midweek for people who like to dine out but cannot wait until the weekend.

26

Anywhere with books, tends to be quieter for several reasons

Restaurants or cafes adorned with books tend to offer a quieter atmosphere due to their appeal to patrons seeking solitude, the relaxed ambience they create, and their alignment with the preferences of a more peaceful, more introspective clientele. Additionally, the psychological association with libraries can subconsciously encourage patrons to keep their voices down, further contributing to the tranquil environment.

27

Go Wine Tasting

Embarking on a wine-tasting excursion offers a serene escape from urban noise, with wineries typically nestled in picturesque countryside settings. Visitors can indulge in leisurely wine appreciation amidst limited distractions, spacious surroundings, and a cultural ambience that encourages quiet enjoyment. It's important to note, however, that venues accommodating bus tours may compromise the tranquil atmosphere, and factors like timing and events should be considered for an optimal experience.



Ambient Menu

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Avoid dog friendly venues

Despite the intention for ambience and a relaxing outdoor seating, the presence of poorly controlled, incessantly barking dogs can disrupt the tranquillity of these establishments.

29

Avoid family friendly

These tend to be busier, especially on weekends with kids parties. Also see above re dog owners, unfortunately, there is always that one PARENT with a poorly controlled CHILD that ruins it for everyone.

30

Dine early or midweek

Weekdays are generally quieter than weekends, and off-peak times mean restaurants will be less crowded and noisy.