

THE CASUAL TOURIST GUIDE TO **EAST** LONDON



2026 EDITION

by JESSICA DANTE of LOVE + LONDON

The boring legal stuff

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Digital Map

How to add the digital map to your phone

To help you visualise where each recommendation is in relation to the others, and to help you navigate when you're on the ground in London, I've made a Digital Map to complement this guide.

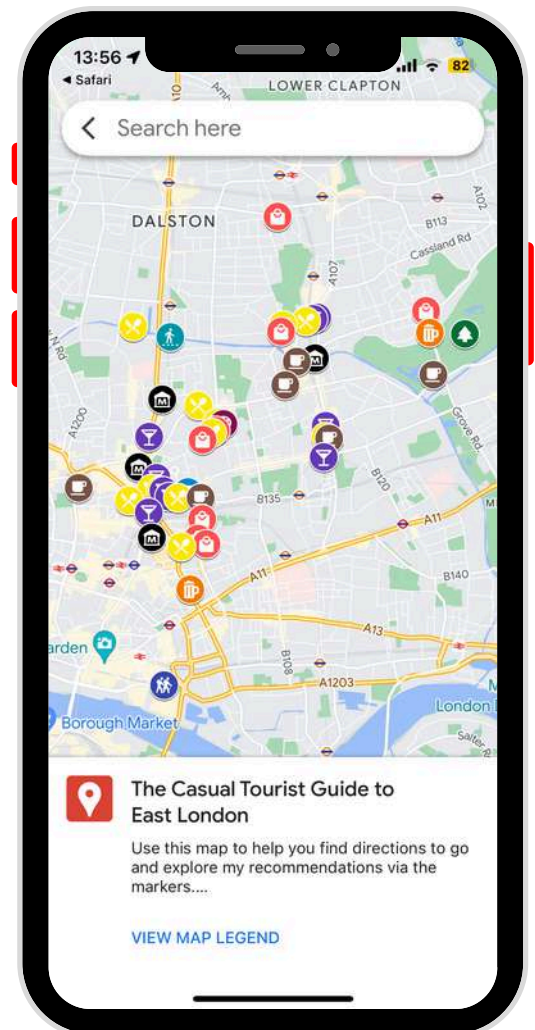
ACCESS THE DIGITAL MAP



To access the map, click the button above or scan the QR code. If you have the Google Maps app, once you've clicked and visited the map once, it will then be automatically saved to your Google Maps app. To find it in the app, click on the "Saved" button at the bottom of the app. Then click "Maps" in the menu and you'll see the Digital Map in this list. Click it to view. You can also use the "directions" function to get walking and public transport directions.

The map works in any internet browser even if you don't have the Google Maps app.

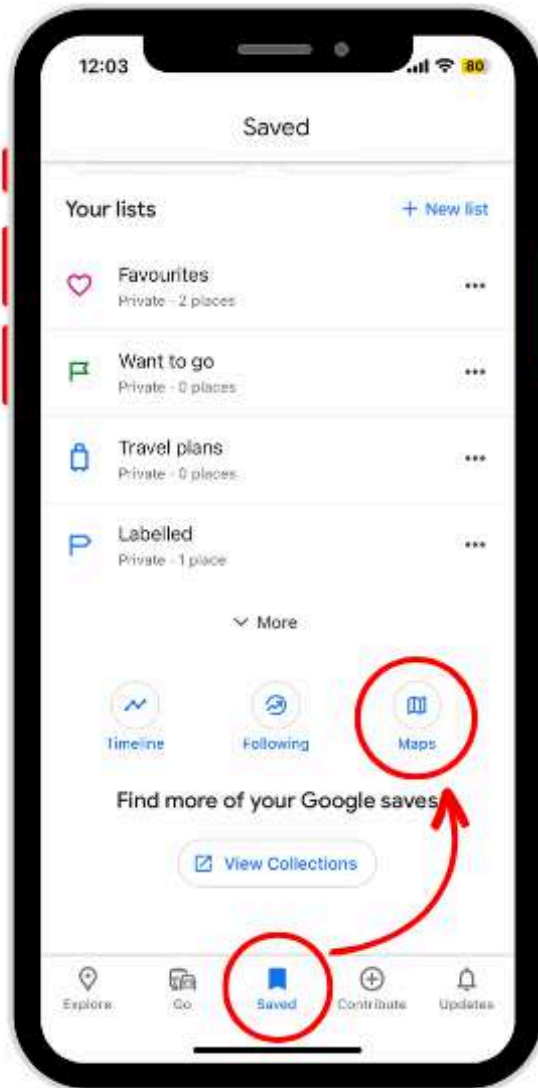
If you need help with this, just email us at hello@loveandlondon.com and we'll be happy to assist you.



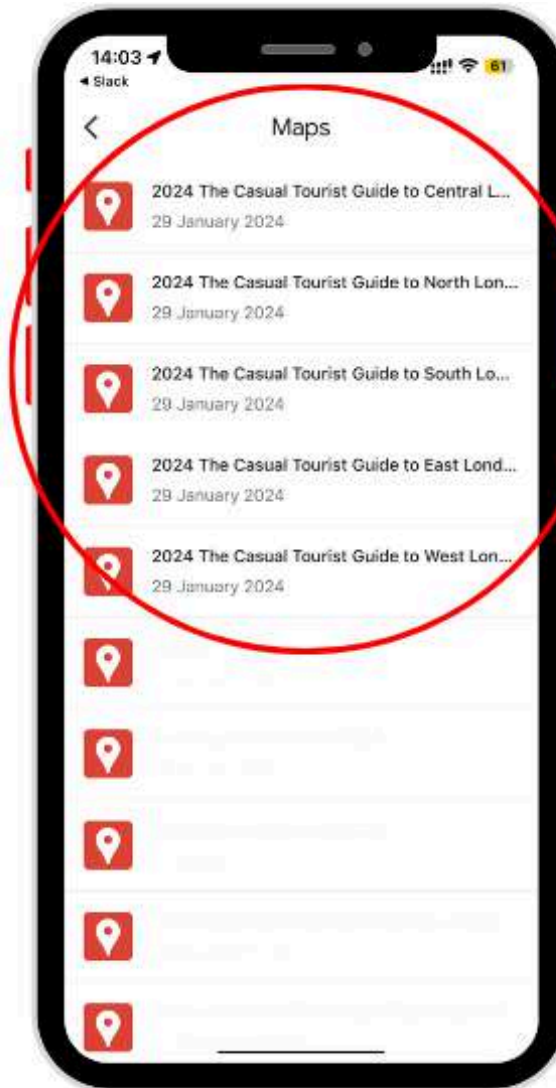
How to find the digital map on the Google Maps app

1. Once you've clicked and visited the map the first time, it will then be added to your Google Maps app.
2. Open the Google Maps app, and click on "Saved" in the bottom middle.
3. Click "Maps" in the menu.
4. You'll see the Digital Map in this list. Click it to view.
5. There you go! Click "View Map Legend" to control which category of pins is shown (this feature is only available on iOS systems and desktop).

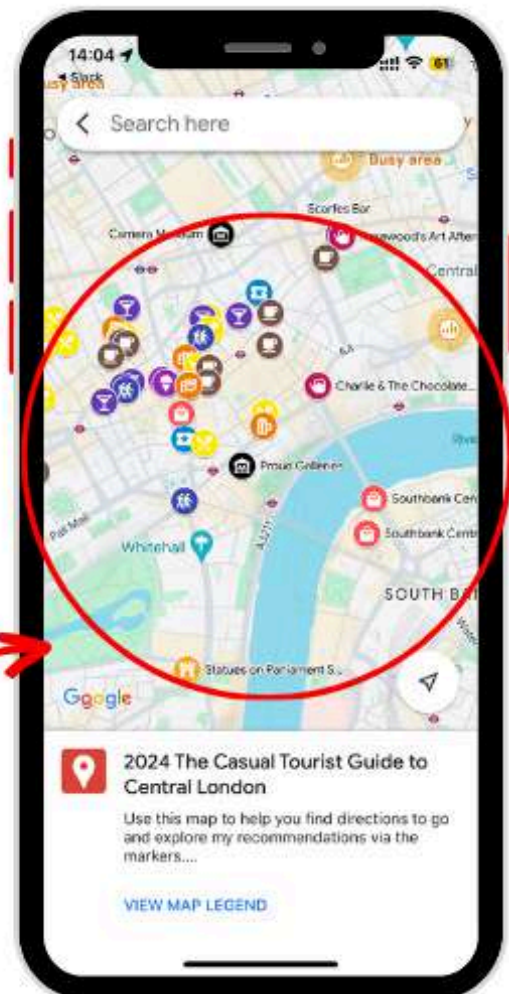
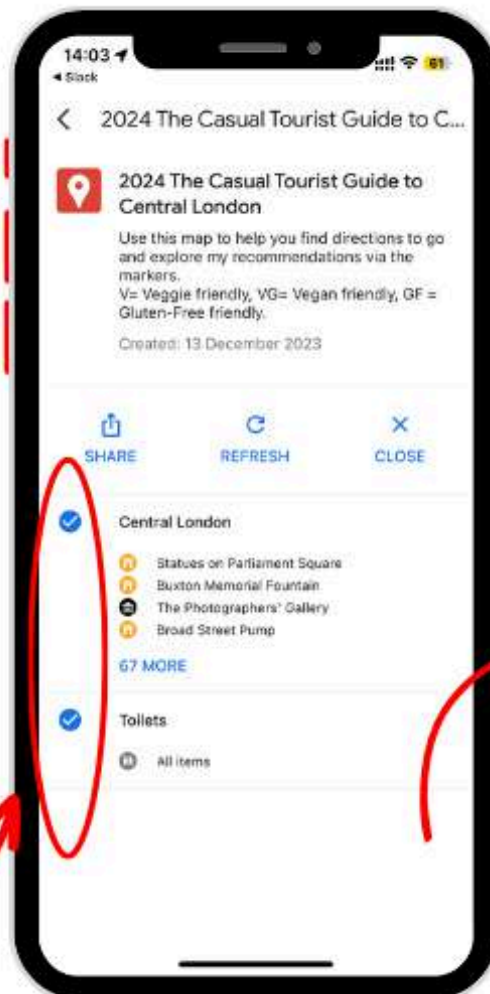
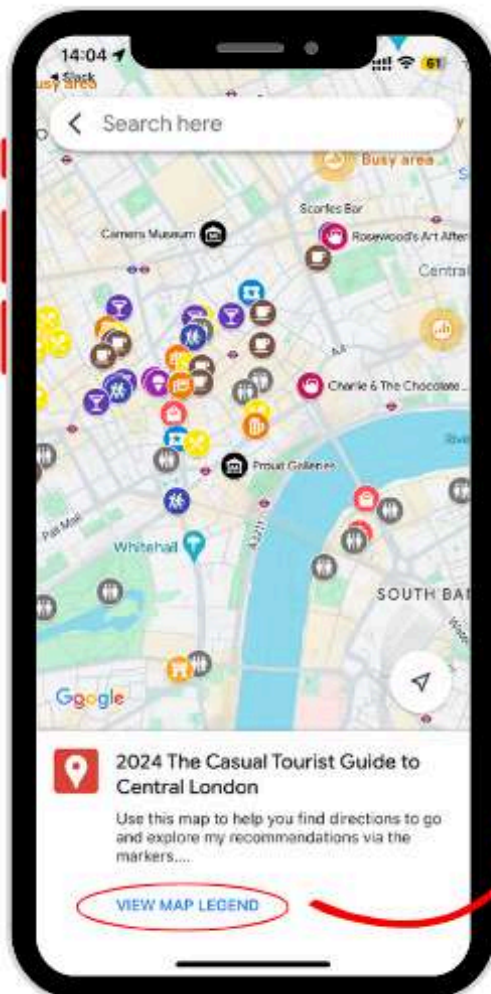
See the screenshots on the next page.



Step 2 and 3



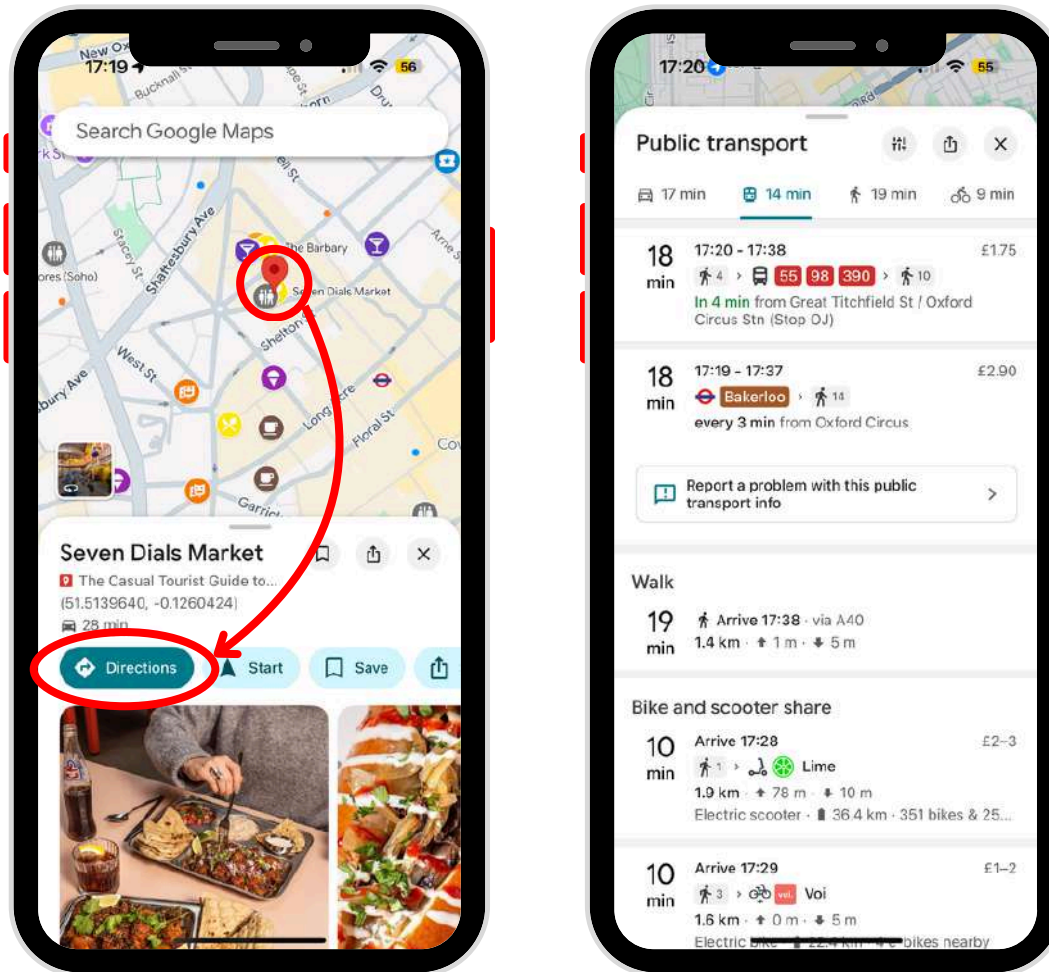
Step 4



Step 5: this feature is only available on iOS devices and desktop

How to get directions to a pin on the map

Know where you want to go next? Just click on its pin, then click “directions” to see all of your transport options, including walking directions.



Troubleshooting

If you're struggling to get your map working, here are common solutions:

1. Is your Google Maps app updated to the latest version?
2. Are you logged into the same Google Maps account across your devices? If your map is showing up on one of your devices but not the others, it's usually because you're using different accounts.
3. Can you try accessing your Digital Map on a desktop first, while logged into your Google account?

And finally, if you're still having problems, just email us at hello@loveandlondon.com and we'll be happy to help you out.

Welcome to The Casual Tourist Guide to East London!

East London... dare I say it's my favourite part of the city? It's hard to name all of the reasons why, but some big ones include the diversity of its local population, the number of interesting things you can do, and the creative and entrepreneurial vibes you can feel all around.

Now, in east London, don't expect any mega tourist attractions or to be catered to like some areas in central do, sort of like a tourist Disneyland. But that's part of the charm here; you're immersed in the local life and get a glimpse into what London is really like for those of us who live our lives here day in and day out. Plus, east Londoners have good taste, so you'll eat and drink well, and do and see some cool shit. I think you'll love it.

The main areas covered in this guide include: Shoreditch, Hoxton, London Fields and Victoria Park.



Area guide:

Shoreditch

Shoreditch, along with parts of the other areas in this guide, was the epicentre of Jewish, Huguenot, Bangladeshi and other immigrant communities up until about a decade ago. Because of this, Shoreditch was one of the most impoverished areas of the city, but these communities brought an incredible diversity to the area.

Unfortunately, due to gentrification and Shoreditch recently becoming a creative and tech hub of the city, these groups of people have been largely priced out of the area, but we can still see their centuries of influence on the architecture, culture and food scene here, some of which is covered in this guide.

No matter what your budget you can eat and drink well in Shoreditch, and it's the best area in London to go street art spotting – it's *everywhere*.



Hoxton

Hoxton, just next to Shoreditch, has a similar history to it, being primarily a working-class neighborhood until two decades ago when it also became popular with London's creative scene. This drove up housing prices and brought in a huge influx of fantastic restaurants, shops and bars to complement the old-school equivalents, some of which have been around for centuries. Hoxton is most known for Columbia Road, a quaint, Victorian-style street lined with independent shops and restaurants, which has a world-famous flower market on Sundays, both of which are covered later in this guide.



London Fields

London Fields is the name of the main green space in this area (the area itself is also referred to as London Fields). It's not the most beautiful park in London, but it's a pivotal part of the area, and it's where locals exercise, meet friends for picnics, and take their dogs for walks.

As for the history of London Fields, it's a similar story to Shoreditch and Hoxton, with a large Turkish, Caribbean, African and Bengali community influencing the culture and culinary scenes here.

The most famous feature of London Fields is Broadway Market, a beautiful and buzzy street lined with independent shops, restaurants, cafes and pubs, plus a popular market on Saturdays and Sundays. I've recommended some of my favourite spots on Broadway Market later in this guide.

There's also Regent's Canal, a beautiful "vein" of east London, which brings a bit of nature and calm to an otherwise busy area. It can take you to a few of the places mentioned later, so please do go enjoy it!



Victoria Park

As explained later in this guide, Victoria Park was the UK's first park made for the people, back in the 1840s when the East End was heavily impoverished and the health of local residents was abysmal. The park had a positive impact on the drinking water offering and overall health conditions of the local people, and to this day the park is a sanctuary for east Londoners.

Victoria Park, which is also what we call the area immediately surrounding the park, is a beautiful, leafy part of London itself, with popular pubs and Victoria Park Village, which quite literally feels like you're in a little English village and not in a buzzy part of London. You'll see some recommendations in this guide for Victoria Park and the village.



About the recommendations...

You'll see that I've separated the recommendations in this guide into their respective categories: food and markets, shopping, etc. Then, in each category, I have grouped together the ones that are in the same area, to help make it a bit easier to understand where they are in relation to each other.

Don't forget: I've also provided you with a printable checklist to help you organise your visit, and you've got the Digital Map that will show you distances and directions as well. Not all of the areas in this guide are within walking distance, so with all of these tools you can plan accordingly.

If you have any questions or problems, feel free to shoot us an email at hello@loveandlondon.com and we'll be happy to help.

About this guide

This guide is a PDF that's NOT meant to be printed, in order to save ink and paper, plus it has links on almost every page. So instead, just save it to your devices so you can always reference it.

We made the one-page checklist to be easily printable, so feel free to do that - or you can save it to your phone and add checkmarks digitally.

You'll see some symbols under each recommendation - here's what they mean:



HOURS



VEGGIE FRIENDLY



WEBSITE (CLICKABLE)



VEGAN FRIENDLY



LOCATION (CLICKABLE)



GLUTEN-FREE FRIENDLY



WHEELCHAIR FRIENDLY

And here's the cost guide:

£ - up to £20 (*per person*)

££ - £21 up to £40

£££ - £41 up to £70

££££ - £70 +

Finally, the less fun part... please do not share this guide with anyone beyond those you're travelling with. It's meant to be used only by those who have (kindly) paid for it, and any distribution beyond that is against the law.

OK, now go have fun!



SIGHTS AND POINTS OF INTEREST



BARBICAN ESTATE



The Barbican Estate, with around 2,000 homes, started being built in 1965 and was completed in 1976. The idea was to regenerate the area after it was mostly destroyed during WWII, and it was designed in the Brutalist architecture style. I like walking around the incredibly unique estate to see the tall buildings and interesting Brutalist design choices, plus there are lots of seating areas and water features to enjoy, as well as some spots to get food and drinks.

The estate is also home to the Barbican Centre, an arts and culture centre with an extensive programme; it's worth checking out what they have on when you'll be in the area. My favourite part of this entire estate is the Barbican Conservatory, filled with tons of beautiful plant life from around the world, which is free to book and visit (but do make a donation). Finally, if you're an architecture lover, the Barbican Centre offers architecture tours almost every day.

[Check the events available online and pre-book your ticket.](#)

Free - £££ | City of London



BARBICAN ESTATE



Photos courtesy of Barbican Estate

DENNIS SEVERS' HOUSE



'Part museum, part immersive experience' perfectly describes Dennis Severs' House. Dennis Severs bought a derelict Victorian house in Spitalfields back in 1979 after it had been saved from demolition by the Spitalfields Trust, an organisation that works to preserve the history of the area.

Severs then reconfigured the house to tell the story of an imaginary Huguenot family who had lived there since the home was built in 1724. When you visit, you'll walk through each room as if the family had just left it moments ago, seeing how they live their life - sounds and smells included - and only lit by candlelight.

There are a couple of different ways to experience the house, but for extra drama and a bit of spookiness, opt for an evening ticket!

[Book your tickets online from £16 for adults and £12 for kids.](#)



Fri 12pm - 3:15pm & 5pm - 8:15pm, Sat - Sun 12pm - 3:15pm

£-£££ | Spitalfields



DENNIS SEVERS' HOUSE



Photos courtesy of Dennis Severs' House

AUTOGRAPH



The intimate Autograph photography gallery was founded in 1988 with the goal to "champion the work of artists who use photography and film to highlight questions of race, representation, human rights and social justice." The gallery is host to photography, film and art exhibitions featuring up-and-coming minority artists, and is England's first permanent public space dedicated to diversity in the visual arts.

It's completely free to visit - walk-ins are welcome.



Wed 11am - 6pm, Thu 11am - 9pm, Fri 11am - 6pm, Sat 12:30pm - 6pm

Free | Shoreditch



AUTOGRAPH



Photos courtesy of Autograph

MUSEUM OF THE HOME



The Museum of the Home is in a 300-year-old building that was used as almshouses (an almshouse is charitable housing for people in need, and these ones were for the elderly). They were originally funded by Sir Robert Geffrye, and in fact the museum was named the Geffrye Museum from its inception in 1914 until just recently when it was renamed due to Geffrye's associations with the slave trade.

The museum is completely free to visit and there's lots to explore here. Start in the beautiful gardens, which show you the evolution of UK gardens over the centuries. Then head inside to see the many rooms and exhibits exploring how "home" has changed and evolved. There's also a cafe and gift shop you can stop into while you're there.

Tickets are free, walk-ins are welcome.



Tue – Sun 10am – 5pm (last entry 4pm)

Free | Shoreditch



MUSEUM OF THE HOME



Photos courtesy of Museum of the Home

COLUMBIA ROAD FLOWER MARKET



Photo courtesy of In Bloom & In Habit (featured in the Shopping section)

Head to the quaint Columbia Road on a Sunday and you'll find an absolutely bustling street lined with East End vendors selling all types of house plants and flowers. While it's a popular Sunday treat for both tourists and Londoners these days, the flower market has a lot of history.

It was originally a Saturday food market, which started way back in 1896, but was shifted to Sundays to work better for the local Jewish community. It was transitioned to a market of cut flowers and plants thanks to the influence of the Huguenot French immigrant population in the area, and the market grew in popularity in the 1960s with the newfound British love of gardening TV programmes.

It gets super busy here, especially on a sunny Sunday, so the earlier you can visit, the better (like, 8am opening time is ideal if you want the least amount of crowds)! Then head to Ozone or one of the other places mentioned later in the guide for a yummy post-market brunch.

 Sun 8am – 3pm

Free to visit | Hoxton



COLUMBIA ROAD FLOWER MARKET



Photos courtesy of Columbia Road Flower Market

VAGINA MUSEUM



This fun, one-of-a-kind spot dedicated to breaking taboos around vaginas, vulvas and reproductive health is packed with quirky exhibits and interactive displays that make learning about bodies feel approachable and empowering for people of all ages.

 Wed - Sun 10am - 6pm

Free | Bethnal Green



VAGINA MUSEUM



Photos courtesy of Vagina Museum via Facebook

YOUNG V&A



The Young V&A is a lively, hands-on museum in east London designed especially for families. Formerly known as the Museum of Childhood, it's recently been transformed into a fresh, interactive space where both kids and adults alike can explore art, design and performance through creative workshops and exhibits. There's also a cosy café and a shop filled with quirky gifts which I think is totally worth a sneaky look on your way out.

 Daily 10am – 5:45pm

Free | Bethnal Green



YOUNG V&A



Photos courtesy of Young V&A via Facebook

THE VIKTOR WYND MUSEUM OF CURIOSITIES



The Viktor Wynd Museum of Curiosities is, without a doubt, east London's weirdest attraction. Visit England's only curiosity museum and you'll encounter creepy taxidermy, hairballs, celebrity faecal matter, two-headed lambs, and an art collection that spans several centuries... to name just a few bits.

The museum is the lifelong project of the artist and writer Viktor Wynd. There's also a quirky cocktail bar, so plan to sneak in a cocktail or two after you've finished your browsing of the quirky wares.

Tickets are £12, book in advance but walk-ins are usually fine.

 Tue - Thu 3pm - 11pm, Fri 3pm - 12am, Sat 12pm - 12am, Sun 12pm - 10pm

£ | London Fields



THE VIKTOR WYND MUSEUM OF CURIOSITIES



Photos courtesy of The Viktor Wynd Museum of Curiosities

WILTON WAY



Navigate off the beaten path of London Fields to Wilton Way, a quaint street lined with independent shops and cafes. It's not big but the vintage-looking shopfronts make it one of the loveliest little streets in the area. Visit on a Saturday or Sunday afternoon to get refillable wine (or just have a glass in-house) at Borough Wines, grab brunch and a coffee at Footnote cafe, or shop some luxe-but-practical goods at J. Glinet.

On your way, you'll also see some stunning (and enviable) east London homes.

Free | London Fields

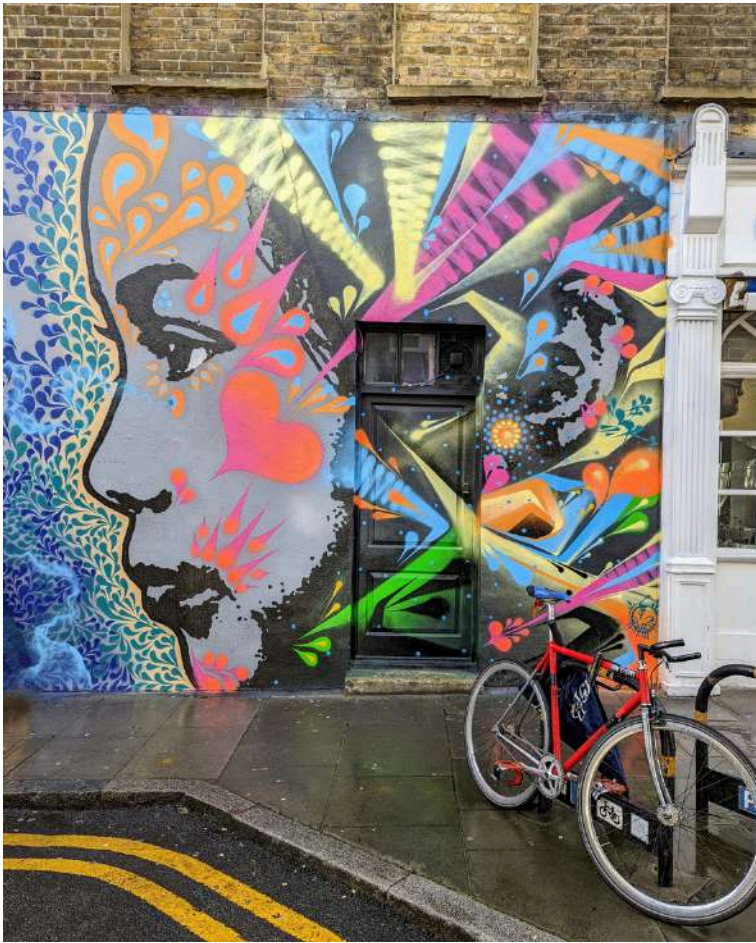




ACTIVITIES



GO STREET ART SPOTTING



East London is the BEST place in London to go street art spotting, from amateurs trying their hand at some creative graffiti to pieces from world-famous artists like Banksy.

Right, so where to find street art? The fun part is that one piece might be there one day, and the next it's gone, covered by something new or just painted over by the building's owner. But your best bet is to focus on the Shoreditch area, with Brick Lane being your main starting point. You can then see Banksy's pink car at Dray Walk, StinkFishStink's colourful portrait on the corner of Hanbury Lane and Brick Lane, and more.

If you want to make sure you don't miss any, you can also book onto one of Alternative London's street art tours and workshops, where they'll take you around the best street art sites, and then let you have a go at spray painting something of your own in the studio! Starting from just £30, it's also super affordable too.

GO ON THE EATING EUROPE EAST END TOUR



Food tourism is one of my favourite types of tourism, so I love a food tour, and Eating Europe knows how to do them. Their East End Food Tour is a really interesting way to learn about the history of the East End while eating your way around it. Expect classic, award-winning fish and chips, fragrant curry dishes on the world-famous Brick Lane, warm, gooey apple crumble, top-notch salt beef beignets, and much more, all while you spot street art and soak up the stories of east London. This tour is adaptable for veggies and some other intolerances and allergies, but ask before you book to check that they can accommodate you.

Adult tickets are £76 and kids £61, [book here](#).

 Daily from 11am

£££ | East London



EAST END FOOD TOUR



Photos courtesy of Eating Europe

LEARN ABOUT WOMEN'S HISTORY WITH A WOMEN OF LONDON TOUR



Go on a traditional walking tour around London and you might notice one thing... the guide is, most of the time, talking about the accomplishments of men. Well, there are many amazing women who have influenced London's history and culture too, and tour company Women of London are on a mission to tell their stories.

When you're in east London, let owner Becky or one of her knowledgeable tour guides take you on their East End tour and tell you how women helped reduce local crime and poverty, were the unknown victims of famous serial killers, became politicians, and more.

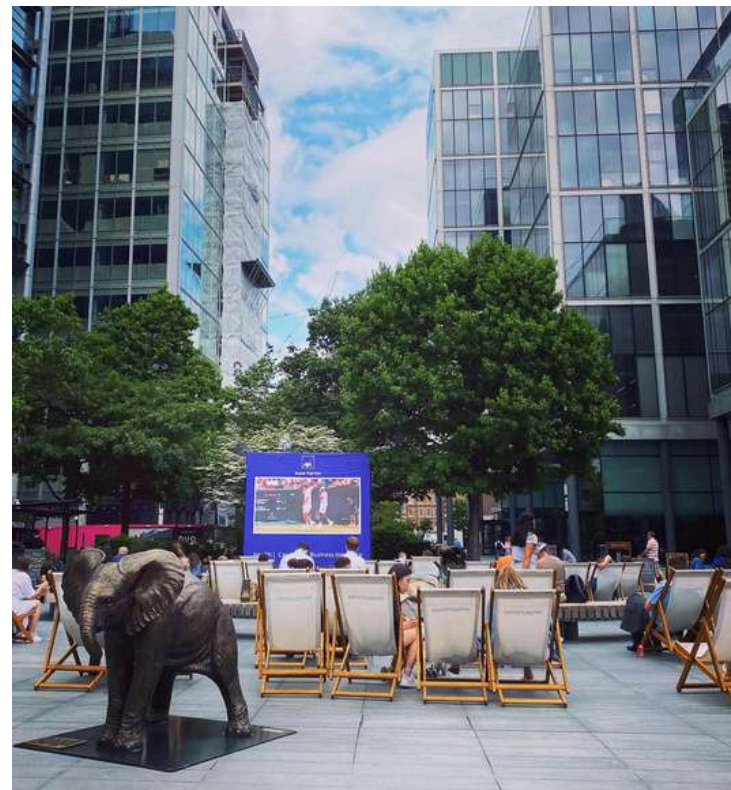
The tour starts just outside Tower Hill Tube station, and Women of London have a few other tours around the city, so do check them out.

[Tickets from £30 - book here.](#)

££ | East London



WOMEN OF LONDON TOUR



Photos courtesy of Women of London tour

GO ON THE JACK THE RIPPER - WHAT ABOUT THE WOMEN? TOUR



Photo courtesy of Rebel Tours

When you mention Whitechapel, it's all about Jack the Ripper. And no wonder, as we're talking about one of the most infamous serial killers of all time, the identity of whom still remains an unsolved mystery. But there's so much more to the story. On this walking tour of London's East End, you'll hear from the voices that were (and continue to be) silenced by the Ripper and by history: his victims. Meet these incredibly resilient women and their neighbours, and discover the district that created a monster.

Adult tickets are £19; this is not recommended for kids.

£ | East London



WALK REGENT'S CANAL



Regent's Canal runs through parts of north and east London, and was originally built in 1820 with the hopes of connecting Grand Junction Canal's Paddington Arm to Limehouse, where a new dock was to be built. When it was completed, however, rail transport had recently become more popular, and at one point the cut canal was almost turned into a railway. But thankfully it stayed as a waterway and was a vital part of southern England's transport system for many decades.

These days, the canal is home to thousands of houseboats and scenic walking paths that are enjoyed by both Londoners and tourists. Regent's Canal is a lifeline of this part of east London, with Londoners using it for walks with friends and dogs, or for their cycling commutes. The canal is a rather peaceful part of the city, and brings a bit of calm, especially when you utilise it in the early mornings.

What's also great is that the canal connects some great parts of this area, starting from Kingsland Road in Haggerston, heading south and east to Broadway Market, and then Victoria Park. If you have The Casual Tourist Guide to North London, you might already know that you could continue to walk northwest along the canal and make it all the way to King's Cross, with a little break in between where there's a tunnel with no access.

Enjoy the journey, and remember to stay to the left when you're walking so that runners and bikes can go around you.

Free | London



REGENT'S CANAL



ENJOY THE GREEN SPACES AT VICTORIA PARK



The stunning Victoria Park was the first park in the UK that was built specifically for the health and wellness of local residents. Back in the 1840s, the local area around the park was experiencing rampant sickness, poverty and was overall in a total health crisis. So at the recommendation of epidemiologist William Farr, and with a mass petition that was sent to the Queen, the park was opened in 1845 in an effort to improve the wellness of its local Londoners. And it worked! Most notable was the water feature, installed to give residents access to clean water, which still stands today.

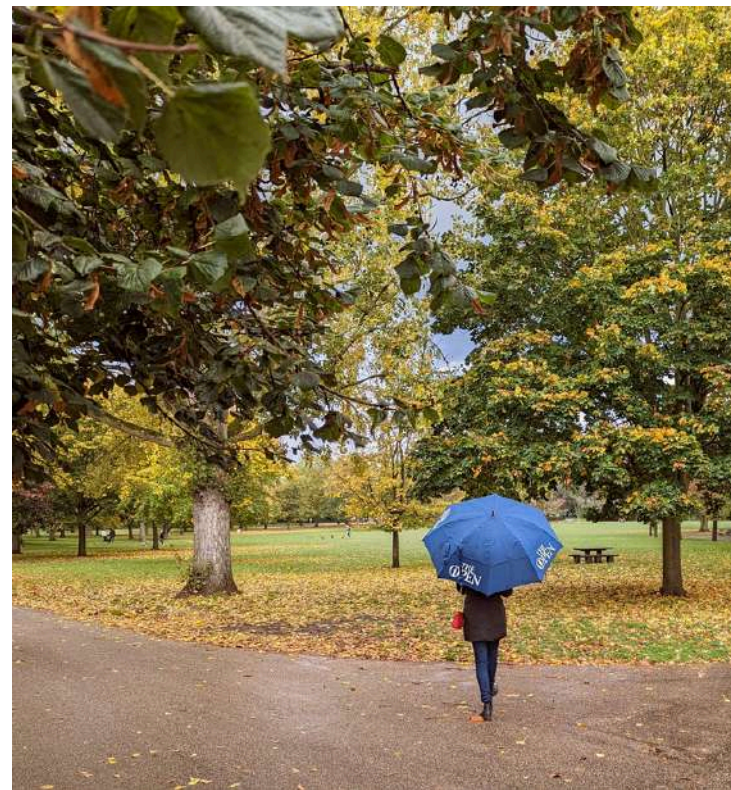
These days, Victoria Park is still a huge part of east Londoners' lives. We exercise here, meet friends, take our dogs, grab a coffee from Pavilion Cafe, and shop at the Sunday market. It's a beautiful green space worth experiencing and exploring if you have nice weather and some time.

 Daily 7am - dusk

Free | Victoria Park



VICTORIA PARK



EXPLORE VICTORIA PARK VILLAGE



Just next to one of the corners of Victoria Park is the quaint Victoria Park Village. You'll love popping here after a walk around Victoria Park because it feels like you're in a countryside village and not in a bustling part of London. There's a lovely mix of (mostly) independent cafes, restaurants, pubs and shops here, most of which are worth a browse or a visit, but I'll tell you some favourites of mine.

For a coffee to keep you going, stop into Balcone for a to-go brew, or grab a table at Popham's. For something sweet, stop by Village Organic and get a cone topped with locally-made Hackney Gelato. To do some shopping, head to Haus for high-end, beautiful housewares or the Oxfam charity shop for something secondhand, where your money will go to a good cause.

Free to visit | Victoria Park





CAFES AND SWEET TREATS



OZONE COFFEE ROASTERS



Ozone is a favourite of mine when it comes to grabbing an easy, casual brunch with friends on a weekend. There's often a queue for a table but it's rare to turn that down because once you're in the mood for an Ozone brew and brunch dish (and maybe a cocktail or two) it's hard to go somewhere else. Everything is fabulous here food-wise, but my go-to is the roasted mushrooms on toast with pickled onion, fermented chilli and house cultured cream... it's banging.

On top of serving up lots of deliciousness, Ozone takes the cake for being two of the most sustainable restaurants in London (there are two locations in east London). Their kitchen only produces 2-3% waste these days, with everything else being recycled, reused or fermented. Even their waste plastic is sent to a company that turns it into combs! I love to see it.

 Mon – Fri 7:30am – 4pm, Sat – Sun 8:30am – 4pm (kitchen closes at 3pm)

££ | Shoreditch and London Fields



SHOREDITCH LONDON
FIELDS

OZONE COFFEE ROASTERS



Photos courtesy of Ozone Coffee Roasters

PAPER AND CUP



This is a great little Shoreditch gem that often gets passed over just because of its location on a quiet street. Paper and Cup is a coffee shop combined with a charity shop, and it's doing big things. First off, the cafe acts as a training ground for people in recovery from addiction, so they can learn barista skills and gain work experience. Then, next to the coffee area is a charity shop selling a beautifully-curated selection of second-hand and vintage items like clothing, books, homewares and more. Stop into Paper and Cup for a coffee, pastry and for some eco-friendly shopping, all while your money goes to support a helpful programme.



Mon – Sat 10am – 6pm, Sun 11am – 5pm

£ | Shoreditch



PAPER AND CUP



Photos courtesy of Paper & Cup

DARK SUGARS



You always know when you're getting close to Dark Sugars on a mild day because their door is open and you can smell the chocolate from a few doors down... it's intoxicating.

Owner Nyanga started chocolate shop Dark Sugars as just a little stall at Spitalfields Market selling beautiful-tasting truffles, and it grew quickly thanks to word-of-mouth marketing. After a stint at Borough Market, she then spent three years in West Africa studying and researching cocoa on her family's farm. She came back, bringing a Ghanaian influence to east London when she opened her Brick Lane shop in 2013. If you like cocoa and chocolate, this is an absolutely stunning spot - with its upbeat soundtrack and imported African decor - to stop into and pick up some delectable treats that you'll think about long after you've eaten them. Vegans, Nyanga has plenty of options for you, too.

 Daily 10am - 8pm

££ | Shoreditch



DARK SUGARS



Photos courtesy of Dark Sugars

THE BEEHIVE CAFE



The Beehive Cafe is super cute, with lovely staff and yummy treats – perfect for when you’ve been doing a lot of walking around London (that might be my fault!) and need to rest your feet and mind for a bit. But what makes this cafe stand out from others is that it’s not-for-profit and supports the work of Bethnal Green Mission Church. They provide various services and support for vulnerable Bethnal Green locals. Coffee and pastries seem to always taste a bit better when you know the money that you paid for them is going to a worthy cause.



Mon – Fri 8am – 5:30pm, Sat 9:30am – 5:30pm

£ | Bethnal Green



THE BEEHIVE CAFE



Photos courtesy of The Beehive Cafe

YEAST BAKERY



Yeast *might* be one of the most beautiful cafes in all of London. Walk in and you'll see its chic, pale pink warehouse-style decor and lots of Londoners either queuing for their treats or hanging onto their much-coveted cafe tables. Now the coffee here is divine, made from Climpson & Sons beans, a Londoner favourite, and served in handcrafted mugs, which are also for sale in the cafe's little shop at the back. But you're going to want to choose something from the glass case of food, where you'll find classic viennoiserie (breakfast pastries made in the style of Vienna, Austria) alongside some of Yeast's signature innovative treats, like the filled brioche feuilletée (a tall, filled brioche) and the croaf (a loaf/croissant). What a treat. There's also a brunch menu on the weekends if you want something a bit more filling.



Wed & Thu - Fri 8:30am - 3:30pm, Sat - Sun 9am - 4pm

£££ | London Fields



YEAST BAKERY



Photos courtesy of Yeast Bakery

PAVILION CAFE



Cafes in parks are usually not very good, but Londoners go out of their way to visit Pavilion Cafe, located in Victoria Park next to a beautiful lake. Here you can get coffee, tea, and the usual pastries, but a pleasant surprise is their Sri Lankan-themed brunch plates. Go for the Sri Lankan breakfast - it's delicious and full of ingredients and flavours you've most likely never experienced before.

There are some benches and tables next to the cafe so you can enjoy your treats while admiring the lake's fountains, wildlife and paddleboaters.



Mon - Fri 7am - 3:30pm, Sat - Sun 7am - 5pm

£ | Victoria Park



PAVILION CAFE



Photos courtesy of Pavilion Cafe

SHOPPING



ATIKA



Atika is the (self-proclaimed) largest vintage shop in Europe. The beauty here, though, is that it's meticulously organised and beautifully curated, so you don't have to spend hours and hours sifting through tons of racks to hopefully find a gem you want to take home. The jeans selection at Atika is particularly amazing, so be sure to check that out if you're in need of some soft, worn-in denim. Also pop in here to see some quirky homewares and lots of options for accessories.



Mon - Sat 11am - 7pm, Sun 12pm - 6pm

£ - £££ | Spitalfields



ATIKA



Photos courtesy of Atika

BRICK LANE VINTAGE MARKET



If hours spent browsing racks and racks of vintage gems is your idea of a day well spent in London, then your best bet is to head to Brick Lane. There are a bunch of pop-up vintage markets all around the area, with the biggest being "Brick Lane Vintage Market" (an obvious name, I suppose). There are over 40 independent traders and it's the city's biggest vintage clothing market, selling clothing and accessories from the 1920s all the way up to the 90s.

The market is open every day, but if you visit on a weekend you can also browse the pop-up markets that show up solely on the weekends. It DOES get quite crowded though, so I recommend starting your shopping day as early as you can.

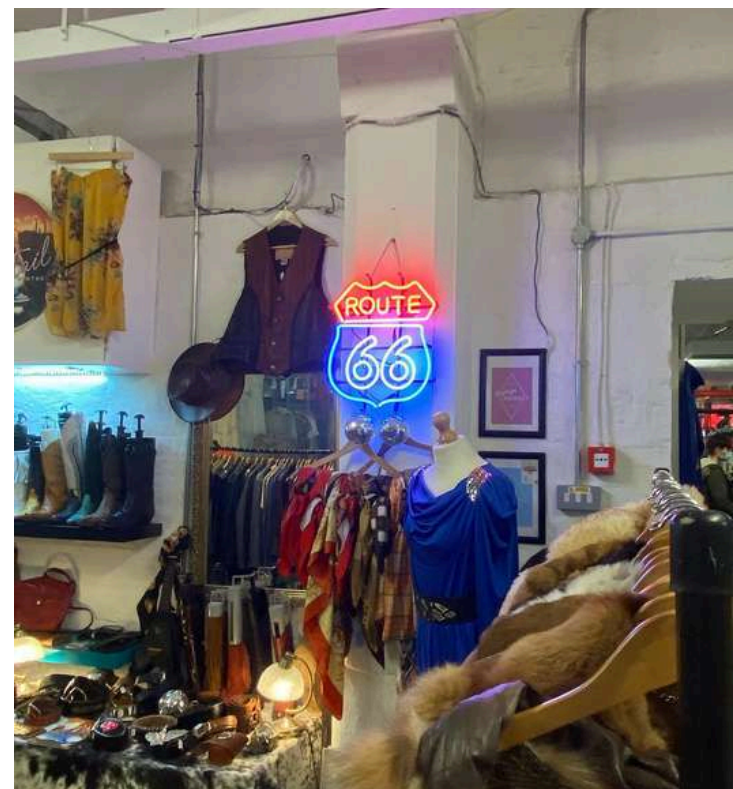


Mon - Fri 11am - 6:30pm, Sat 11am - 6pm, Sun 10am - 6pm

££ | Shoreditch

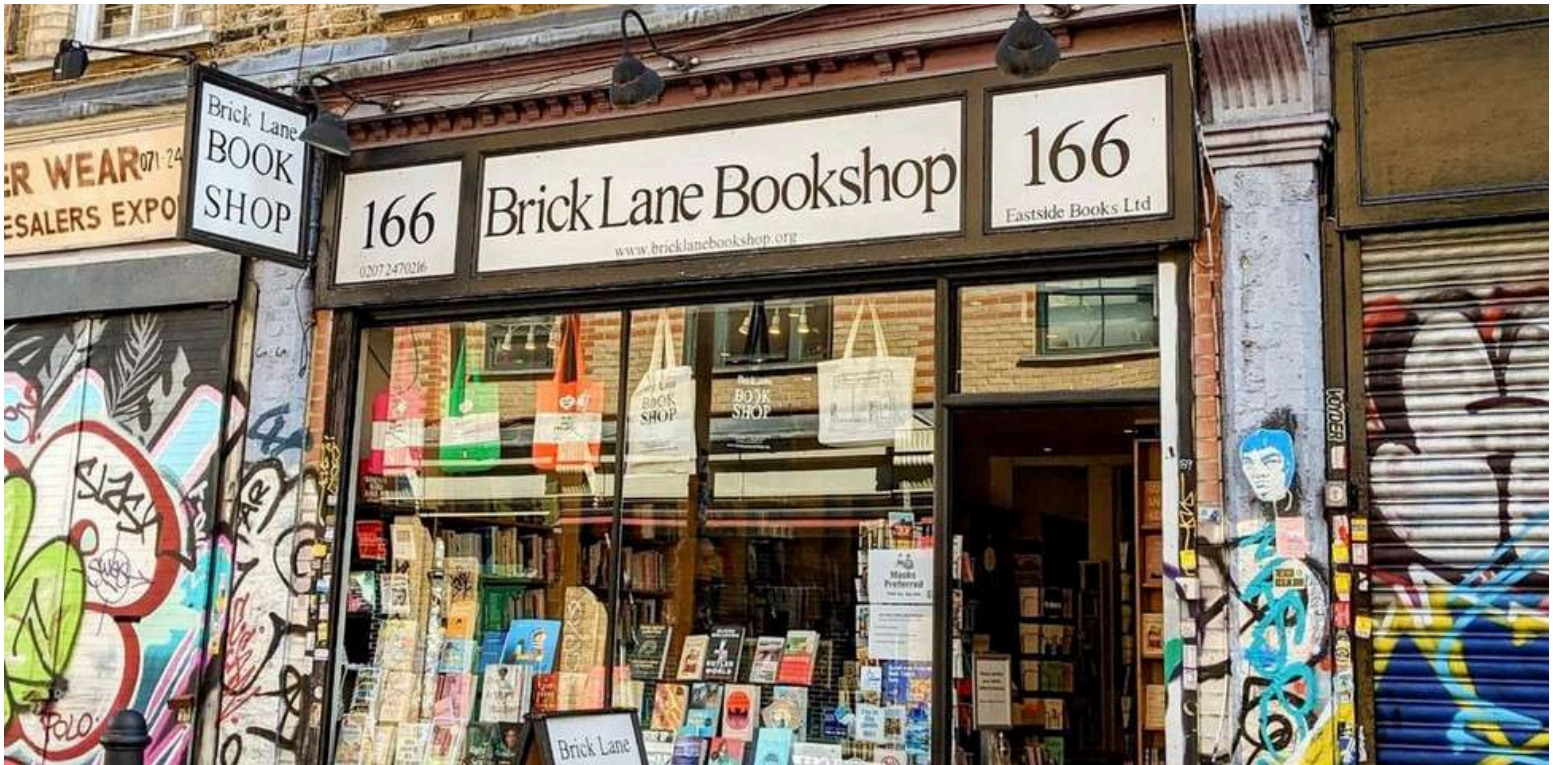


BRICK LANE VINTAGE MARKET



Photos courtesy of Brick Lane Vintage Market

BRICK LANE BOOKSHOP



The cosy Brick Lane Bookshop is an indie shop that's been in the borough since 1978. The original location was one of the first bookshops in what was back then a very impoverished area, and many of its patrons had never even set foot in a bookshop before.

Fast forward to today and this is now a cherished part of Brick Lane. Step inside and you'll find some of the country's most popular titles as well as ones from up-and-coming local writers that they support and champion. Denise is the owner, tell her I sent ya!

Even if you're not a particularly avid reader, they have a fantastic "London" section at the front of the shop where you can find yourself a lovely souvenir book or two.

 Daily 10am – 6pm

£ | Shoreditch



*



* THEY HAVE A RAMP TO ALLOW AN EASY ENTRANCE TO THE SHOP.

BRICK LANE BOOKSHOP



Photos courtesy of Brick Lane Bookshop

EAST END PRINTS



Art prints are one of the best souvenirs you can get in London, and while there are plenty of places to find them, East End Prints is a favourite if you want super unique options from independent artists at fantastic prices. The female-run shop is on the quiet end of Brick Lane, so to be honest most tourists never see it, but definitely go visit if you're in the market for London-y and other types of prints and artwork. Tell them I sent you!

 Daily 10am - 6pm

£ | Shoreditch



EAST END PRINTS



Photos courtesy of East End Prints

NELLY DUFF GALLERY



Nelly Duff is an art gallery for anyone who rejects the usual stuffy and pretentious air that most traditional galleries have. You go into Nelly Duff for good vibes and relatively affordable quirky art. I love visiting from time to time to see what new eclectic pieces are on offer. They often have east London-related artwork, so this could be the perfect place for you to pick up something to hang in your home to always remind you of one of your favourite corners of the world.

The gallery is situated at the end of Columbia Road, so stop in before or after you browse the other shops on the street (more on this on the next page) or the Sunday flower market.

 Wed - Fri 9am - 6pm, Sat 11am - 6pm, Sun 9am - 5pm

Free - ££££ | Hoxton



* PARTIALLY, AS ONLY THE FIRST FLOOR IS WHEELCHAIR FRIENDLY.

NELLY DUFF GALLERY



Photos courtesy of Nelly Duff Gallery

COLUMBIA ROAD SHOPS



Columbia Road is a quaint, quiet road lined with shopfronts that look like they haven't changed since the Victorian era. That's part of the charm, along with the many independent shops selling plant pots, antiques, cheese and wine, coffee, records, and a lot more. It's not a very long road so you can easily walk its full length, which I recommend you do so you can see if any shops are particularly interesting to you, but I've got a few favourites to share.

NOM Living sells beautiful handmade ceramic items at reasonable prices, Funk has a great selection of British cheeses (and wines to pair with them), and I love the selection of plant pots, candles and more at In Bloom & In Habit. And if you find yourself needing some caffeine, stop into Hermanos.

If you visit on a Sunday, that's when the famous Columbia Road Flower Market is on, but it does get VERY crowded so if you prefer to avoid tons of people then I recommend heading here on a Saturday, when most of the shops will be open.

Free - £££ | Hoxton



COLUMBIA ROAD SHOPS



Photos courtesy of NOM Living, Funk, In Bloom & In Habit and Hermanos

EZRA STREET



This charming, tucked-away corner of London feels exactly like stepping into a film set—and plenty of producers must have felt the same because that's exactly what it's been used for. A handful of shows and movies have been shot here thanks to its picturesque old storefronts and cosy vibe. I recommend visiting on a Sunday when it truly comes alive with extra stalls selling antiques, vintage finds and unique food. When the weather's chilly, keep an eye out for the hot wine stalls. Nothing beats sipping a warm drink while soaking up the buzz of a fresh Sunday morning market.

Free - ££ | Hoxton



BROADWAY MARKET



Broadway Market is a Victorian-style street that's the heartbeat of London Fields in the area of Hackney. I love it here... in the mornings people are walking their dogs and grabbing coffees from local cafes as the shops start to open. It gets busier around lunchtime, and in the evenings it's super buzzy as locals love meeting at the pubs and restaurants here to finish off the day and enjoy a pint or some dinner.

On the weekends, the buzz increases. Saturdays are when the Broadway Market is held, where the street is lined with pop-up vendors selling a huge range of items, from produce, to vintage, to handmade jewellery, to hot food and even dog treats. A visit to the market is part of many locals' weekend routine. Then on Sunday, there's a hot-food-only market complete with benches where you can enjoy your street food in the sunshine (if you're lucky enough to get it).

Even if you can't visit on a weekend, go at lunch time or later and you'll have a healthy amount of buzz and lots of shops to browse.



Sat 9am - 5pm, Sun 10am - 4pm

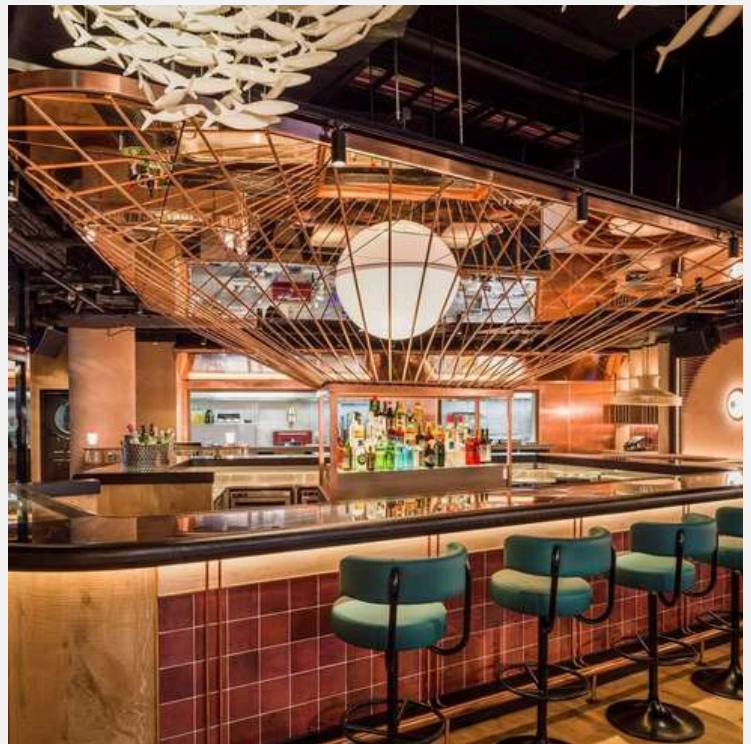
£ - £££ | London Fields



BROADWAY MARKET



Photos courtesy of Broadway Market



STREET FOOD AND RESTAURANTS

BARBIE GREEN



This colourful and always-delicious Aussie breakfast, brunch and lunch spot is right next to the iconic Barbican Estate and overlooks ancient gardens, making it a quiet and lovely spot to start your day with a coffee and some pancakes, or take a break from sightseeing for a comfy lunch. You don't usually need to book to get a table here, so it's a great option if you need to find somewhere last-minute, but don't want to sacrifice on taste and style.

 Mon - Fri 7:45am - 9:30pm, Sat 8:45am - 7pm, Sun 8:45am - 6pm

£ | City of London



BARBIE GREEN



Photos courtesy of Daisy Green

LOS MOCHIS



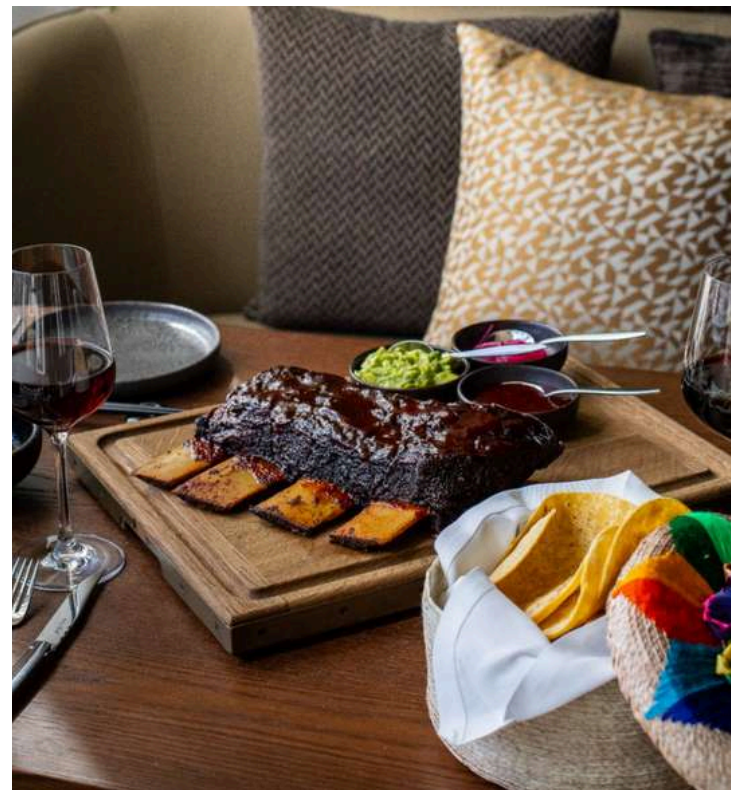
If you're after something a little upmarket but totally worth it, Los Mochis City is a must-visit. The menu is incredible, blending Mexican and Japanese flavours with fresh sashimi, maki rolls, ceviches and fun taco options — plus everything is gluten-free! Loads of people also rave about their spicy salmon on crispy rice, so it's a must-order if you like a little bit of spice. They also have a fab brunch menu available every morning, and if you opt for a margarita with your meal, they'll wheel over their cute margarita cart to your table.

 Mon - Wed 7:30am - 1am, Thu - Fri 7:30am - 3pm, Sat 11am - 3am, Sun 11am - 12am

£££ - ££££ | Bank



LOS MOCHIS



Photos courtesy of Los Mochis via Facebook

SPITALFIELDS MARKET



The name for Spitalfields comes from centuries ago, when the area was being built. There used to be a hospital (called St. Mary's Spittel) and a field here, so they combined the words together to make “Spitalfields”, pronounced spit-al-feelds.

The market has a funny mix of famous high-street brands in the permanent shops surrounding it, along with pop-up stalls that sell clothing, vintage items, accessories, and more. What draws people the most though is the food stalls serving hot dishes, snacks and more. I personally think the best time to visit is Thursday morning, to catch the antique market before the crowds arrive (which is better than Portobello Road Market in my opinion). But, if you can't catch it on a Thursday, that's okay as it's still all definitely worth a peruse. There's also more about the fantastic food offerings in the food and drink section.

🕒 Mon - Wed 10am - 8pm, Thu 8am - 6pm, Fri 10am - 8pm, Sat 10am - 6pm, Sun 10am - 5pm

Free to visit - £ | Shoreditch



SPITALFIELDS MARKET



Photos courtesy of Spitalfields Market via Facebook

POPPIES



I often preach about how, when you come to London, you'll be sorely missing out if you only eat English cuisine, since we have thousands of incredible restaurants serving unique dishes from around the world that are absolutely worth a try. But if you are still keen to try fish and chips while you're here, I recommend heading to Poppies. It's an award-winning fish and chip shop that is modern, yet still nods to the simplicity of traditional fish and chips. I recommend getting mushy peas with yours, as that's quite a classic English side dish.

The Spitalfields location is a restaurant, so snag a table if you can. However, it gets VERY busy, so be prepared to get yours as a takeaway and head to Spitalfields Market or Dray Walk for benches to sit on. If you book the Eating London East End food tour I recommended earlier, you'll stop here.

Oh, and a little treat for you: I've managed to get you a **20% discount**, just show [this discount here](#) to your server or at the register before you pay.



Sun - Wed 11am - 10pm, Thu - Sat 11am - 11pm

££ - £££ | Spitalfields



POPPIES



Photos courtesy of Poppies

DISHOOM



Dishoom is an all-day Indian restaurant that hit the London scene in 2015 and since then has become a favourite of Londoners, both Indian and not. The homely decor is inspired by old school Bombay coffee houses, the food is inspired by all of Bombay and, well, despite it being one of the most affordable restaurants in central London, none of it disappoints. This even goes for the breakfast! I LOVE their vegan sausage naan breakfast sandwich...

The menu is pretty large here, so definitely ask your server for recommendations. The staff are always happy to point you in the right direction. Personal favourites of mine include the black daal, the Dishoom house chaat, and the veggie samosas. Expect to over order and take home leftovers; it'll be worth it. Plus, for every meal you buy, they donate a meal to a child who would otherwise go hungry. They've donated over ten million meals so far.

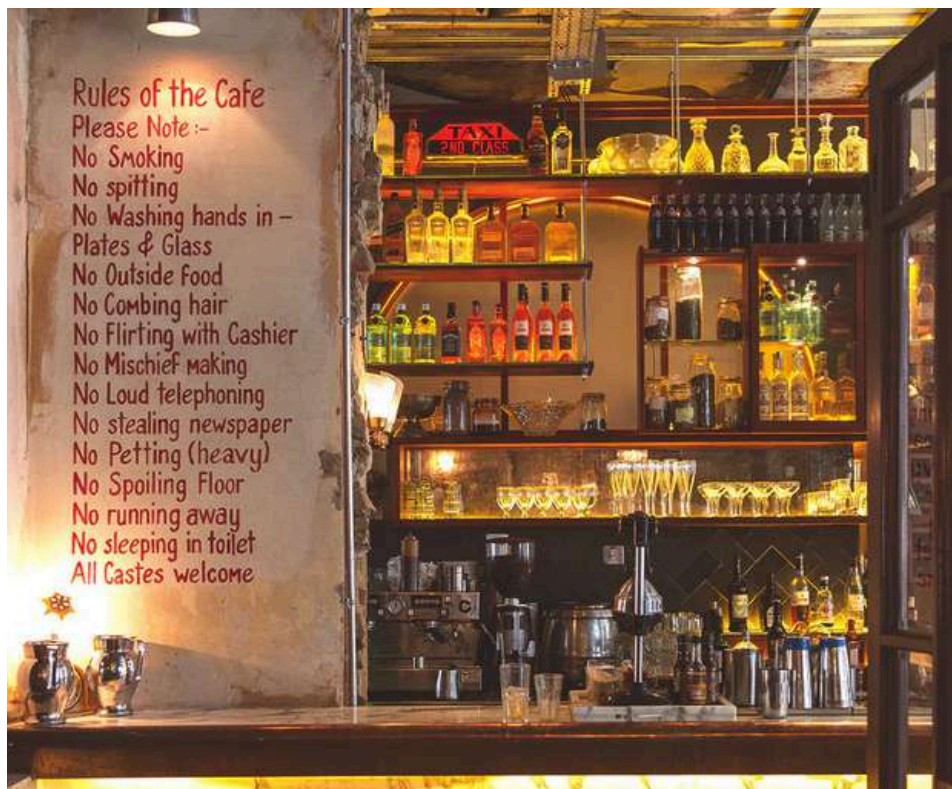
Make a reservation if you can, but walk-in spots are also available - just be prepared to wait a while during peak times and days. At the Shoreditch location there's a beautiful covered verandah that's worth trying to get a spot on, but I also love the buzz inside. The entrance to the restaurant is on Boundary Street, not the main high street, just FYI.

 Mon - Wed 8am - 11pm, Thu - Fri 8am - 12am, Sat 9am - 12am, Sun 9am - 11pm

££ | Shoreditch



DISHOOM



Photos courtesy of Dishoom

TONKOTSU



Back in 2011, it was tough to find good ramen in London, so friends Ken and Emma set up their own ramen pop-up, which quickly became a sold-out affair. In 2012, they opened their first permanent shop and now their Shoreditch location is a favourite with anyone who works or lives in the area. This is a great option for a casual, affordable lunch or dinner, for which you can choose from their menu of noodles, katsu curries, gyoza and popular Japanese side dishes. They've even got their own specialty beer that's worth getting a pint of. It's hard to order wrong at Tonkotsu; it's all made with love and tastes that way.



Sun - Wed 11:30am - 10pm, Thu - Sat 11:30pm - 10:30pm
(Kitchen closes 30 minutes before.)

££ - £££ | Shoreditch



TONKOTSU



Photos courtesy of Tonkotsu

ORANJ



Hidden away off a quiet street in Shoreditch, this trendy natural wine bar and restaurant has an eclectic, vibey atmosphere inside a 2,000 square foot Victorian warehouse. With a goal to shift people away from “chemically produced wine” towards more organic and low-intervention options, they’re on the right path, with knowledgeable staff who give GREAT recommendations. As for the food, they have rotating resident chefs bringing unique small plate menus which never disappoint. Make a reservation for the dining room, but the wine bar is walk-ins only. Just a heads up: they usually add an optional service charge onto your bill here, and if you pay by card, you might be prompted to add a tip there. Do NOT do that, as you’ll be tipping twice... you definitely don’t need to do that.



Tue – Sat 4pm – 12am

£££ | Shoreditch



ORANJ



Photos courtesy of Oranj & Wonderland Magazine

BEIGEL BAKE



Beigel Bake is an East End institution established in 1974, serving up beignets Jewish-style, with its most popular offering being its salted beef beigel. Open 24 hours a day, seven days a week, it's great for a cheap meal for breakfast, lunch, dinner... or when you're drunk at 2am.

There's nowhere to sit and eat here, so just pop a squat wherever you can find some space outside the shop. If you find there's a line, there's another beigel shop just two doors down with a yellow sign. Their tasty beignets are worth a try as well.

 Daily open 24 hours

£ | Shoreditch



BEIGEL BAKE



Photos courtesy of Beigel Bake

E PELLICCI



A true East London institution. This family-run cafe has been serving Italian classics since 1900, and the history is everywhere, from the primrose-hued vintage frontage to Elide Pellicci's portrait watching over the café. Inside, the carved wooden panels, lovingly made by a regular customer in 1946, give the place its timeless charm (it's even Grade II listed!). The menu is full of hearty Italian favourites like lasagne, sandwiches and of course tiramisu. Interestingly, it's also one of the most famous spots in London for a hearty Full English Breakfast.



Mon - Sat 8am - 3pm, Sun closed

£ | Bethnal Green



E PELLICCI



Photos courtesy of E Pellicci

BERBER & Q



This restaurant is a treat, made even more so because virtually NO tourists go here. Berber and Q sits under the railway arches holding up the Overground line, and is a great spot for insanely good food and drinks that you won't find anywhere else. That's because the menu takes inspo from North African, Mediterranean and even American BBQ flavours, combining them into unique dishes fit for both meat eaters and veggies. The vibes are great for when you want a buzzy evening out with some seriously unique cocktails before it's time to hit a nearby bar or two. Nothing isn't great here, but favourites include the crispy artichoke hearts with pilpelchuma aioli and the grilled halloumi with pumpkin tershi.



Wed - Thu 6pm - 10:30pm, Fri - Sat 6pm - 11pm

£ | Haggerston



BERBER & Q



Photos courtesy of Berber & Q

BRAWN



On one of the corners of Columbia Road you'll find Brawn, a neighbourhood restaurant and bar cooking up seasonal dishes for the Londoners that are lucky enough to snag a reservation at this much-loved spot. The restaurant opened in 2010 and has held a Michelin Bib Gourmand since then. The cuisine here is modern British with Italian influence. The menu does change regularly but if you spot the burrata, violet artichoke, fennel and coriander, or the courgette, Cerignola olive, pine nuts and bottarga in the starters section, those are must-order dishes. And leave room for dessert, as the dark chocolate ice cream with olive oil and sea salt is simple yet divine. But to be honest, I've never had a bad dish here.



Mon 6pm - 10:15pm, Tue - Sat 12pm - 2:15pm & 6pm - 10:15pm

££ - £££ | Hoxton



BRAWN



Photos courtesy of Brawn

CAMPANIA



Campania is a tiny, rustic-style restaurant in a former dairy building that serves southern Italian dishes. This place has everything: candlelit tables, al fresco dining down a cobblestone alleyway when the weather is nice, and most important of all, absolutely beautiful dishes and drinks, made with seasonal produce sourced from small, local suppliers.

Because Campania is SO small, it's really tough to get reservations here, so do book as far in advance as you can, whether for lunch or dinner.

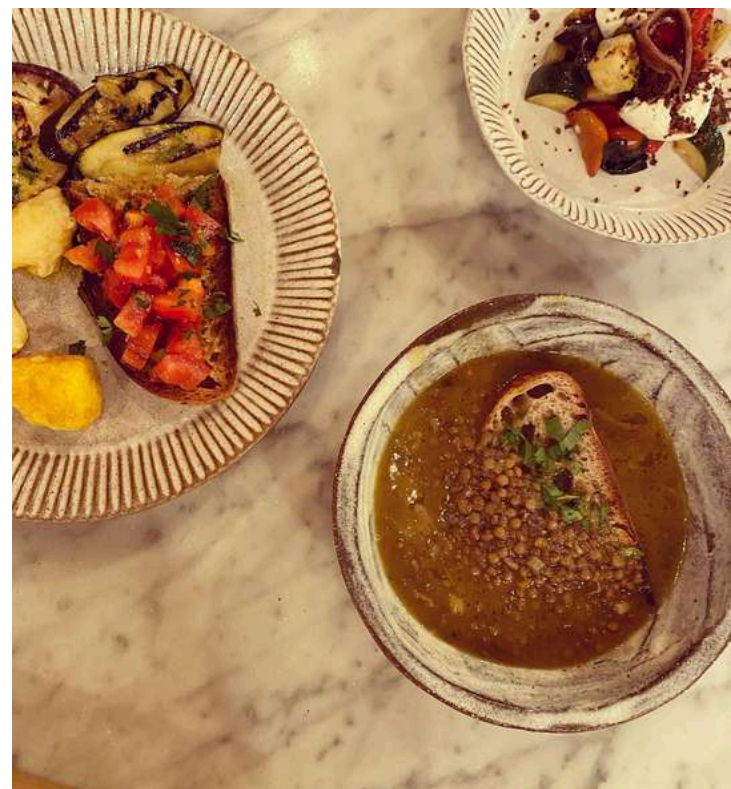


Tue - Thu 12pm - 3:30pm & 6pm - 10:30pm, Fri 12pm - 3:30pm & 6pm - 11pm,
Sat 12pm - 4pm & 6pm - 11pm, Sun 12pm — 5pm

££ - £££ | Hoxton



CAMPANIA



Photos courtesy of Campania

MORITO



This is one of those restaurants in London where, whenever you go, you know it will ALWAYS be a delicious experience, and you'll always find a new favourite off the seasonal menu. This Londoner-approved tapas spot's Head Chef Sevan Tchivitdji takes influence from Southern Spain, North Africa and the Eastern Mediterranean when creating menus for Morito. While dishes do change depending on what's in season, a couple of favourite dishes include the deep fried aubergines, date molasses & whipped feta and the sweet onion tortilla with aioli. And don't sleep on the Med-inspired wine list and the unique cocktail selection (my favourite is the Aegean spritz).

Another thing to note: I'd book this at least 3-4 weeks in advance, or if you can go early/late on a weekday it's easier to book closer to the time.

 Mon 5pm - 10:30pm, Tue - Sat 12pm - 3pm & 5pm - 10:30pm, Sun 12pm - 9pm

££ - £££ | Hoxton



MORITO



Photos courtesy of Morito

YARD SALE PIZZA



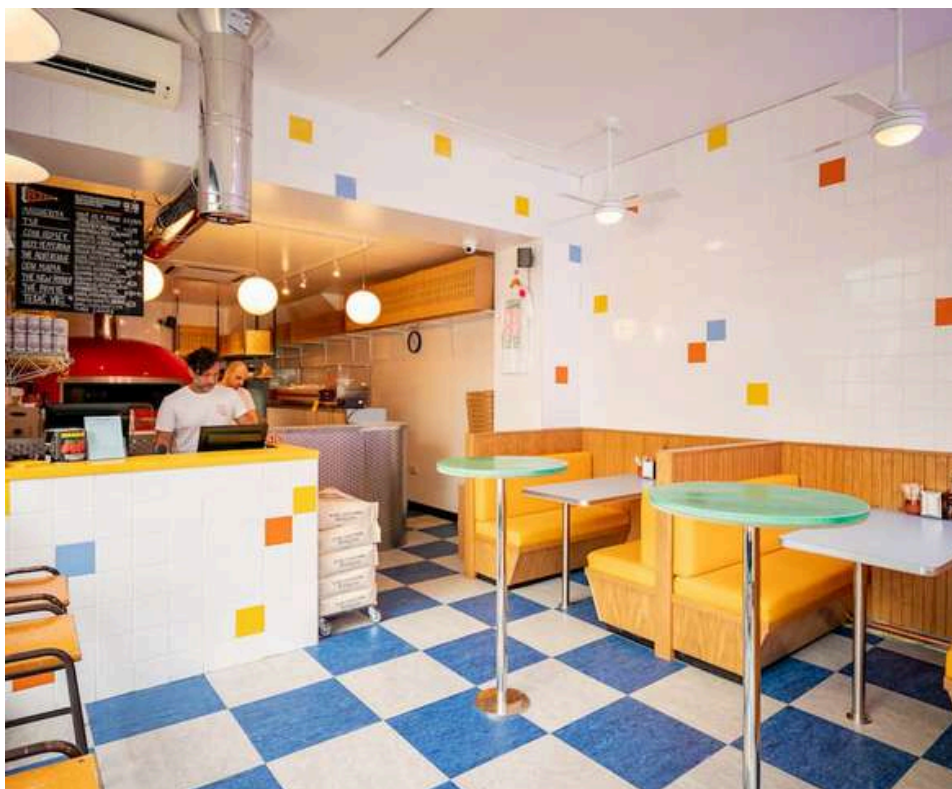
For “cheap and cheerful” vibes in the Hackney area, Yard Sale is a favourite amongst Londoners in the area. Stop into the retro-styled Yard Sale for Italian-style personal pizzas ordered at the counter, and in the evening you can head downstairs to the hidden cocktail bar. What to order? Well, the classic margarita won’t disappoint, but definitely branch out and try something a bit different like the TSB or one of their specials. This is one of the few pizza joints in London that does a top-notch gluten-free dough, and they’ve got vegan mozzarella too.

 Mon – Wed 4pm – 10pm, Thu 12 pm – 10pm, Fri – Sat 12pm – 10:30pm, Sun 12pm – 10pm

£ | Hoxton



YARD SALE PIZZA



Photos courtesy of Yard Sale Pizza

EL GANSO



Spanish tapas restaurant El Ganso is what we here in England like to call "cheap and cheerful", meaning it's affordable but still does nice food and has good service from super friendly staff. The restaurant, with both indoor and outdoor seating, is almost always full of people, no matter when you arrive, but somehow they can always squeeze you into a table in a reasonable amount of time. Stop here for lunch or dinner and you'll be right in the heart of Broadway Market, so if you get a seat outside you have prime location for people and dog watching.

My recommendations food-wise are the mushroom croquetas, patatas bravas, and the Spanish tortilla, but there's a pretty big menu for you to choose from. They also do classic brunch here, great for those mornings when you've got a hankering for some fluffy, banana-covered pancakes.



Mon - Thu 9am - 10pm, Fri 9am - 11pm, Sat 8am - 11pm, Sun 8am - 9pm

££ - £££ | London Fields



EL GANSO



Photos courtesy of El Ganso



PUBS AND BARS



THE CULPEPER



The Culpeper is a pub that has a LOT going on... and it's all done well. Walk in on the ground floor and you'll find the beautiful, rustic pub area where you can sit or stand with a drink in hand and can order some pub grub. Head to the first floor, and there's a restaurant serving **EXCEPTIONAL** seasonal English dishes with many of the ingredients coming from sustainable, small English suppliers. Then there's the second floor which has, believe it or not, some of the most cosy, rustic hotel rooms you'll find in east London. Finally, there's the rooftop garden, where staff grow herbs and vegetables that are used in their kitchen a couple of floors down. Have a drink up here on a nice day for some skyline views and for what feels like a little city escape.

 **Pub:** Mon – Sat 12pm – 12am, Sun 12pm – 9pm

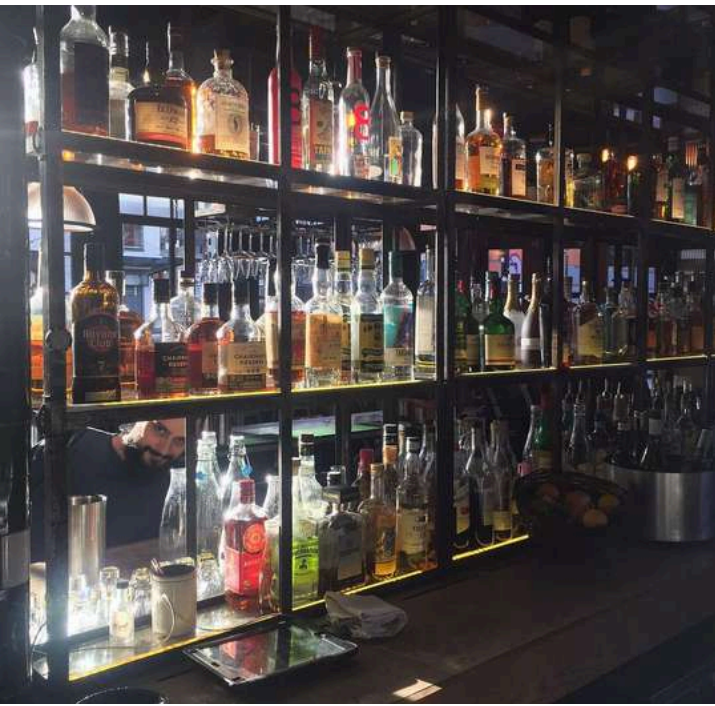
 **Kitchen:** Mon – Sat 12pm – 3pm & 6pm – 10pm, Sun 12pm – 6pm

£ – ££ | Spitalfields



* PARTIALLY, AS ONLY THE GROUND FLOOR IS WHEELCHAIR ACCESSIBLE (INCLUDING A TOILET).

THE CULPEPER



Photos courtesy of The Culpeper

LOUNGE BOHEMIA



Photos courtesy of Lounge Bohemia

I'll be honest, I was very hesitant to share this place with ANYONE.... but I'm not gatekeeping this very special place. Go beyond Lounge Bohemia's unmarked door and down the stairs, and you'll find yourself in a tiny, bunker-like space with just a few mismatched, well-worn tables and chairs, lit by some beautiful low-hanging paper lanterns. You'll then be given a menu, which won't look like a menu but I don't want to spoil the whole experience! Choose your cocktail and it will be presented to you as a masterpiece and an experience, and it might not even come to you as a drinkable liquid, but that's part of the fun.

While the cocktails almost feel like pieces of art, there's no pretentiousness in Lounge Bohemia. It's cool, chill and quirky, with a dress code that says "anything but a suit". The only thing they're strict on is reservations - it's best you make one before you go, since there are so few seats here.



Mon - Sat 6pm - 12am, Sun 6pm - 11pm

££ - £££ | Shoreditch



SEED LIBRARY



This basement bar, tucked under the hipster One Hundred Shoreditch hotel, is one from a friend of mine, world-famous mixologist Mr. Lyan. The drinks menu takes a ‘lo-fi, analogue’ approach so you can expect simple but interesting cocktails, plus unique takes on the classic with flavours and ingredients you wouldn’t find anywhere else. Definitely ask the bartender or your server for recommendations if you’re not sure what to order, but my favourite here is the coriander seed gimlet.

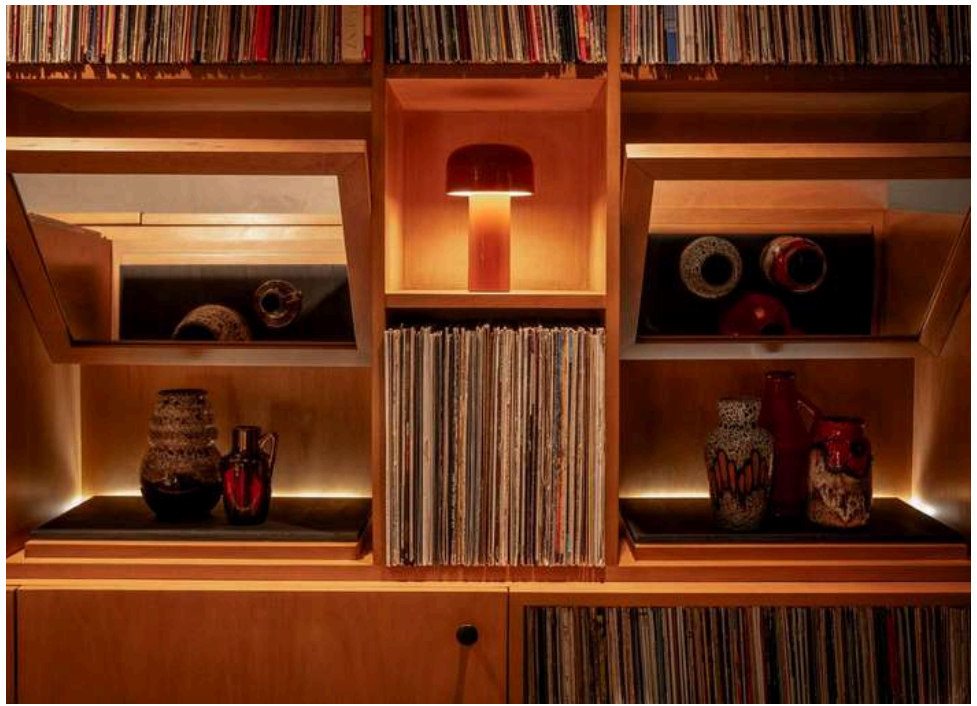
The decor at Seed Library is very reminiscent of a 70s style hotel bar, and despite being a high-end spot, the vibe here is fairly casual, which is very on-brand for Shoreditch. Visit post-10pm on the weekends for the buzziest crowd and the best DJs. You can usually get a walk-in spot here.

 Wed - Thu 6pm - 1am, Fri 5pm - 2am, Sun 5pm - 12am

££ | Shoreditch



SEED LIBRARY



Photos courtesy of Seed Library

LONDON SHUFFLE CLUB



Londoners love an activity bar. It makes us feel less guilty about drinking a lot if we're doing something while the drinking is happening - preferably something that resembles a sport. Enter London Shuffle Club, where you can get your drink on while playing shuffleboard. This is the only UK venue with both lane and table shuffle, and staff are on hand to teach you the rules and tricks so you'll be beating your friends in no time.

Book by the lane, which takes 2-8 players for 55 minutes - thankfully it's a super easy game so it's a stress-free environment, unless you're playing with competitive friends...



Tue 4pm - 12am, Wed - Sat 12pm - 12am

££ | Shoreditch



LONDON SHUFFLE CLUB



Photos courtesy of London Shuffle Club via Facebook

THE BOUNDARY ROOFTOP



I LOVE a rooftop bar, so you'll often find my friends and I at The Boundary hotel's rooftop bar, soaking up the bits of sun that London might have gifted us with that day. Much of the terrace has tables and group seating to enjoy sexy cocktails and some bar nibbles, but there's also a glass orangery with covered seating for anyone with reservations to eat at the bar and grill (the food is decent, but not ground-breaking).

Reservations can only be made to eat lunch or dinner, and you should definitely book ahead. If you want to go for just a drink and nibbles, it's walk-ins only.

 Thu - Fri 5pm - 11, Sat 12pm - 11pm

££ - £££ | Shoreditch



THE BOUNDARY ROOFTOP



Photos courtesy of The Boundary

NIGHTJAR



Nightjar is a speakeasy-style bar dripping with old-school glamour. Widely known as one of the best cocktail bars in London (and therefore, a popular date spot) you'll find yourself trying cocktails with ingredients you've never thought to combine with alcohol before, but once you take a sip, you'll be glad someone thought of it. Most evenings there's a live band playing jazz music - there's a page on their site saying who's playing and when, and a heads up that they do add an extra charge for the music which goes directly to the band. Definitely make a reservation if you want to visit.



Sun - Wed 6pm - 1am, Thu - Fri 6pm - 3am

££ | Shoreditch



NIGHTJAR



Photos courtesy of Nightjar

EQUAL PARTS



Equal Parts jumped onto the east London cocktail scene in early 2023, and it's been a hit with Londoners from all over the city ever since. In the evenings expect dark, moody vibes with a relaxed soundtrack, and knowledgeable bartenders who make a classy drink. No need to dress up to come here; in true Hackney fashion, it's a "come as you are" deal, despite it now being a popular date night spot. They do the Italian classics REALLY well here, like the negroni and sbagliato, but their signature fernet cocktail can't be ignored.



Mon - Thu 4pm - 12am, Fri 4pm - 1am, Sat 10am - 1am, Sun 10am - 12am

£ | Hoxton



EQUAL PARTS



Photos courtesy of Equal Parts

THE ROYAL OAK



Set right next to the famous Sunday flower market, this classic east London pub is the perfect spot to pop into after wandering through the stalls. Inside, it's cosy and traditional, with wooden floors, vintage signs and the kind of friendly atmosphere that makes you feel right at home. I love coming here for a pint on a Sunday when the market's buzzing. There's usually a mix of locals, market vendors and visitors who've stumbled in for the warm vibe and great beer selection. They do solid pub food, too, if you're in the mood for a bite.



Sun - Mon 12pm - 10pm, Tue - Thu 12pm - 11pm, Fri - Sat 12pm - 12am

£-££ | Shoreditch



THE ROYAL OAK



Photos courtesy of Royal Oak Pub

RENEGADE URBAN WINERY



Did you know that there's a winery in London? Renegade Urban Winery gets grapes from around England and Europe, and does all the magic to turn them into wine right here in Bethnal Green. And lucky for London's winos, they've got a little wine bar we can visit to enjoy the fruits of their labour. It's down a somewhat dodgy-looking but totally safe alleyway, which you probably wouldn't even notice if you didn't already know it was there. Try some wine, bring your own food (it's BYOF) and maybe grab a bottle as a souvenir. I once had a Love and London meetup here and it got rave reviews. The brand is also super laid back and quirky, so casual dress is totally fine and the staff are extra friendly.



Tue - Fri 5pm - 11pm, Sat 2pm - 11pm, Sun 2pm - 9:30pm

£ - ££ | Bethnal Green



RENEGADE URBAN WINERY



Photos courtesy of Renegade Urban Winery

SATAN'S WHISKERS



This sexy, dark cocktail bar with exposed brick, covered in quirky taxidermy, with hip hop music setting the vibe, is where you'll find some of the best cocktails in east London... for real. I'd give you a recommendation but the menu changes daily and the servers will usually listen to what you like and offer an off-menu creation that *always* does the trick. And the great thing about Satan's Whiskers is that despite its high-end cocktails it's actually a pretty chill, non-pretentious place, which is probably why it's one of the most popular first date spots in the area!

 Sun - Thu 5pm - 12am, Fri - Sat 5pm - 1am

££ - £££ | Bethnal Green



SATAN'S WHISKERS



Photos courtesy of Satan's Whiskers

MARE STREET MARKET



Mare Street Market is not *really* a market, but instead it's an Instagram-worthy bar-restaurant with a cafe and flower shop as well... so it makes it a bit hard to explain! During the day, the big open (indoor) space is popular for co-working while having a coffee or a pizza, and maybe picking up a fresh bouquet of flowers. But in the evenings and on weekends, it's a buzzy nightlife spot, complete with DJ, 15 beers on tap, a heated terrace, and lots of local Londoners having cocktails after a hard day's work. Fridays is more of a late 20s/early 30s crowd, while Saturdays are early 20s. Weekday evenings are a nice mix.



Mon - Tue 9am - 10:30pm, Wed 9am - 11pm, Thu 9am - 12am,
Fri - Sat 9am - 1:30am, Sun 9am - 9pm

££ - £££ | Hackney



MARE STREET MARKET



Photos courtesy of Mare Street Market

ROYAL INN ON THE PARK



Royal Inn on the Park is the perfect example of a great "local", which is what you call your favourite (and most frequently visited) pub in your local area. So you'd say, "yeah I love this pub, it's my local". There's nothing particularly impressive about it, but there's a combination of things that make it feel comfortable and a bit like home. It starts with the beautiful Victorian building that it's housed in, with its creaky floors and worn down bar. Then there are the outdoor terraces, filled with locals enjoying pints of beer or cider with their friends and dogs, right next to a beautiful corner of Victoria Park. Finally, they do pretty good food, including Sunday roast. All of this together makes this a lovely little pub and worth a visit if you're going to Victoria Village or Victoria Park. BTW, the pub is child-friendly until 5pm.

 **Pub:** Mon - Wed 3pm - 11pm, Thu - Sat 12pm - 11pm, Sun 12pm - 9pm

 **Kitchen:** Wed 3pm - 9pm, Thu - Sat 12pm - 9pm, Sun 12pm - 6pm

£ | Hackney



ROYAL INN ON THE PARK



Photos courtesy of Royal Inn on the Park

A BAR WITH SHAPES FOR A NAME



This quirky bar with a GREAT name is on the World's 50 Best Bars list, so that's extra proof that it's worth a visit. The decor is minimalist but edgy, with lots of geometric shapes (fitting, right?). I love coming here because the cocktails and drinks are super inventive, with unusual flavour combos you don't see everywhere—perfect for when you're in the mood to try something new. Also, the staff are some of the friendliest in the city, I swear!

 Daily 5pm – 4am

££ | Dalston



A BAR WITH SHAPES FOR A NAME



Photos courtesy of A Bar With Shapes For A Name via Instagram

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EAST LONDON CHECKLIST

Sights and Points of Interest

- ☐ SH Barbican Estate
- ☐ SH Dennis Severs' House
- ☐ SH Autograph
- ☐ HX Museum of the Home
- ☐ HX Columbia Road Flower Market
- ☐ LF Vagina Museum
- ☐ LF Young V&A
- ☐ LF The Viktor Wynd Museum of Curiosities
- ☐ LF Wilton Way

Cafes and Sweet Treats

- ☐ SH Ozone Coffee Roasters
- ☐ SH Paper and Cup
- ☐ SH Dark Sugars
- ☐ SH The Beehive Cafe
- ☐ LF Yeast Bakery
- ☐ VP Pavilion Cafe

Street Food and Restaurants

- ☐ CL Barbie Green
- ☐ CL Los Mochis
- ☐ SH Spitalfields Market
- ☐ SH Poppies Fish & Chips
- ☐ SH Dishoom
- ☐ SH Tonkotsu
- ☐ SH Oranj
- ☐ SH Beigel Bake
- ☐ SH E Pellicci
- ☐ HA Berber & Q
- ☐ HX Brawn
- ☐ HX Campania
- ☐ HX Morito
- ☐ HX Yard Sale Pizza
- ☐ LF El Ganso

Activities

- ☐ SH Go Street Art Spotting
- ☐ SH Eating Europe East End Tour
- ☐ SH Working Women of the East End Tour
- ☐ SH Jack the Ripper - What About the Women? Tour
- ☐ HX Walk Regent's Canal
- ☐ VP Enjoy the Green Spaces at Victoria Park
- ☐ VP Explore Victoria Park Village

Shopping

- ☐ SH Atika
- ☐ SH Brick Lane Vintage Market
- ☐ SH Brick Lane Bookshop
- ☐ SH East End Prints
- ☐ HX Nelly Duff Gallery
- ☐ HX Columbia Road Shops
- ☐ HX Ezra Street
- ☐ LF Broadway Market

Pubs and Bars

- ☐ SH The Culpeper
- ☐ SH Lounge Bohemia
- ☐ SH Seed Library
- ☐ SH London Shuffle Club
- ☐ SH The Boundary
- ☐ SH Nightjar
- ☐ HX Equal Parts
- ☐ SH The Royal Oak
- ☐ SH Renegade Urban Winery
- ☐ SH Satan's Whiskers
- ☐ LF Mare Street Market
- ☐ VP Royal Inn on the Park
- ☐ SH A Bar With Shapes For A Name

BOOKINGS AND TICKETS TRACKER

I've included links to bookings for all of the spots in the Casual Tourist Guide to East London that I recommend booking or buying tickets for in advance. Keep track of which ones you've already bought or reserved by checking them off as you go.

Sights and Points of Interest

Book/Reserve here

Booked/Bought?

Dennis Severs' House

[Book in advance](#)☐

Barbican Estate

[Reserve if you can](#)☐

Activities

East End Food Tour

[Book in advance](#)☐

Working Women of the East End Tour

[Book in advance](#)☐

Jack the Ripper - What About the Women? Tour

[Book in advance](#)☐

Cafes and Sweet Treats

Ozone Coffee Roasters

[Make a reservation](#)☐

Dark Sugars

[Make a reservation](#)☐

Street Food and Restaurants

Dishoom

[Make a reservation](#)☐

Brawn

[Book in advance](#)☐

Campania

[Book in advance](#)☐

Morito

[Book in advance](#)☐

Poppie's Fish and Chips

[Reserve if you can](#)☐

Tonkotsu

[Reserve if you can](#)☐

El Ganso

[Reserve if you can](#)☐

Los Mochis

[Reserve if you can](#)☐

Pubs and Bars

London Shuffle Club

[Make a reservation](#)☐

Satan's Whiskers

[Make a reservation](#)☐

Lounge Bohemia

[Book in advance](#)☐

The Culpeper

[Reserve if you can](#)☐

Seed Library

[Reserve if you can](#)☐

The Boundary

[Reserve if you can](#)☐

Mare Street Market

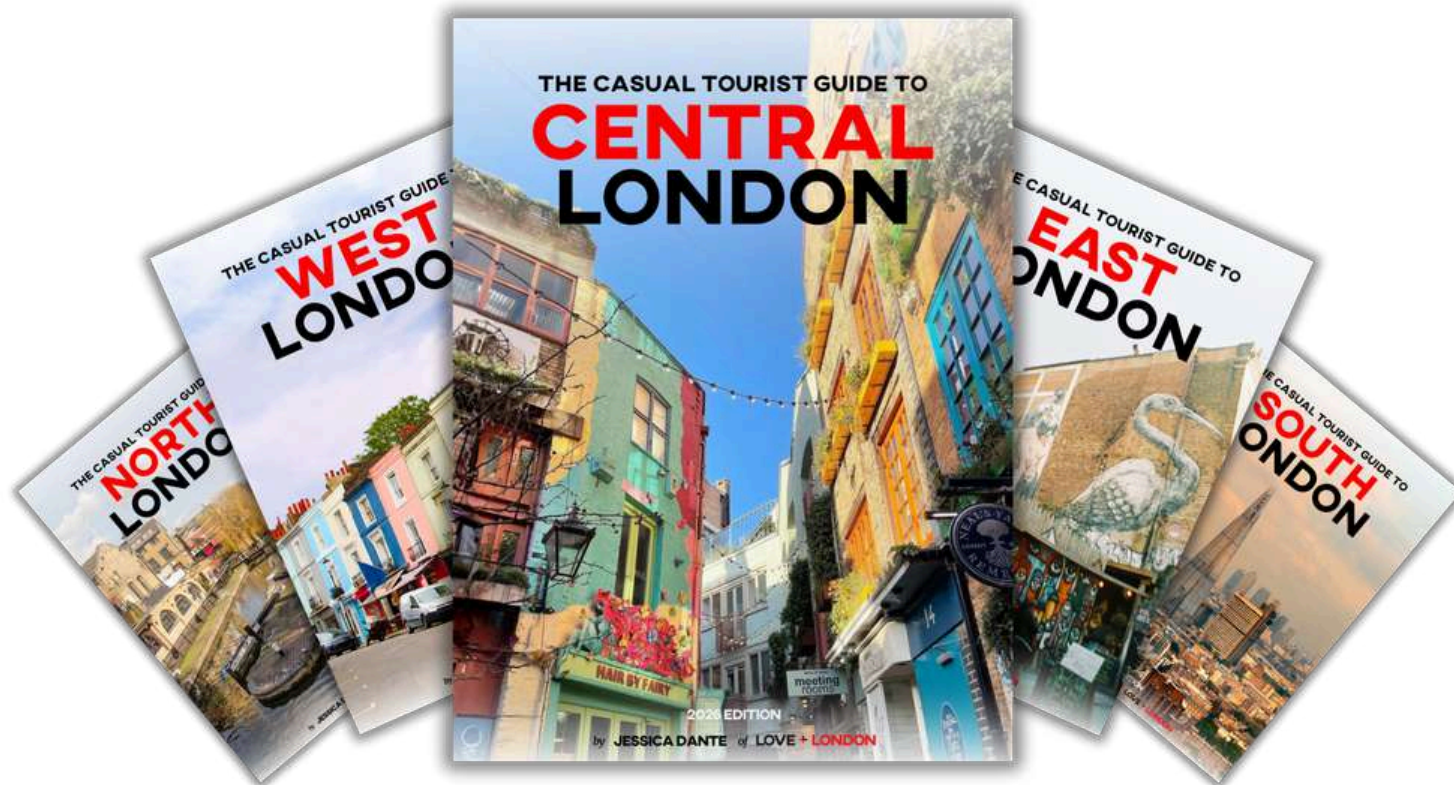
[Reserve if you can](#)☐

Royal Inn on the Park

[Reserve if you can](#)☐

A Bar With Shapes For A Name

[Reserve if you can](#)☐



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