Sobremesa (Angelica, Colombia)

In many parts of the Spanish-speaking world, something interesting happens after a meal. The plates are taken away, but no one leaves. Coffee arrives. Maybe something sweet. And the conversation continues.

That moment has a name: *sobremesa*.

The word literally means “over the table.” But it is not about furniture. It is about staying. It is about not rushing away.

Sobremesa is the time spent talking after eating. It has no schedule. It might last fifteen minutes. It might last an hour. Sometimes, it lasts as long as the conversation feels alive.

During *sobremesa*, stories appear. Jokes are told. Small debates begin. Memories surface. Someone brings up a plan. Someone else changes the topic completely. Even silence feels comfortable.

In many places today, meals are quick. People eat while checking their phones or watching the clock. *Sobremesa* moves differently. It creates a small pause in the day. A space where nothing urgent needs to happen.

There is no exact word for it in English. “After-dinner conversation” sounds similar, but it does not carry the same feeling.

Sobremesa is not only about talking. It is about sharing time.

And that is *sobremesa*.