London offices defy Tube strike disruption: Feedr and CycleSaver data reveal a more resilient, multi-modal workforce

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London's recent Underground strikes caused widespread disruption, but new workplace data suggests the impact on office working was less severe than many feared. Proprietary data from Feedr, a leading workplace meals provider, reveals that more than 8 in 10 office workers (83%) still came into the office and ordered lunch as usual during the strike week - significantly higher than industry expectations. This marks a notable surge in workplace resilience compared to the September 2025 strikes, when just 77% of workers made it to their desks.

With a broad footprint across London's corporate sector, Feedr uses real-time workplace food order volumes as a reliable proxy for office attendance. The signal is unusually clean: employees only order through Feedr's Cloud Canteen on days they're physically in the office, so order volumes map directly to who's at their desk. The data shows that while strike days trigger an expected dip, today's offices remain far from empty.

This resilience is being heavily driven by a shift towards multi-modal commuting, as Londoners increasingly turn to active travel alternatives to bypass transport disruptions. CycleSaver, a leading bike-sharing subscription platform, reported a massive 200% increase in applications for smaller subscription minute bundles during the April 2026 tube strike period, indicating that a sizable number of users proactively secured subscriptions in anticipation of the travel disruptions. Furthermore, CycleSaver's net new subscriptions grew by 80% during the strike period compared to the previous month, reflecting a clear surge in demand as commuters sought alternative options to maintain their office routines.

"We expected Tube strikes to hit much harder than they did. What the data actually shows is a city that's learned to flex around disruption - whether that's changing how people commute, adjusting their office days, or shifting their travel times. The workforce is becoming more and more adaptable."

- Katie Fenton, Managing Director at Feedr

"Shared city bikes are giving Londoners a genuine, flexible alternative to the London Underground, allowing more people to get into the office even when services are disrupted. The more employees have access to schemes like CycleSaver, the less dependent they become on any single mode of transport. It's a shift that's good for workers, for businesses, and for the long-term health of our cities."

- Dino Bertolis, Founder and CEO of CycleSaver

The combined findings reflect a broader shift in how London works, pointing to a growing resilience among the workforce as hybrid working patterns and increased flexibility help businesses adapt more effectively to disruption. Compared to pre-pandemic patterns - when transport strikes frequently led to sharp drops in office attendance - today's hybrid model and flexible transport options are acting as a "shock absorber", heavily reducing the overall impact on businesses.

Feedr's data also highlights the crucial role of evolving workplace strategies in maintaining attendance levels. Companies offering enhanced in-office experiences such as high quality office catering, subsidised lunches or cycling initiatives appear to be significantly better positioned to encourage employees into the office, even during periods of transit disruption.

"Employers who invest in the workplace experience are seeing the benefits in moments like this," Fenton added. "When coming into the office feels worthwhile, employees are more willing to navigate the inconvenience."

About Feedr

Feedr is a leading corporate catering platform helping businesses deliver flexible catering and employee lunch benefits for modern, hybrid teams. Feedr works with hundreds of UK workplaces, connecting them to high-quality, diverse food suppliers while giving employers full control over spend and employee experience.

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About CycleSaver

CycleSaver is the UK's first cycle to work scheme for bike share, helping businesses offer their employees access to shared city bike subscriptions for less via salary sacrifice. CycleSaver partners with all major UK bike share providers - including Lime, Forest, Beryl, Voi, Santander Cycles and Dott - giving employees savings of up to 47% on their subscriptions, at no cost to the employer.

For more information about CycleSaver visit: CycleSaver Website

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