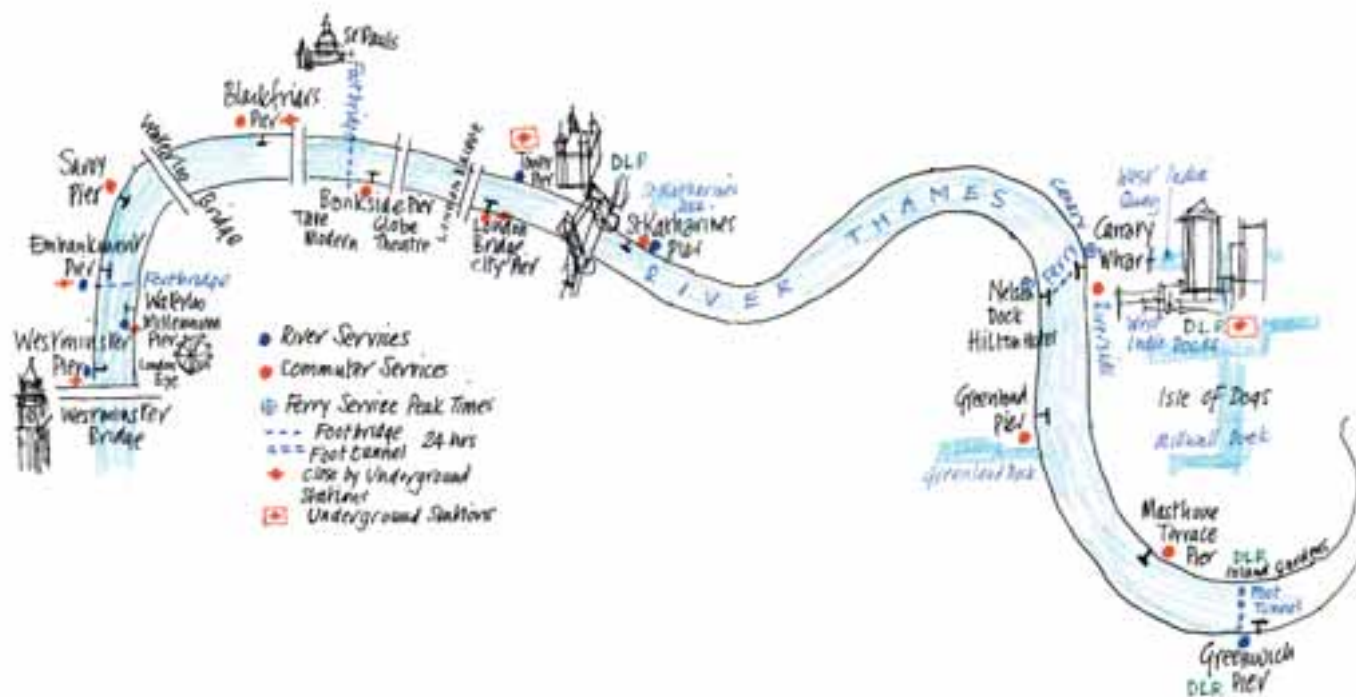


Travelling to and through the area

The Docklands Light Railway (DLR) provides by far the best means of travelling throughout the area covered by this guide. Not only are trains frequent and reliable; as an elevated railway system, each carriage is also a moving viewing platform from which to see the sights of Docklands. For further information visit www.dlr.co.uk or call the 24 hour hotline on 0207918 4000

Tower Hamlets is well served by London Underground – Central, Circle, District, East London, Hammersmith & City and Jubilee lines which provide easy access to the City, West End, North London and key mainline stations. Numerous bus routes also service the area. For further information visit www.transportforlondon.gov.uk or call the 24 hour hotline on 020 7222 1234



A very attractive way of reaching the many sights of Tower Hamlets and getting to the waterside restaurant or bar of your choice, is to come by river. There are regular commuter cruises, as well as a wide variety of special cruises. Many people like the idea of arriving at their destination by river, and departing on the DLR. That way, you really do get to take in virtually everything.

Riverboat schedules change according to the time of year. For up-to-date information for your chosen day of travel visit the websites of the various riverboat operators in the area.

City Cruises

www.citycruises.com

Thames Clippers

www.thamesclippers.com

Woods River Cruises

www.woodsrivercruises.com

Catamaran Cruises

www.bateauxlondon.com/cat

Useful Websites and further information

For more detailed information about 'what to do' and 'where to go' visit www.towerhamlets.gov.uk/data/discover For further copies of the **Waterside restaurants, bars and pubs guide** or for general enquiries email: tourism@towerhamlets.gov.uk or call: 020 7364 4958

Eating and Drinking

Give your taste buds a treat in the many restaurants, bars and pubs in the area.

Canary Wharf - www.mycanarywharf.com

Brick Lane - www.visitbricklane.com

Spitalfields - www.visitspitalfields.com

Shopping

Tower Hamlets is a great place to shop.

For a definitive guide to the more unusual and unique shops in the area, pick up a copy of the **Quirky Shopping Guide** or visit www.towerhamlets.gov.uk/data/discover/downloads/quirky-shopping-guide.pdf For Canary Wharf visit www.mycanarywharf.com and Spitalfields visit www.visitspitalfields.com



Markets

Some of the best street markets in London are based in the east, find out where they are by visiting www.eastlondonmarkets.com and www.visitspitalfields.com

Event listings

www.mycanarywharf.com

www.spitalfields.org.uk

www.visitspitalfields.com

www.towerhamlets.gov.uk

www.jongleurs.com

www.cida.co.uk/pages/events

www.towerhamletsarts.org.uk

Walks

For details of history, cultural and area walks visit www.towerhamlets.gov.uk/data/discover/data/walks



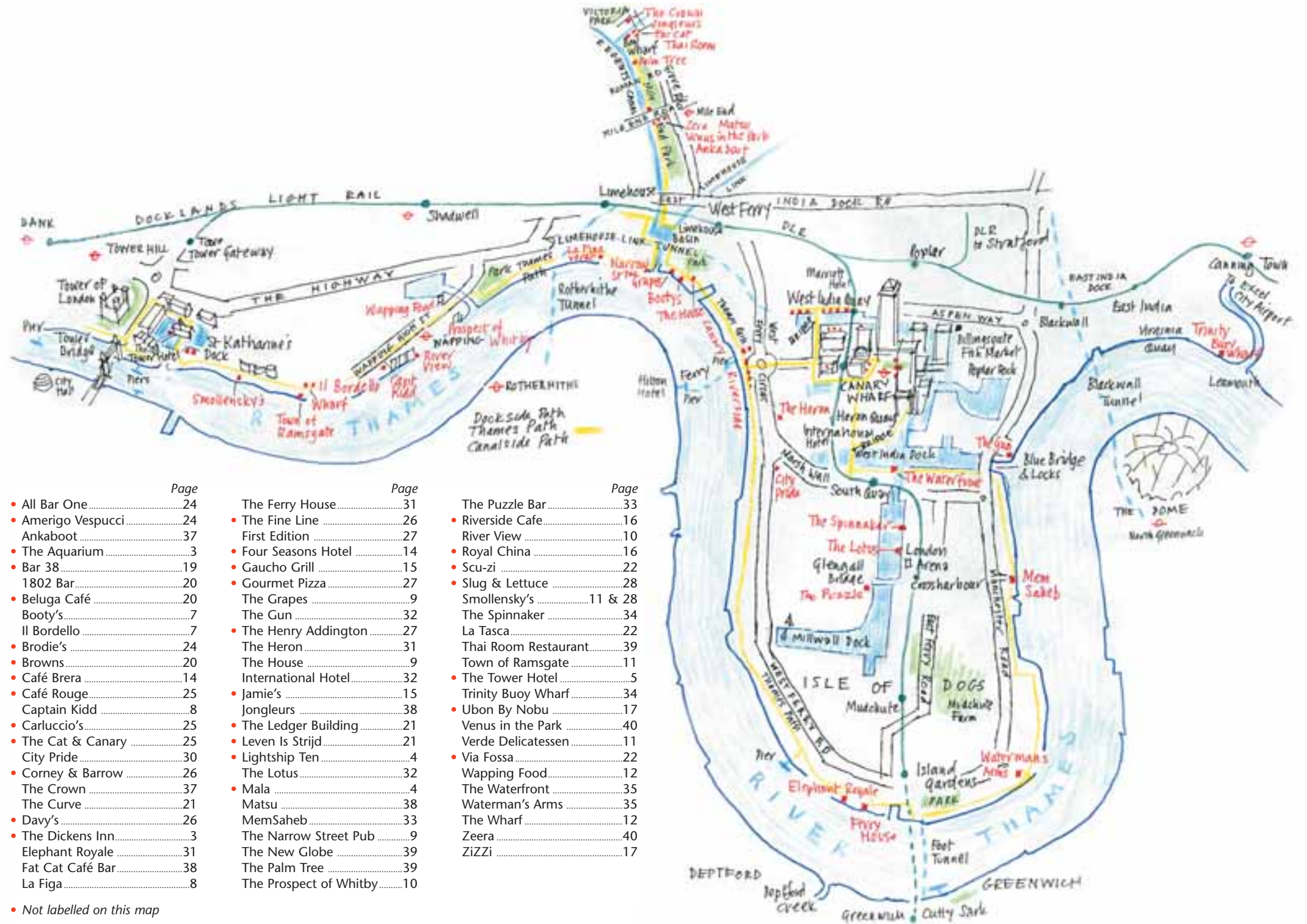
Waterside restaurants, bars and pubs guide

An invitation to explore



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Acknowledgements

This guide to waterside eating and drinking has been produced by the London Borough of Tower Hamlets.

We hope that our ever-growing numbers of residents, workers and visitors will find the guide helpful. They will certainly not find themselves restricted for choice. Thanks are due to Peter Kent for the illustrations and to Osman Streater and Clive Randall for the descriptions and reviews.

The delights of waterside eating and drinking

This part of London has long celebrated the pleasures of waterside eating and drinking. The Thames waterman John Taylor, who lived between 1580 and 1654 and was known as the Water Poet, often waxed lyrical about the subject. Later on, with increasing pollution, the Thames came to be a place to avoid. Today it is thankfully once again clean and inviting. The Thames path network makes waterside walks amongst the most enjoyable anywhere. Not far from where we start our tour of today's waterside restaurants and bars was Freeman's Quay, whose owners plied all who called there with a complimentary pot of ale. We offer readers a very wide selection of waterside places to visit. From world class restaurants to friendly, traditional pubs, Tower Hamlets caters for all tastes and can suit all pockets. Who knows, perhaps the next step will be a return to the Whitebait Suppers for which the area was famed in the 19th Century.

We raise our glasses to all who use this guide.
Cheers!

Establishments included within this publication do not imply a recommendation or approval. While every care has been taken to ensure the accuracy of the information in this guide, Tower Hamlets Council cannot accept responsibility for any errors, omissions or subsequent alterations.

St Katharine's Dock

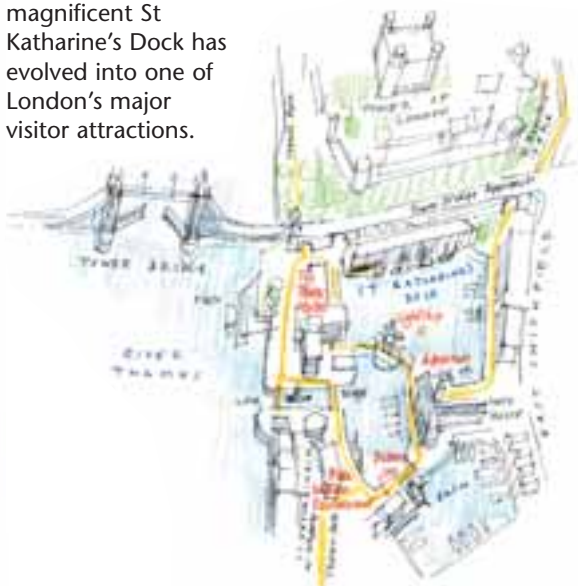
The dock owes its name to the Royal Foundation of St Katharine. Founded here by Queen Matilda in 1148, it was strengthened by Queen Eleanor in 1273, who gave it a remit to care for the poor, the sick and foreigners.



Between 1825-8 they all had to move elsewhere as Thomas Telford dug out the new dock. Having been associated with poverty for centuries, St Katharine's Dock soon became synonymous with wealth. It specialised in imports such as marble, spices and wine. It was said that nowhere in Britain could you get so graphic an idea of the nation's wealth than by looking around warehouses at St Katharine's Dock.

Telford designed the dock for sailing vessels. However, by the 1860s the switch to steam meant that St Katharine's Dock could not cope with bigger steamships. For many years, and because of the high value of the goods landed here and the security of the warehouses, steamships were unloaded onto barges down river and the goods brought to St Katharine's Dock. But it was an expensive process, and it was one of the first docks to close.

In the old docks, everything possible was done to keep visitors out of the docks for security. By contrast, today's magnificent St Katharine's Dock has evolved into one of London's major visitor attractions.



The Aquarium

The Ivory House, St Katharine's Dock, E1W 1AT.

Tel: 020 7480 6116

Just as aquaria are devoted to displaying fish, the Aquarium restaurant is devoted to cooking the freshest of fresh fish. Indeed, some say that it almost preaches the virtues of eating fish. But the dockside location is appropriate, the décor is ultra-modern, Billingsgate fish market is not far away, and it is good to go with the tide. Non-fishy dishes are available. Good amuse-bouches.



The Dickens Inn

St Katharine's Dock, E1W 1UH. Tel: 020 7488 2208

As Charles Dickens wrote in *The Uncommercial Traveller*, 'Come, cheer up, my lads. We've the best liquors here. And you'll find something new in our wonderful beer!' This historic building, built between 1793 and 1799, was originally a spice warehouse. Today, it offers visitors a complete choice, from pub food in the snack bar to two restaurants, one specialising in pizzas and the other offering a wide à la carte selection. Depending on your mood, your appetite and your next appointment, you can spend as little as £5 or as much as £25 a head on food. There is also a function room, with a selection of suggested menus on view at www.dickensinn.co.uk





Lightship Ten

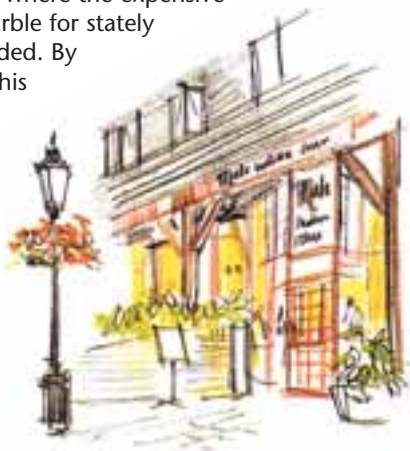
5A St Katharine's Way, E1W 1LP. Tel: 020 7481 3123

Built in Copenhagen in 1877, this is the oldest lightship in the world. Once used to light up dangerous reefs, she now lights up the more peaceful waters of St Katharine's Dock. The food is modern European with some Danish flavours. There are changing set menus, including a glass of champagne, at £19 for two courses or £23 for three. The à la carte menu is in French, and works out at £30 or more a head. Function possibilities range from drinks on the top deck to banquets in the lower deck restaurant. www.lightshipX.com

Mala

2 Marble Quay, E1 9UH. Tel: 020 7480 5031

Marble Quay was where the expensive and upmarket marble for stately homes was unloaded. By the same token, this well established Indian restaurant was amongst the first to bring stylish and upmarket eating to London Docklands.



The Tower Hotel

**Thames Bar – WWWater Café – The Carvery –
Häagen-Dazs – CoMotion**

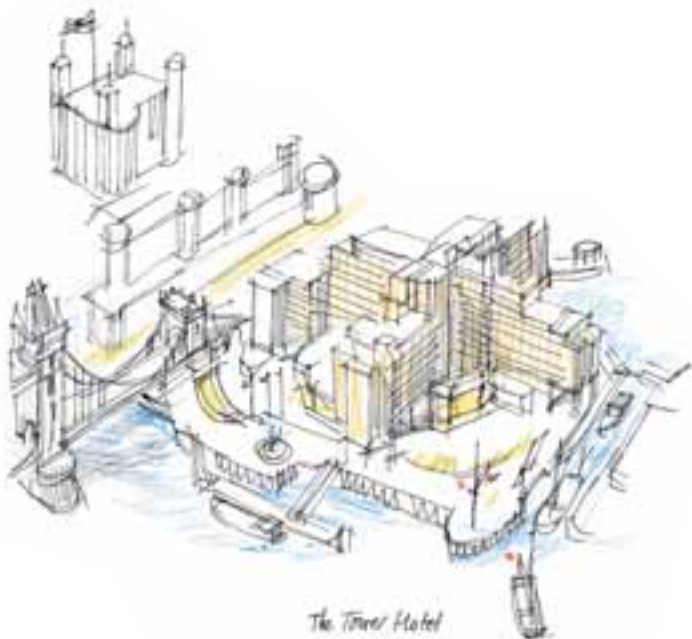
St Katharine's Way, E1W 1LD. Tel: 020 7481 2575

Spectacularly located by Tower of London, The Tower Hotel's bars and restaurants all offer superb views of either Tower Bridge or St Katharine's Dock.

St Katharine's Dock, built in 1826, was the first of London's docks to close in 1968. Now used as one of six Dockland's marinas, to moor a variety of sailing vessels, from tall ships to magnificent yachts.

WWWater Café offers a wide selection of international a la carte cuisine with prices at about £10. The Carvery offers traditional English roast, carved freshly for you, at an extremely reasonable £19.95 for 3 courses. CoMotion is a modern European coffee shop serving a selection of Costa Coffee and light snacks.

The Thames bar opens daily at 3pm (12pm on a weekend) offering the elegance and charm of a traditional British bar with contemporary cocktails and a wide selection of beers. And finally for dessert there is one of the only Häagen-Dazs Ice Cream shops in the whole of London. The Tower Hotel caters for every taste!
House Wine - £14.90 or by the glass.





Wapping

Wapping and Limehouse

The name Wapping comes from the Saxon settlement of "Waeppla's people".

The more recent history of Wapping is bound up with the Port of London, in particular with the development that began during the reign of Queen Elizabeth I. In the 1530s the pub on Wapping High Street now known as the Town of Ramsgate was called the Red Cow – an allusion to the still rural nature of the area. By 1750, it was just one of 36 along the High Street, serving the thirsty needs of the shipyards and wharves.

Limehouse's name comes from the lime kilns established there in the 14th Century to produce quick lime for building mortar. Samuel Pepys recorded visiting a porcelain factory off Narrow Street. The Limehouse Pottery, was opened in 1740 as England's first soft paste porcelain factory.

Beer, in the shape of India Pale Ale, went from the Limehouse Brewery in Fore Street to India. The first emigrants to Australia went from Dunbar Wharf.



Booty's

92A Narrow Street, E14 8BP. Tel: 020 7987 8343

A popular bar cum restaurant which takes you as close to the river as you can get without falling in. The building was once part of the empire of the formidable Tugboat Annie, and from here she commanded a fleet of 200 barges. Today, the views are commanding, and you can order eight different wines by the glass. The food is simple and satisfying. Real ales include Bass, Tetleys and cask beers. Every Friday there is fresh fish from Billingsgate market.

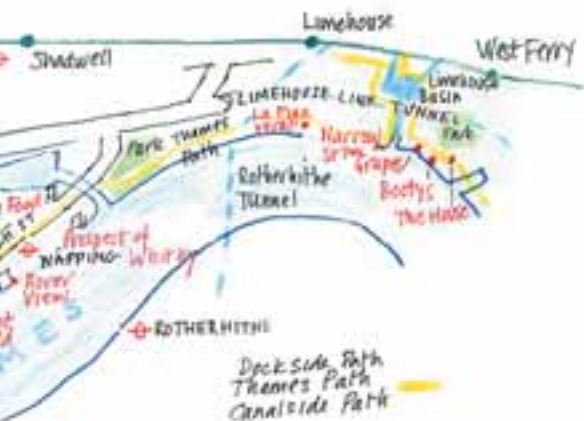


Il Bordello

81 Wapping High Street, E1W 2YN. Tel: 020 7481 9950

History does not relate how this Italian restaurant acquired its name, but its helpful Turkish manager is unlikely to allow anything improper to interrupt your meal.

Food is traditional pizzas and pastas, with fish getting a look in. Closed Saturday lunchtime. Average food price per head £20.



Captain Kidd

108 Wapping High

Street, E1W 2NE.

Tel: 020 7480 5759

Housed in a warehouse conversion, this pub cum restaurant is named after the Naval officer turned pirate who was

hanged at Execution Dock nearby in 1701. The old pulley in the bar dates from warehouse days. A beer garden overlooks the Thames, and there is a room for hire. The bar food will cost a fiver or so, or you can dine in the a la carte restaurant for about £18 a head.



La Figa

The Mosaic, 45 Narrow Street, E14 8DN.

Tel: 020 7790 0077

A recent addition to the Wapping and Limehouse international eating out scene, La Figa is contemporary Italian at its coolest. A sister restaurant to the immensely popular Il Bordello nearby the more prudish might prefer not knowing how La Figa translates into English! You can eat in or take away and the choice is simply mind boggling. Soups, pasta, salads, antipasti, fish, meat, poultry and sweets options range across Italian cuisine. Service is attentive, décor airy and relaxing. Main dish prices stretch from Spaghetti Al Pomodoro at £7.75 to Saltimbocca Alla Romana at 14.95 or grilled swordfish at £18.50. The selection of wines and beers is excellent and it would be difficult for even the most selective customer to remain unsatisfied.

The Grapes

76 Narrow Street, E14 8BP. Tel: 020 7987 4396



Very possibly the pub Dickens called The Six Jolly Fellowship Porters in *Our Mutual Friend*. He described the red curtains as matching the customers' noses. Today's customers, much more refined, come for the peaceful atmosphere, helped by the deliberate absence of any noisy fruit machines or juke boxes. They also come for the fish led bar meals, and even more for the fish restaurant upstairs. A bar meal will cost about £6.50, one in the restaurant £30 or more, depending on your choice of fresh fish. A notably good idea is to offer a choice of three quite different house whites and reds, each at £10.95 the bottle. After that, the wine list goes into areas which, not so many years ago, you would have been lucky to find in the West End, never mind Limehouse.

The House

27 Ropemakers Fields,
Narrow Street, E14 8BX.
Tel: 020 7538 3818



Rope fibres were once laid out to be twisted together in Ropemakers Fields. Hops grew outside the pub for use in the Limehouse Brewery in Fore Street. In the summer, you can play boules outside. Today's pub has an international menu, with main courses costing from £6.50 upwards. On weekdays, it is open from 5 p.m. onwards.

The Narrow Street Pub

Narrow Street, E14 8DP. Tel: 020 7265 8931

Once the Dockmaster's House, the pub occupies a commanding position at the entrance to Limehouse Basin. Before that was dug out, the well-known London brewer Taylor Walker began brewing here in 1730, and this stretch of the Thames was known as Brewery Wharf. Today's pub has heated outside seating overlooking the river. It serves traditional food in ample portions. Main courses are about £9.



The Prospect of Whitby

57 Wapping Wall, E1W 3SH. Tel: 020 7481 1095

London's oldest riverside tavern started life in 1520 as The Devil's Tavern. Today's name comes from a collier bringing coal from the Tyne which used to tie up alongside. The fine views, much appreciated by today's visitors, were sketched in earlier times by Turner and Whistler, and both Pepys and Dickens were regular visitors. Gardeners may like to know that all fuchsias in Britain are descended from one brought to the Prospect

in 1780 by a sailor back from the Caribbean, who parted with it for a noggin of rum (a quarter of a pint). There is an extensive

bar menu with dishes at £5-6. The Restaurant offers more substantial meals for about £20. Wines are modestly priced, with a wide choice also available by the glass.



River View Chinese Restaurant

16 New Crane Place, Wapping High Street, E1W 3TU.
Tel: 020 7480 6026

Not so long ago, if you wanted to combine eating seafood Chinese cuisine with spectacular views over water, you had to go to Hong Kong. Now you can go to River View in Wapping. There are plenty of non-seafood dishes as well. Meals work out at about £20 a head, although you can go higher if you are in the mood: the Chef's Choice set meal for four

or more people is £35 per person, and includes crispy duck, fresh lobster, steamed sea bass and a great deal more.



Smollensky's

*Hermitage Wharf, 22 Wapping High Street, E1W 1NJ.
Tel: 020 7680 1818*

Stunning views towards Tower Bridge from this popular American bar and grill. The emphasis is on steaks, but there is also a wide choice of fish and vegetarian dishes, with leisurely brunches served at weekends. Or go the whole hog, so to speak, with the 24 ounce New York rib of beef.

Expect to pay about £20 a head.

The wine list strikes a balance between the Americas, the New World and the Old.



Town of Ramsgate

62 Wapping High Street, E1W ZPN. Tel: 020 7481 8000

There has been a pub on this site since the 15th Century. In the 19th Century, it came to be called the Town of Ramsgate after the fishermen who landed their catches at Wapping Old Stairs. Those Old Stairs are still next door, and you can still see the post to which the bodies of hanged pirates were chained and then left for three tides to wash over them. The notorious Judge Jeffreys was captured here. Today's pub is a friendly one serving traditional food at modest prices.



Verde Delicatessen & Café

*3 Adriatic Building, 45 Narrow Street, E14 8DN.
Tel: 020 7702 8803*

Whether you are going out for a snack or meal or shopping to cook at home Verde has everything from flowers and newspapers to panninis. This Mediterranean style provisions outpost is just 2 minutes walk from Limehouse DLR. The owners bake their own bread daily and their croissants and cakes are simply delicious. Lots of fresh organic fruit and vegetables plus a mouthwatering array of succulent cheeses. Fine wines and olive oils bring an air of Tuscany to Limehouse. Open 7 days a week from 8 am – 10pm you can just drop in for a coffee or ice cream, arrive early for breakfast, take lunch or dinner. If you can't linger to enjoy your purchases there are take away and delivery services.

Wapping Food

*Wapping Hydraulic Power Station, Wapping Wall
(opposite Prospect of Whitby) E1W 3ST.*

Tel: 020 7680 2080

Hydraulic power was once pumped from here to the West End to operate, for example, lifts in Piccadilly Circus tube station. Today, the machinery is silent, unlike the cheerful modern Wapping residents who crowd the place, especially in the evening. Portions are substantial, the influence is Spanish, and the chef takes full advantage of Billingsgate Fish Market being up the road. Wines, apart from champagnes, are all Australian. Starters are £6-£8, main courses £12-£15. House wines are £14.95. Grange 1995 is £350. Yes, Docklands has definitely come up in the world. Friendly service. Must book evenings.

Warning to Gents: don't mistake the long stainless steel hand basin for the you-know-what: it's easily done.



The Wharf

75 Wapping High Street, E1W 2YN. Tel: 020 7702 9559

A cocktail bar cum Thai restaurant. Prices are reasonable, e.g. £4.50 for most cocktails and £5.50 for a champagne cocktail. The Thai food is helpfully marked out as to hotness, and short English descriptions are appended to each item on the menu.



Café Brera

31 Westferry Circus, E14 8RP. Tel: 020 7512 9575

Views across the Thames and towards the City from this popular and sophisticated café. Swift service with all the expected varieties of coffee. Focaccias, ciabattas, salads and other good, quick dishes, plus a weekly changing menu of hot food. There is also an elevated terrace.

About £10 a head for food, house

wines at £10.50 the

bottle or £2.50 the

glass, plus (if you

are in celebratory

mood)

champagne at

very competitive

prices.



Four Seasons Hotel

Quadrato Restaurant and Bar

Westferry Circus, E14 8RS. Tel: 020 7510 1857

When it opened, The Four Seasons put Canary Wharf in the five star hotel league. By the same token, the Quadrato puts the Four Seasons firmly in the Northern Italian quality restaurant league. At lunchtime, you can create your own meal, choosing any two courses for £24.50 and adding a third course for £3. Alternative, healthier dishes are marked with an asterisk. The wine list is perhaps London's most comprehensive selection of Italian wines, and there is even a choice of seven grappas to end with.

On Sundays there is a Tuscan brunch

for £29.50 a head,

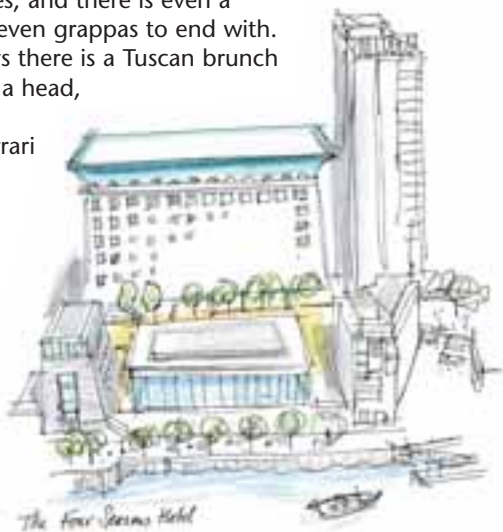
including a

glass of Ferrari

sparkling

wine on

arrival.



The Gaucho Grill

29 Westferry Circus, E14 8RR. Tel: 020 7987 9494

Argentina comes to Canary Riverside at The Gaucho Grill, and does so in a spectacular manner. The service is helpful and the Argentine steaks wonderful. They are offered in two sizes which should suit most appetites, but the really hungry can specify an even bigger plate-overlapping steak. As well as lobster tail, even the vegetables are grilled, and the hand-cut chips have attracted much attention. The wine list provides a good introduction to Argentina's increasingly popular reds and whites.



Jamie's

28 Westferry Circus, E14 8RR. Tel: 020 7536 2861

Over 50 wines by the glass is a promising start in this riverside bar. It is nicely matched by a rapid tour of the world in food, with choices such as plates of mezze or oriental specialities. Appetites large and small are catered for, and it is pleasing to see that a children's menu is offered. The emphasis is on organic food, with all the lamb and beef supplied by small farms in the Derbyshire Dales. Plenty of chairs outside to enjoy the view over the Thames when the weather allows.



Riverside Café

Holmes Place, 34 Westferry Circus, E14 8RR.

Tel: 020 7718 5560

A good example of the attractive kind of waterside bar cum restaurant which London Docklands has inspired. People come here for everything from breakfast meetings to quick, modestly priced sandwiches to more leisurely main meals, all the way through to celebrations. The short wine list reflects this, packing in every level of choice from house wines from South West France at £3.20 the glass, to Cristal Roederer vintage champagne at £160 the bottle. There is a terrace. No smoking.

Royal China

30 Westferry Circus, E14 8RR. Tel: 020 7719 0888

Superior. This part of Canary Riverside is unique in London in offering restaurant after restaurant next to each other. It is doubtless invidious to choose between them, but for those with a liking for Chinese food, whether from Canton, Peking or Szechuan, the Royal China makes a very acceptable stopping-off point. It may not be the cheapest, with average food prices at £20-25 per person, but satisfaction levels remain high.



Ubon by Nobu

34 Westferry Circus, E14 8RR. Tel: 020 7719 7800.

The first Nobu opened in New York in 1994, and the first backward-spelt Ubon in Los Angeles in 1999. The parent restaurant made a big impact when it opened in Park Lane in 1997, and Ubon is following suit. This is an education in Japanese cuisine. At lunch, the emphasis is on more speedily manageable food, including Donburi (one pot rice dishes), noodle dishes, bento boxes and sushi. In the evening, Black Cod with Miso and Toro Tartar with Caviar lead the menu. If the food is impressive, so are the views from the fourth floor restaurant, at the top of a striking building which has been compared to a lighthouse. Expect to pay £50 per person, and expect to consider it good value for money. Closed Sundays.



ZiZZi

33 Westferry Circus, E14 8RR. Tel: 020 7234 3333

ZiZZi is the latest addition to the gastronomic enclave facing Canary Wharf Pier. The emphasis is very reasonably priced Italian. The dishes filling or waist watching according to taste. The staff helpful, service fast and customers enjoying themselves.

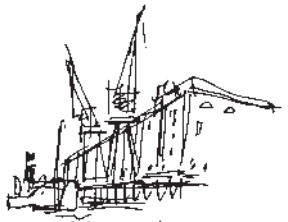
Specialities are pasta or pizza in a wide selection. Plenty of salads for those preferring something cold in Summer.

Good house wine by the glass or bottle. Short but sensible wine list with some excellent Italian varieties. Beer and soft drinks too.



West India Quay

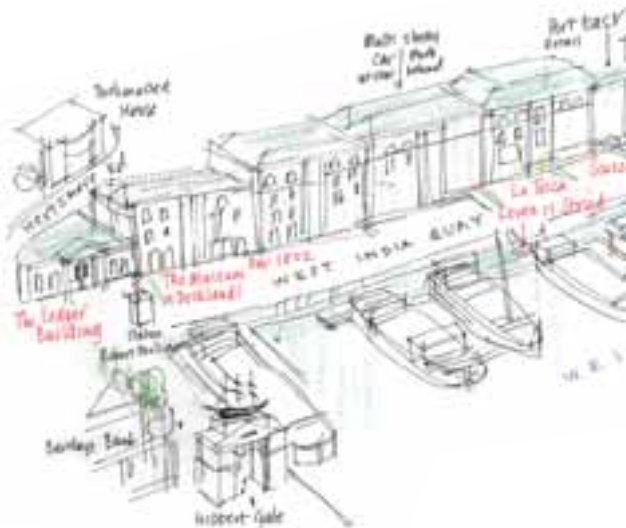
The West India Docks were opened by the otherwise undistinguished Prime Minister Henry Addington in 1802.



West India Dock

The warehouses along West India Quay are the most important and elegant warehouses surviving in London. They were built in 1824-25 to the design of George Gwilt. They now also house The Museum In Docklands.

The warehouses were used for raw sugar from the West Indies. The dockside used to be known as Blood Alley, because the sugar in the sacks the dockers unloaded scratched their backs so badly that they bled. History does not relate whether they were given any rum, made from the molasses produced from sugar cane, for their pains.



1802 Bar

West India Quay, E14 4AL. Tel: 0870 444 3886

1802 is a refreshing addition to West India Quay. Sympathetic to the turbulent origins of these 200-year old rum & tea warehouses. Innovative and stylish restaurant by day, cocktail lounge by night. 1802 is the place to be seen on the Wharf. Opened and managed by renowned caterers, Searcy's 1802 is part of an impressive portfolio that includes the Royal Opera House, the Barbican Centre and the National Portrait Gallery.



Beluga Café

West India Quay, E14 4AE. Tel: 020 7537 4665

As the name implies, caviar is indeed available, but so are a large variety of other dishes at modest prices. For example, New Yorkers should note that smoked salmon and cream cheese bagels are just £3.75. Every lunchtime there is a £4.95 deal which includes the dish of the day plus a glass of house wine or lager or soft drink. In summer, sitting outdoors, enjoying the special barbecue dishes, revelling in the dockside view, watching the busy Canary Wharf world go by, it is hard to imagine that only twelve years ago virtually the entire British press considered the regeneration of Docklands doomed to failure. You can cheer their mistake in the house champagne, especially as the second bottle comes at half price. Check it out on www.belugacafe.com



Browns

West India Quay, E14 8JJ. Tel: 020 7987 9777

The owners of this chain are so proud of their no-apostrophe spelling that they have trademarked it. This historic warehouse conversion, with its terrace overlooking the dock, is handy for West India Quay DLR station and the new Marriott Hotel. Bright, lively atmosphere. The menu will satisfy most tastes at acceptable prices, and there are daily fresh fish specials. House wines are £11.75 the bottle.



The Curve Restaurant & Bar

22 Hertsmere Road, Canary Wharf, E14 4ED.

Tel: 020 7093 1000

Customers need experience no problems finding The Curve. Simply look for a curved glass tower on West India Quay – which is the Marriott Hotel. Seating inside behind full height glass walls or on the waterfront. Lunch and dinner 7 days a week. An extensive international menu strong on seafood, steaks, salads, pasta and soups.

Something for everyone here!. The desserts are a dream and the drinks list includes amazing cocktails.



The Ledger Building

West India Quay, E14 4AE. Tel: 020 7536 7770

So named because it was once the counting house of the West India Docks, this J.D. Wetherspoon's pub is at the western end. The main bar is another contender for the largest bar in Britain title and is suitably lively. There are separate quiet rooms for family use. The menu covers most options, with a Curry Club on Thursdays and roasts on Sundays.

The beer selection includes leading English names plus a very wide selection of imported beers.



Leven is Strijd

West India Quay, E14 4AE. Tel: 020 7987 4002

The Leven barge, built in 1928, is a highly popular venue for private parties. It has been a leading light of the Docklands catering scene since the early days of regeneration. Once on board, the world feels far away, and many an important decision has been made while tucking into the modern British food round the maple dining table here.

Everything is by arrangement and superbly cooked by the owner – from buffets to 5 course dinners. An average price would be about £35 a head.



Scu-zi

West India Quay, E14 4AF.

Tel: 020 7001 0991

The name seems to derive from the Italian for 'excuse me', but there is nothing to excuse in this cheerful restaurant, with live music in the evening from Tuesday to Saturday. The menu concentrates on New World innovative pizzas and pastas. What is a New World innovative pizza, you ask? Well, how about Cee Bee Cee: cranberry sauce, brie and chicken pizza, £6.95. The Antipasto Platters for sharing are particularly appealing when sitting outside on the terrace overlooking West India Dock and Canary Wharf.



La Tasca

Port East Buildings,

West India Quay, E14 4AE.

Tel: 020 7531 9990

This Spanish tapas bar and restaurant is popular with parties. If eight or more of you go (must book), you can save yourself the trouble of ordering by choosing either the £15 or £17.50 a head tapas menu, both of which offer a comprehensive tour of these delicious Spanish dishes. Otherwise, about £12 a head will offer a good selection. In the evening there are also paellas for two or more people. House wines are £9.95.



Via Fossa

West India Quay, E14 4QT. Tel: 020 7515 8549

A major contender in the function stakes, Via Fossa also offers a popular restaurant and bar. The latter offers freshly made panninis and wraps as well as more elaborate main dishes, with nothing priced above £6.50.

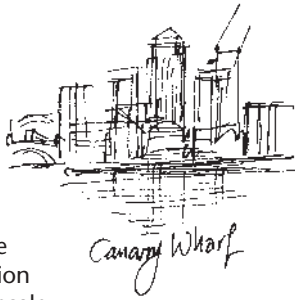
The restaurant is more ambitious, but even there it is quite

possible to eat well and pay no more than £12-15 a head. Nor can anyone really complain at wines by the glass starting at £2.70. The setting, in one of the few surviving original dock buildings, is attractive.



Canary Wharf

Canary Wharf took its name from the Canary Islands produce unloaded here. After the docks closed, regeneration started here with small scale steps, which you can see in Heron Quays. Then came the sweeping vision of today's Canary Wharf.



As you walk around Canary Wharf today, all that seems very far away. You are in London's and the world's newest, brightest and most dynamic shopping and financial centre. You can buy everything from designer clothes to luxury cars. There are over 200 shops and restaurants. Your only problem is deciding where to eat and drink.



All Bar One

42 Mackenzie Walk, E14 5EH. Tel: 020 7513 0911

The Canary Wharf branch of this popular chain. The modern open plan bistro bar overlooks the dockside and recent developments. The breakfast choices range from the decidedly healthy to full English to sweetcorn fritters, smoked salmon and chive crème fraiche. Main meal menus escalate from wraps and panninis to plates and then platters, culminating in the All

Bar One Platter at £14: this comprises coriander beef skewers, chargrilled lemon chicken, Cajun fish kebabs, honeyed lamb sausages, garlic and chilli beans, fries and roast garlic and paprika aioli.



Amerigo Vespucci

25 Cabot Square, Mackenzie Walk, E14 4QA.
Tel: 020 7513 0288

This Italian restaurant offers both traditional dishes and more inventive ones. An example is Tagliatelle al Salmone: tagliatelle with smoked salmon, seasoned with fresh dill, vodka, paprika and cream. Seafood features prominently. The restaurant is open on Saturday evenings until 11 o'clock, which is a blessing for a

growing number of Canary Wharfers, but closed on Sundays. Average food price per person is about £20, but there is also a fixed price two course menu at both lunch and dinner at £15.95.



Brodie's

43 Fisherman's Walk, E14 5HD. Tel: 020 7719 0202

The food is British brasserie, which is considerably more adventurous than the

French variety, with oriental and curry dishes as well as grilled steaks and swordfish. Smoked salmon sandwiches are very reasonable at £4.50, and the house wines are £11.75 the bottle. Closed weekends.



Café Rouge

29-35 Mackenzie Walk,
Canary Wharf, E14 4PH.
Tel: 020 7537 9696



The Canary Wharf branch of this popular chain. As the name implies, the emphasis in the restaurant is on French cuisine, but not exclusively because it also happily offers 'Le Petit Déjeuner Anglais' (bacon, sausage, mushroom, tomato and egg) during the morning. Most appetites will be well satisfied here for about £15 a head. Open Saturdays for lunch only, closed Sundays.

Carluccio's

Nash Court, Canary
Wharf, E14 5AJ.
Tel: 0207 513 1197



Many busy Canary Wharf people were delighted when this branch of Carluccio's opened up, because it is thoughtfully located next to the tube station, and you can drop in to buy dinner party dishes on the way home. (Recent research indicates that this is a fast growing trend, the dividing line being between those who happily serve their guests the prepared food as it comes, and those who fiddle with it to make it look home made.) Carluccio's is also handy for Italian lunches and dinners eaten in, lunch boxes to take out, and contains a delicatessen offering all manner of Italian delights.

The Cat & Canary

24 Fisherman's Walk, E14 4DH. Tel: 020 7512 9187

Canary Wharf was named after the Canary Islands, but for all that, jokes about birds and felines have been popular from the start of this visionary project. Much of the furniture in the pub is from old churches, including a pulpit and a confession box, which now houses a telephone booth. This is perhaps the nearest thing to a traditional pub in the immediate area, a fact which seems to be enthusiastically attested by the presence of local workers from journalists in their corduroys to bankers in their pinstripes. Authentic pub food and Fuller's beers.



Corney & Barrow

9 Cabot Square, E14 4EB.

Tel: 020 7512 0397

Wine merchants for over two centuries, holders of three Royal warrants, Corney & Barrow marked a significant stage in the success of Canary Wharf when they opened their wine bar here.

It has been described as the apotheosis of smart drinking, the highflyer's oasis, the place girls like to be taken to.



Davy's

31-35 Fisherman's Walk, E14 4DH. Tel: 020 7363 6633

The Canary Wharf branch of this popular wine bar chain. Dishes of the day, plus old favourites such as ham carved off the bone with new potatoes. Good wine list, as you would expect. About £10 a head for

food. Closed weekends.



The Fine Line

Fisherman's Walk, E14 4DH. Tel: 020 7513 0255

Perhaps so named because the interior marks a fine line between restaurant, bar and comfortable sitting room.

Plenty of good beers, even more cocktails, and a short but satisfactory wine list. The food is Mediterranean in feeling and good in quality.



First Edition

25 Cabot Square,
E14 4QA.

Tel: 020 7513 0300



In the very centre of the Canary Wharf financial and publishing empires. But close to the fountains of Cabot Square and water views of the dock. Much praised menu including seafood, fusion dishes and Teriyaki. A great spot for a speedy but unhurried lunch. A civilised evening drinks venue with an excellent wine list. Has been praised as the best place for high quality food and agreeable surroundings in E14. Average meal price is £32.

Gourmet Pizza Company

18-20 McKenzie Walk, E14 4PH.

Tel: 020 7345 9192



Friendly service at this pizzeria close to most Canary Wharf attractions. Original pizzas, too, such as Californian Vegetable Pizza at £7.95, and Chinese Duck Pizza at £9.00. The latter includes Peking-style duck, Hoi Sin and plum sauce. What they would make of it in Italy is not known, but judging by the attendance it all goes down pretty well in London Docklands.

The Henry Addington

22-28 Mackenzie Walk, E14 4PH.

Tel: 020 7513 0921

One of otherwise forgotten former Prime Minister Sir Henry Addington's few claims to fame is that he opened West India Docks in 1802. The bar is a contender in the ever changing 'longest bar in Britain' stakes. The thoughtful short menu includes a garlic roasted mushroom spinach and tomato wrap at £5.25, build your own burgers at £6.80, and Chicken Teriyaki at £7.90.

House wines are £11.85 the bottle, or £3.95 the (generous 250 ml) glass. There is a live DJ on Thursday and Friday evenings.





Slug and Lettuce

South Colonnade, E14 4QQ. Tel: 020 7519 1612

Good, imaginative food at reasonable prices is on offer at the Slug and Lettuce. An example of a special is char-grilled salmon supreme on Caesar salad at £7.00. The position, overlooking the 'dock' garden and central Canary Wharf plaza is good. House wines are £11.00 a bottle.

Smollensky's

Nash Court, Canary Wharf, E14 5AJ. Tel: 020 7719 0101

The Canary Wharf branch of this group maintains their American emphasis on quality steaks. But with Billingsgate so close, seafood also features, as do vegetarian dishes. The Smollensky's Original Chocolate Mousse is issued with the challenge that 'if you finish your helping and want more, for yourself, your waiter will bring you one more portion at no extra charge'.

Typically, food will cost about £20 a head. The carefully chosen wine list should satisfy most Canary Wharfers, even those celebrating a coup.



Isle of Dogs, Millwall Dock, Blackwall



Isle of Dogs

There are two theories about how the Isle of Dogs got its name. One is that Henry VIII kept his hunting dogs here, sending boats over to fetch them to his palace at Greenwich. The area is referred to as the Isle of Dogs on a map made in 1588.

The other theory is that the name derives from the dykes which Dutch engineers created in the 17th Century. Today's Marsh Wall follows the line they took. As late as the 18th Century, the only two buildings on the Isle of Dogs were a chapel and a pub, serving the needs of people using the ferry across to Greenwich.

Shipbuilding burgeoned here during the 19th Century. The most famous ship built here was Brunel's Great Eastern. During the war years the Island, as locals call it, became the target for heavy bombing.

Today, there is much for the visitor to see. The views towards Greenwich from Island Gardens are spectacular. At Mudchute there now exists Europe's largest urban farm. So perhaps that Henry VIII theory is right – the Isle of Dogs is a good place for animals. It is also a popular place for living and working, and for eating and drinking.



The Heron

Heron Quays, E14 4JB.

Tel: 020 7536 0141

The Heron looks out over the original Heron Quays, one of the earliest Docklands regeneration

developments – and illustrative of the smaller scale of thinking in those pre-Canary Wharf days. On the jetty nearby, you can often see cormorants drying their wings after a fishing trip, as well as the occasional eponymous heron. Bar food.



Elephant Royale

Locke's Wharf, Westferry Road, E14 3AN.

Tel: 020 7987 7999

London contains a growing number of Thai restaurants, and this one on the Isle of Dogs is an excellent example. Indeed, the spectacular views towards Greenwich give it an outstanding dimension. There are

helpful descriptions in clear English of what each dish contains, and perhaps an even more helpful star system to inform you about the gentle mildness or red hotness of each item. On Sundays, there is a buffet lunch from 12 to 4 at £14.50 a head.



The Ferry House

26 Ferry Street, E14 3DT. Tel: 020 7537 9587

There has been a pub on this site since Tudor times. Indeed, the pub and a chapel were for many centuries the only buildings on the Isle of Dogs. The present building dates from 1822, and was much used as a place of restoration by ferry travellers to and from Greenwich until the opening of the Foot Tunnel in 1902. Today locals, riverside explorers and tunnellers drop by regularly.



The Gun

27 Coldharbour, E14 9NS.

Tel: 020 7515 5222

One of Docklands oldest pubs The Gun has been refurbished and re-opened following a fire in 2000. The Grade II listed building overlooks the Millennium Dome across the river. It features two bars, two snugs and a decked terrace. It can be reached by rickshaw from Canary Wharf. The décor is old fashioned pub with historical prints, burnt oak floorboards and a black fronted bar. The food is first rate modern dishes supplemented by a choice from 16th century recipes. Lord Nelson was a regular and The Gun gets its name from a canon fired to celebrate the opening of West India Dock in 1802.



International Hotel

163 Marsh Wall, E14 9SJ.

Tel: 020 7712 0100

A wide variety of dining options set within a four star hotel on an unrivalled waterfront location. Enjoy a sandwich, ciabatta or light snack in the airy Conservatory Bar for around £6, or go for something more substantial in the authentically Italian pizzeria. 'Jenny's Carvery Restaurant' is ideal for an after work supper or family Sunday lunch at £13.50 per head (Children welcome), whilst for special occasions there is French cuisine and fine wines of 'Cromptons'.



The Lotus

38 Limeharbour, Millwall Dock, E14 9RH.

Tel: 020 7515 6445

London's largest floating Chinese restaurant. The cuisine at the Lotus combines the best of Canton, Szechuan and Beijing, while the views across Millwall Dock combine the best of what London Docklands has to offer. The lunchtime buffets Monday through Friday offer an outstanding choice of twenty dishes for £11, while many people travel here from far away for relaxed weekend meals. Private parties can be arranged for up to 500 guests, with (if you wish) everything from lion dancers to floating fireworks.





MemSaheb on Thames

65-67 Amsterdam Road, E14 3UU. Tel: 020 7538 3008

The Good Food Guide's verdict on this Indian restaurant with views over Blackwall Reach is that 'Docklanders should appreciate what a gem they have on their doorstep'. They certainly seem to. The MemSaheb offers an unusually wide choice of dishes from the whole of the Indian sub-continent, including Bengal – well worth trying. Or you can choose any of the old favourites at reasonable prices, e.g. Chicken Tikka at 5.95. There is a choice of ten MemSaheb Specials, none of the them costing more than £7.95.

The Puzzle Bar

21 Pepper Street, E14 9RB. Tel: 020 7308 0171

Overlooking Outer Millwall Dock close to the bascule bridge which brings a touch of Amsterdam to the scene. English and international menu drawing upon Greece, Italy, Mexico, Thailand and the USA amongst other countries. Steaks, burgers, survivor's breakfast and bangers & mash for the truly ravenous. Succulent puzzle skewers are a speciality as are puzzle salads at £5.25. To finish you are challenged to share an outrageous chocolate fondue.

Vegetarian dishes on the blackboard.



The Spinnaker

Harbour Exchange Square, E14 9GE. Tel: 020 7538 9329

This area of Millwall Dock was formerly used by East End gangsters for dumping bodies in stolen car boots. The Spinnaker is a good demonstration of how the area has come up since, and indeed it has itself recently been done up to be even more attractive. Good drink, including the beer buff's favourite Greene King, good food, and good views over the Sputnik cranes – not a word that means much today, but in the 1950s the public imagination was captured by the rocket that launched the first Soviet satellite, and the bandy-legged cranes were nicknamed after it.



Trinity Buoy Wharf

Orchard Place, E14 0JW. Tel: 020 7377 8001

Sir James Douglas designed this complex in 1863 as a chain and buoy store for the docks including within it London's only lighthouse where keepers were trained. Now Trinity Buoy Wharf is a growing centre for the arts and cultural enterprises in East London. The chain store is an area of 8,700 sq ft which can hold conferences for up to 1,000 for buffet, 300 for dinner dance and 1,000 for a reception. A public pier serves the River Thames. The walkway has been used as a landing stage. For more information please visit www.trinitybuoywharf.com



The Waterfront

*South Quay Plaza,
187 Marsh Wall,
E14 9SH.
Tel: 020 7537 3903*

A very busy and popular bar with a waterside terrace and barbeque. This South Quay hostelry has a well-deserved reputation for serving the best and without doubt some of the best value lunches in Docklands. This is one of the very few independently owned bars in Canary Wharf and the moment you walk in you notice the difference! The staff are friendly, professional and efficient. The kitchen produces a wide variety of excellent, freshly prepared food. Everything from Door Step Sandwiches to a superb Thai Chicken Curry; the menu is several pages long and with sandwiches starting at £2.95 (including French fries and salad) and an average £5.95 for a main course, it represents excellent value.



The Waterman's Arms

1 Glenaffric Avenue, E14 3BW. Tel: 020 7093 2883

Glenaffric Avenue, in common with a number of other exotic sounding streets in this area, is named after a ship that was built here. Newcastle Draw Dock next door was so called because ships were drawn or pulled in and out of it. The Waterman's Arms is in the Island Gardens Conservation Area. It is listed Grade II for its architectural merits, and also has the merit of being a welcoming pub cum restaurant. The food is traditional English, and £5 is likely to see most appetites satisfied. Double that for a traditional Sunday lunch. Beer is Taylor Walker House Ale and Calder Cream Ale. The short wine list covers the main bases at reasonable prices.



Mile End and Bow Wharf



A gratifying spin off from green initiatives such as Mile End Park and restoration of the canals is the number of pubs, restaurants and bars that have sprung up. They now complement well known attractions such as Roman Road Market and Victoria Park.

The name Bow is said to derive from the shape of a bridge commissioned by Queen Maud, wife of Henry I. Bow was for several centuries a centre for the unloading of waterborne goods, such as grain, shipped down river from Hertfordshire for the London market. The network of canals grew from Bow's proximity to the vital cargo and passenger arteries of the Rivers Lea and Thames.

A small oasis of restaurants nestles below the unique Green Bridge alive with trees and bushes. Bow Wharf lies at the junction of the Regent's and Hertford Union Canals. It is approached along the canal paths or through an impressive wrought iron gateway off Grove Road, where there is parking.



Ankaboot

556 Mile End Road,
E3 4PL.

Tel: 020 8983 1144

A Halal restaurant that does not serve alcohol but prides itself on a new style of cuisine with ingredients acceptable to one and all. Ankaboot has been very well reviewed in the

press and on radio for the originality of its dishes and desserts which are constantly updated.



The Crown

223 Grove Road, E3 5SN. Tel: 020 8981 9998

The subject of much media praise The Crown was the world's second certified organic gastro pub. It occupies a listed building opposite Victoria Park and retains many original classic pub features. There is a spacious bar on the ground floor and two dining rooms on the first. A wonderful selection of organic wines and champagnes offered at half price on Monday evenings. Organic beers on tap.

The Crown was a finalist in Time Out's Best Gastro Pub Awards, a winner in Les Routiers Beer Pub of the Year and highly commended in The Soil Association's Restaurant Awards.



Fat Cat Café Bar

221 Grove Road,
Bow Wharf, E3 5SN.
Tel: 020 8983 4353



One glance at the menu shows how the Fat Cat lives up to its name. All dishes are freshly made to order. In the unlikely event that you can't find something you fancy you can ask for what you want.

Open 7 days a week. Breakfast is served all day and that can mean bubble and squeak topped with a free range fried egg. No vegetarian need go hungry and burger lovers have plenty to drool over.

The wine list is good value and Fat Cat prides itself on an unusual cocktail menu featuring such exotica as Coconut Daiquiri, Rum Ric and Zubrowko No6.

Jongleurs Comedy Club

221 Grove Road, Bow Wharf, E3 5SN. Tel: 0870 787 0707

East London's representative of the Jongleurs chain offers to help you feast, drink, laugh and dance. Which just about sums it up. There are regular comedy spots, salsa, rumba nights, barbeques, discos and much more besides. A great night out for parties but you need to book and arrive by 8pm or 7.30pm on Sundays. Closes 2am. All rather different to the East End's tradition of old time music hall or the palace of varieties.



Matsu

558 Mile End Road, E3 4PL. Tel: 020 8983 3528

A glamorous venue introducing the highest standards of Japanese cuisine to East London. Classic Japanese fare including crisp prawn and vegetable tempura choices, delicious noodles and dumplings. An open kitchen contributes to the lively atmosphere.

Food prices are reasonable and you can choose from a Bento Lunch Box, Sushi, Sashimi, Ramen, Don Set, Curry, Teppan – Men, Chilli Lo-Men or Matsu Gozen.



The New Globe

359 Mile End Road, E3 4QS Tel: 020 8980 6689

The New Globe is a prime example of how the Mile End entertainment scene has been transformed in recent years. Very much a place for today's scene The New Globe is open 7 days a week. It has a late licence on Thursdays and Fridays.

The atmosphere and environment are lively, laid back and friendly. Live DJs and music, plus rooms to hire for private parties. Drinks range across a selection of guest cask ales, premium lagers and a varied international wine list. There is a new first floor lounge and bar, lunch and snack menu. One of East London's vibrant new spots to see and be seen.



The Palm Tree

Haverfield Road, Bow, E3 5BH

An idyllic location beside the canal and Mile End Park. The landlady's home made sandwiches are a big draw. A cheerful mix of old and young clientele. The Palm Tree has been described as the best boozier in London bar none. Live jazz, good beer and amazing wall paper make it a winner. A true safe haven for those who like their pubs to have plenty of character.



Thai Room Restaurant

221 Grove Road, Bow Wharf, E3 5SN. Tel: 020 8880 6500

An authentic Thai restaurant and take away with an elegantly furnished and decorated dining room. The menu is extensive but for those who prefer the chef's recommendations there is the Bangkok set meal for 2, the Phuket set meal for 4 and a vegetarian special for 2. The Thai Room is open every day and on Sundays there is a Sunday Lunch Buffet at £7.95.

The huge choice includes curries, stir-fried dishes, Yum Thai salads, sea food, grills and, of course, various rice and noodles. Vegetarians are well catered for.



Venus in the Park

552 Mile End Road, E3 4PL. Tel: 020 8880 6634

The restaurant's logos feature both Botticelli's Birth of Venus and the Venus de Milo. Fortunately for the clientele however the high standard of cooking and service proves that, unlike the latter named goddess, the staff retain full use of all their limbs.

The owner is on hand to greet you and guarantee you will never be rushed whilst enjoying a meal in a very comfortable, friendly atmosphere. The main restaurant is on the ground floor and upstairs a large room is dedicated to birthday and children's parties as well as corporate entertainment events.

The emphasis is Greek but other nationalities dishes including English, French and Italian are much in evidence on a truly extensive menu. Portions are generous and you will leave feeling fully replete. International selection of wines, spirits, liquors and beers to wash it all down.



Zeera

554 Mile End Road, E3 4PL. Tel: 020 8983 3111

Were Flanagan and Allen to revisit their old East End haunts today they would be amazed at what goes on "Underneath The Arches". Just a couple of minutes strolling from Mile End Station nestling beneath the park's New Millennium Green Bridge they would discover the Zeera Indian Restaurant.

Offering dishes from throughout the sub-continent Zeera welcomes customers to exotic cuisine from its rich heritage. Three 5 star master chefs cook authentic Indian dishes and enjoy explaining their history.



Open 7 days a week there is also a take-away and delivery service. Specialties include vegetarian, tandoori, mansahari and traditional dishes.