

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 0843 222 1234.

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.tfl.gov.uk or call the 24 hour hotline on 0843 222 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.

Thames Clippers

www.thamesclippers.com

For sight-seeing vessels or private charter of vessels, please go to:

Woods River Cruises

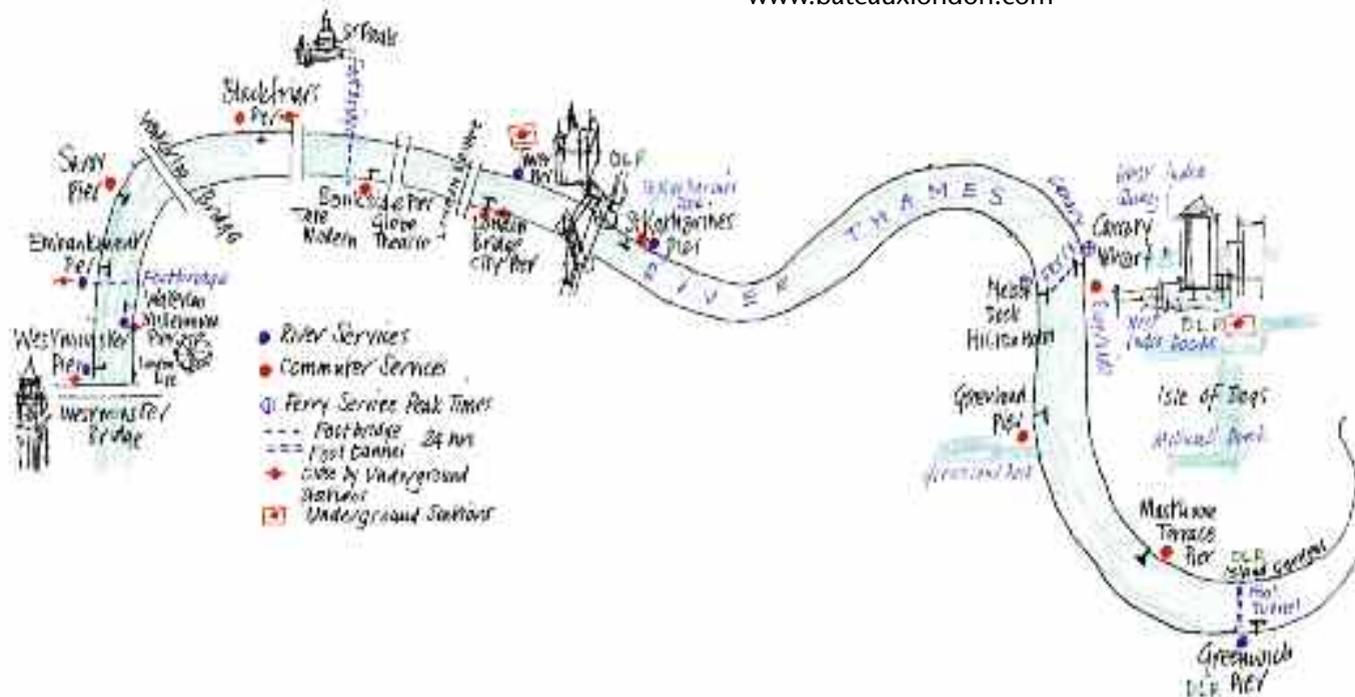
www.woodsrivercruises.co.uk

City Cruises

www.citycruises.com

Catamaran Cruises

www.bateauxlondon.com



Useful Websites and further information

For more detailed information about 'what to do' and 'where to go' visit www.myeastlondon.com, if you are looking for a unique venue, place to stay or eat please visit www.londoneastside.co.uk.

For further copies of the **Waterside restaurants, bars and pubs guide** or for general enquiries email: tourism@towerhamlets.gov.uk or call 020 7364 4900.

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
All East London – www.myeastlondon.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/quirkyshopping

Markets

Some of the best street markets in London are based in the east, find out where they are by visiting www.towerhamlets.gov.uk/markets

Event listings

www.myeastlondon.com

Walks

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



Waterside Gastronomic Guide

Restaurants, bars and pubs

...for lovers of eating and drinking



LONDON™



The River Thames: iconic, dynamic and, for the people that live in the metropolis that graces its banks, something of a paradox. For while the river undoubtedly presents London with both a physical and psychological barrier (don't get a Londoner started on the whole north/south divide thing!), there's no denying the role it plays in unifying the city and underpinning its unique sense of place.

Indeed, without the Thames there would be no London; the Romans established Londinium at the site of the first London Bridge and the river continued to play a crucial role in the centuries that followed. Celebrated seafarers like Captains Cook and Bligh set out from the Royal Docks to discover the world and, as trade increased throughout the 18th Century, the Port of London became the world's busiest, handling commodities from all over the British Empire.

An army of shipbuilders, warehousemen, lightermen, porters and other workers saw the river, docks and nearby canals buzz with activity in their heyday, while a thriving industry of pubs, inns and other entertainments grew up to serve the dockside communities. By the second half of the 20th Century, however, it was all over; the docks closed one by one, the communities lost their raison d'être and the river ceased to play its prominent role in London life.

Since then, of course, East London's derelict docklands have undergone a massive redevelopment and Londoners have fallen back in love with their river. Today, the Thames is one of the city's key recreational hubs, offering the Thames Path walkway, sightseeing cruises – and all kinds of opportunities for eating and drinking.

How to use the Waterside Gastronomic Guide

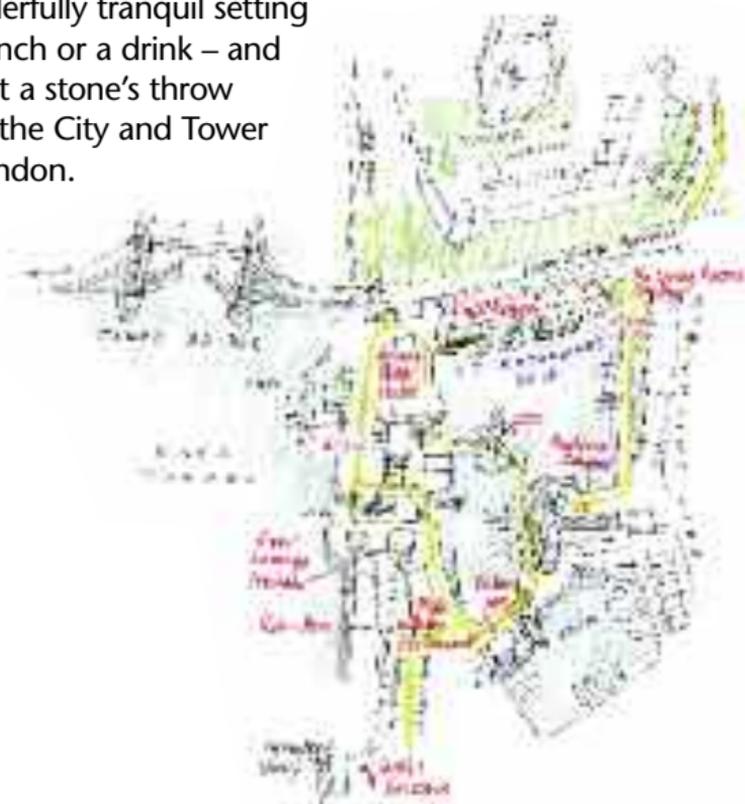
To make this guidebook more user-friendly, we've broken East London's riverside into segments and highlighted each particular area's range of interesting places to eat, drink and watch the water flow by. From St Katherine Docks in the west and all the way east to the River Lea, we've got the area covered: so whether you feel like a peaceful pint overlooking a canal; a toes-in-the-water view from a riverfront deck; or a lofty vantage point in one of Canary Wharf's glittering skyscrapers, you're sure to find something to suit your mood with the help of this handy little guide. Oh, and one more thing..... Cheers!

St Katharine Docks

St Katharine Docks are steeped in history. Archaeological evidence suggests that the site was used as a dock since as far back as the 1100s and had evolved into a prosperous settlement by the end of the 18th Century with its own court, school and hospital. By the early 1800s, however, the amount of trade pouring into London was overwhelming the existing wharves; so an all-new St Katharine Docks was built in their place, featuring warehouses complete with extensive vaults for storing the luxury goods and other commodities that poured in from around the world.

With its valuable cargoes of sugar, rum, tea, spices, perfumes, ivory, marble and brandy from such exotic sources as Africa, the West Indies and the Far East, the new St Katharine Docks quickly gained a reputation for their extreme wealth. By the time of the World Wars, however, modern cargo ships had outgrown the facility and the attentions of the Luftwaffe finally sealed the fate of St Katharine Docks, which closed for good in 1968.

Despite all the wartime damage and subsequent redevelopment, much of today's St Katharine Docks would remain recognisable to their 19th Century designers – though now, of course, the cargo-laden ships have been replaced with expensive yachts and the dockside warehouses transformed into luxury apartments, restaurants and shops. Many of these look directly onto the water, providing a wonderfully tranquil setting for lunch or a drink – and all just a stone's throw from the City and Tower of London.



Café Rouge

4 Tower Bridge House (Quayside),
St Katharine Docks, London E1W 1AA
Tel: 020 7702 0195 www.caferouge.co.uk

Whether you're hankering for a breakfast of buttery croissants; a lunchtime baguette or salad Niçoise; or something heartier like Toulouse sausages or steak Béarnaise, you'll find all your favourite French fancies at this well-known chain – with the added bonus of waterside dining directly on the dock-front. The same combination can also be found at the branch in Canary Wharf.

The Dickens Inn

Marble Quay, St Katharine Docks, London E1W 1UH
Tel: 020 7488 2208 www.dickensinn.co.uk

It may look like it's stood here for centuries, but the historic building housing the Dickens Inn was actually moved here piece by piece from elsewhere in the Docklands in 1974.

Today it's a popular choice for its traditional pub ambiance on the ground floor, with pizzas served on the second storey and homely comfort foods up on the third.



The Living Room

1 Tower Bridge House (Quayside),
St Katharine Docks, London E1W 1AA
Tel: 020 7702 4210 www.thelivingroom.co.uk

This upbeat and cosmopolitan chain bar features a floor-to-ceiling glass frontage that opens directly onto the St Katherine's waterfront, making it ideal for summertime drinks with a difference. Food choices are highly international, with options ranging from Thai green curry and Chinese crispy duck to succulent chateaubriand and even nostalgic British favourites like toad-in-the-hole and good old fish and chips.

Mala

2 Marble Quay, St Katharine Docks, London E1W 1UH
Tel: 020 7480 6408 www.malarestaurant.co.uk

Inspiration has been taken from all over the subcontinent for Mala's comprehensive menu, which offers exquisite, pan-Indian fine dining in a pleasant waterfront setting. The large venue is split into several distinct dining spaces, plus a raised bar area that's ideal for relaxing with a glass of wine in advance of the main event – no doubt while admiring the yachts outside!



The Medieval Banquet

Ivory House, St Katharine Docks, London E1W 1BP
Tel: 020 7480 5353 www.medievalbanquet.com

Down in the vaults below Ivory House, in a space filled with tapestries and suits of armour, lies a decidedly different, one-of-a-kind dining experience. Here, dinner comes in the form of a four-course royal feast, hosted by King Henry VIII and served by wenches against a backdrop of music, dancing, sword fights, jesting and all kinds of medieval pageantry.

Ping Pong

3 Tower Bridge House (Quayside),
St Katharine Docks, London E1W 1AA
Tel: 020 7680 7850 www.pingpongdimsum.com

'Little steamed parcels of deliciousness' are the major draw at Ping Pong, a growing chain of chic, modern-day Chinese tea-houses specialising in divinely delicate dim sum. The drinks menu has some interesting Asian-inspired and non-alcoholic cocktails, though be sure to try one of the signature 'flowering teas' – tea balls that blossom in hot water and taste as good as they look.

River Lounge Italian

50 St Katharines Way, London E1W 1LA

Tel: 020 7702 4588 www.riverloungeitalian.com

With wraparound views of the yachts moored outside and delicious Italian food inside, you could almost believe you're dining on the Riviera – especially on a summer's day, when the seating area expands onto an open-air balcony. The menu covers all the typical Italian favourites, with highlights including wafer-thin carpaccio and an unusual risotto with pears and blue cheese. Yum.

Strada

2 Tower Bridge House (Quayside),

St Katharine Docks, London E1W 1AA

Tel: 020 7702 0123 www.strada.co.uk

You can't go wrong with Strada. This burgeoning restaurant chain specialises in simple, quality Italian cuisine, with a particular focus on pizzas, pastas, risottos, salads and fish dishes. Be sure to save room for the utterly delicious *torroncino affogato* – a nougat semi-freddo doused in a shot of espresso. Outdoor, waterfront dining is available both here and at the Canary Wharf branch.

Xi Bar & Lounge

Guoman The Tower Hotel,

St Katharine's Way, London E1W 1LD

Tel: 0871 376 9036 www.guoman.com

Even the most jaded Londoner could not fail to be impressed by the view that opens up from the Xi Bar's picture windows, where the looming sight of Tower Bridge seems almost close enough to touch.

Get closer still at the Brasserie Restaurant downstairs, which has a large, outdoor, riverfront terrace that's literally in the shadow of this iconic landmark.



Wapping and Limehouse

There's a long history of waterside eating and drinking in this formerly rundown corner of East London. From their beginnings in the Elizabethan era, these dockside areas developed into a hub of international trade and attracted a lively community of sailors, merchants, dock workers and others to settle in the area. Then, rather like today, people liked to wind down after a hard day's work with a drink – and with a total of 36 taverns strung along Wapping High Street in its heyday, they certainly had plenty of choice!

Amazingly, given the extent of the redevelopment that's transformed the area in more recent decades, some of these taverns survive to this day. The Prospect of Whitby, said to be London's oldest riverside tavern, seems little changed since it opened in the 1520s, while the nearby Town of Ramsgate and Captain Kidd also share an incredible heritage. Fortunately, however, some things have moved with the times: Wapping's cellars no longer incarcerate convicts being transported to Australia, and Hanging Dock (where convicted pirates met their maker before crowds of baying spectators) has long since fallen into history and legend.

But the area's eating and drinking scene offers more than historic hostelries. From the cosiness of a traditional East End boozier to the industrial airiness of Wapping Food (located in a disused power station), this stretch of the Thames harbours some fantastically quirky drinking and dining options where the atmosphere on the inside is every bit as appealing as the riverside views without.



Booty's Riverside Bar

92a Narrow Street, London E14 8BP

Tel: 020 7987 8343 www.bootysriversidebar.co.uk

Riverfront views don't come much closer than that from Booty's, which is about as near to the water as it's possible to get without actually falling in. The simple menu of salads, hot meals and Sunday roasts offers outrageously good value, while regular quiz nights and live entertainment (encompassing jazz performances and hilarious drag shows) add considerably to the appeal.



Il Bordello

81 Wapping High Street, London E1W 2YN

Tel: 020 7481 9950

This charmingly old-school Italian never fails to please with its winning mix of friendly service, hearty portions and very reasonable prices. An excellent choice of pizzas, pastas and other classic Italian staples (bolstered by daily specials and some mouth-watering meat, poultry and fish dishes) makes Il Bordello a perennially popular spot with foodies, families and anyone with a monster appetite.



Captain Kidd

108 Wapping High Street, London E1W 2NE

Tel: 020 7480 5759

One of three historic pubs to be found along Wapping's waterfront, the Captain Kidd commemorates a former naval officer who was convicted of piracy and hanged at nearby Execution Dock in May 1701. All three pubs have fascinating stories to tell – presenting the perfect opportunity for a 'thinking man's pub-crawl' and a drink in each one as you uncover the past.



The Grapes

76 Narrow Street, London E14 8BP

Tel: 020 7987 4396 www.grapeslondon.co.uk



Dating from around 1720, this diminutive public house once served the needs of the rowdy watermen that worked this stretch of the riverbank. Whilst the heavily panelled interiors and indeed the building itself have clearly changed little over the last few centuries, today it's a much more civilised affair with a relaxed ambiance and award-winning (if tiny) fish restaurant upstairs.

Koh-i-Noor

1 Wapping High Street, London E1W 1BH

Tel: 020 7481 2727 www.kohinoorwapping.co.uk

Named after the legendary diamond that now resides in the nearby Tower of London, this quality Indian restaurant offers all the essentials from bhunas and biryanis to tandoori chicken and spicy vindaloo, plus regional specialities like delicious Goan fish curry – all set against a backdrop of the riverside gardens, with ships' masts rising proudly skywards from the adjacent pontoon.

The Narrow

44 Narrow Street, London E14 8DP

Tel: 020 7592 7950 www.gordonramsay.com/thenarrow

Great food, reasonable prices and a fantastic riverside setting have combined to make The Narrow one of London's most popular gastropubs. Classic, unfussy British dishes are perfectly executed with seasonal ingredients, plus there's an excellent selection of British beers and ciders alongside quality international wines. Diners occupy a bright, waterfront conservatory, while the outdoor patio is perfect for a sunny afternoon pint.



Pasha

75 Wapping High Street, London E1W 2YN

Tel: 020 7702 2040 www.pasharestaurants.co.uk

Tantalise your taste buds with the tempting Turkish treats on offer at Wapping's colourful Pasha restaurant. Specialising in the authentic flavours of the eastern Mediterranean, the menu features all kinds of mezze and delicious *pide* (Turkish pizzas), all of which are ideal for sharing. The same can't be said for the home-made baklava, which you'll want to keep all for yourself!

The Prospect of Whitby

57 Wapping Wall, London E1 3SH Tel: 020 7481 1095

Fast approaching its 500th birthday, London's oldest riverside tavern seems scarcely changed since it first opened for business all the way back in 1520. Samuel Pepys and Charles

Dickens are among the notables

known to have drunk here in years gone by, while today's visitors come to admire the fantastic riverfront views and breathe in the inescapable sense of history.



River View Chinese Restaurant

16 New Crane Place, Wapping High Street, London E1W 3TU
Tel: 020 7480 6026 www.riverview-restaurant.com

Located within a converted warehouse right on the riverbank, this high-end Chinese restaurant is a winning choice for both its exceptional cuisine and outstanding waterfront views. The menu is especially strong on seafood dishes alongside all the usual classics. Outdoor seating is available on the terrace, from where the views downriver towards the glittering Canary Wharf skyline are particularly impressive.



Smith's Brasserie

Hermitage Wharf, 22 Wapping High Street, London, E1W 1NJ
www.smithsbrasserie.com

The second Smith's Brasserie (the other is located in Ongar, Essex) is such a new addition to the East London dining scene that at the time of going to press, it hadn't even opened yet! If the runaway success of the Essex original is anything to go by, however, expect slick service and phenomenal fish dishes in an upmarket, welcoming environment.

Town of Ramsgate

62 Wapping High Street, London E1W 2PN
Tel: 020 7481 8000

The third of Wapping High Street's historic pubs, the Town of Ramsgate vies with the nearby Prospect of Whitby for the title of 'London's oldest'. This long, narrow venue has a rich and colourful history and plenty of modern-day atmosphere, both of which can be absorbed at leisure over a peaceful pint (or two) on the tiny, sun-dappled terrace.



Vesuvio

139 Three Colt Street, Westferry, London E14 8AP

Tel: 020 7093 1112

OK, so this one isn't precisely on the riverside, but it's pretty darn close (just a stone's throw from Westferry Circus) and well worth a stop for a coffee break or lunch on the go. Expect a good range of sandwiches, panini, pizzas and pasta dishes, plus basic breakfasts, excellent coffees and a small selection of wines, beers and *digestivi*.

Wapping Food

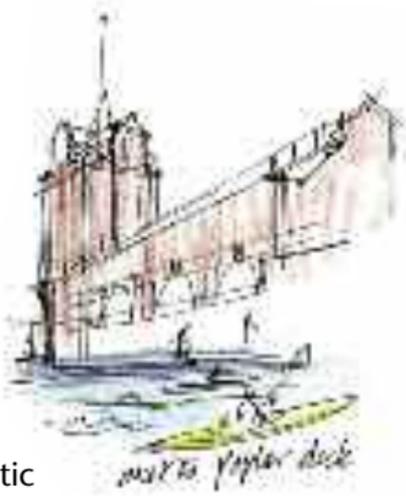
Wapping Hydraulic Power Station,

Wapping Wall, London E1W 3SG

Tel: 020 7680 2080

www.thewappingproject.com

For destination dining in a one-of-a-kind setting, look no further than Wapping Food – a spectacular restaurant-cum-gallery located within the dramatic setting of a former hydraulic power station. Bold, bright artworks offset the stark, industrial tone of the huge and airy interior, while the daily changing menu offers inspired, pan-European cuisine made with fresh, seasonal ingredients at their best.

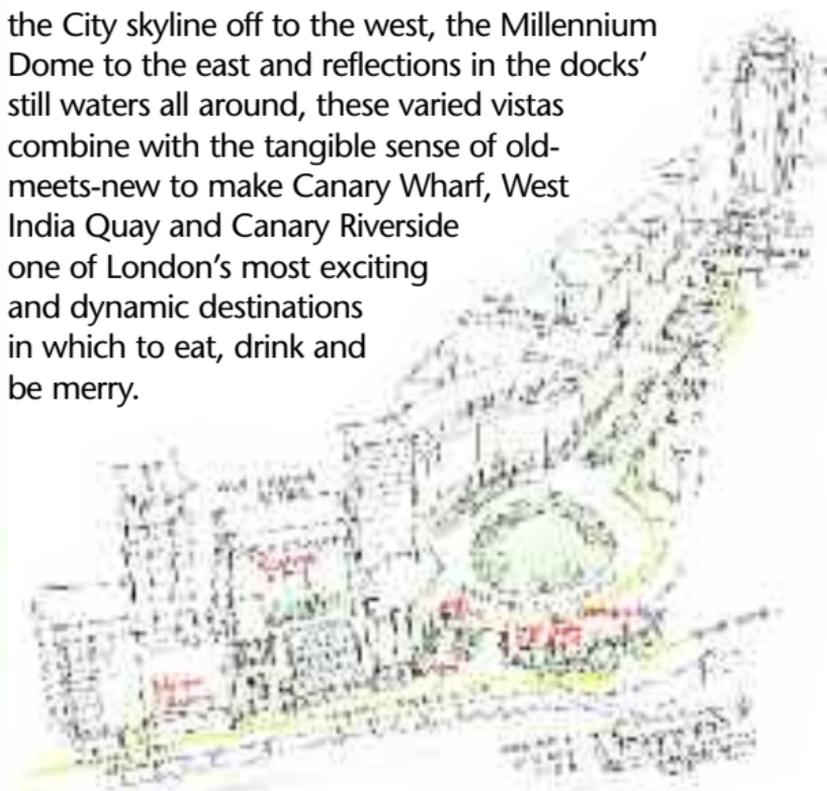


Canary Riverside, Canary Wharf & West India Quay

Looking at today's high-end shops and high-rise skyline, it's hard to fathom the sheer scale of the dereliction that blighted the Canary Wharf area just a few decades ago. With the final closure of the docks in 1980, what had once been the world's busiest port became a broken wasteland where unemployment, deprivation and urban decay cast serious doubts over the area's future.

Fast-forward 30 years and the scene could not be more different. Canary Wharf is now one of Europe's major financial centres and home to hundreds of shops, thousands of luxury apartments and some impressively tall buildings (including One Canada Square, until recently the UK's tallest). But among these glittering glass and steel towers lie remnants of the docklands' industrial past, with converted warehouses, cobblestone side-streets, preserved dockyard machinery and of course the docks themselves providing a varied and pleasant waterfront environment where modern-day workers (and visitors, too) can drink, dine and relax in style.

As well as offering an enormous range of bars and restaurants that covers everything from quality chains to quirky independents, the Canary Wharf area also has some of the best views in the whole of London. With the City skyline off to the west, the Millennium Dome to the east and reflections in the docks' still waters all around, these varied vistas combine with the tangible sense of old-meets-new to make Canary Wharf, West India Quay and Canary Riverside one of London's most exciting and dynamic destinations in which to eat, drink and be merry.



Canary Riverside

Azura at the Radisson Edwardian

5 Fairmont Avenue, New Providence Wharf,
London E14 9PJ Tel: 020 7987 2050
www.radisson.new-providence-wharf.com

There's a definite hint of the orient at this chic riverfront restaurant, whose minimalist overtones and sophisticated colour scheme add a clear sense of style to the proceedings. Azura specialises in quintessentially British cuisine made with interesting, seasonal ingredients like wild garlic or salt-marsh lamb – and all set against a stunning backdrop of The O2 arena, just across the river.

Belgique Brasserie

37 Westferry Circus, Canary Riverside, London E14 8RR
Tel: 020 7516 0022 www.belgique.co.uk

Expect genuine Francophile flavour at this bright and airy brasserie, which occupies a double-height space with floor-to-ceiling windows that look right onto the Thames. Specialities include coq au vin and steak tartare, plus mussels prepared in several different ways (all of which come with irresistible, double-fried chips). Breakfasts are excellent, while the deliciously decadent patisserie selections are out of this world.

Café Brera

31 Westferry Circus, Canary Riverside, London E14 8RR
Tel: 020 7512 9575 www.cafebrera.com

When Café Brera opened their first espresso bar in 1991, it was the very first coffee shop in newly-built Canary Wharf. Now the company has six London locations, including three in this immediate vicinity. The Westferry Circus branch enjoys riverside views from its picture windows and outdoor patio, where patrons can partake of freshly-baked pizzas and panini with their caffeine fix.



Camino

28 Westferry Circus, Canary Riverside, London E14 8RR
Tel: 020 7239 9077 www.camino.uk.com

An urban décor (with lots of distressed wood and a huge mural of Barcelona's La Boqueria market) sets the perfect tone for Camino's excellent modern Spanish food. Tapas is offered either à la carte or from set menus offering 'un poco de todos' (a bit of everything), while drink options span a £640 bottle of wine (popular with local bankers) to cava and sangria for those of more realistic means.

The Gaucho Grill

29 Westferry Circus, Canary Riverside, London E14 8RR
Tel: 020 7987 9494 www.gauchorestaurants.co.uk

Come hungry to this authentic Argentine eatery, where enormous steaks take pride of place among ceviches, empanadas, chops, grills and other South American treats. The unfailingly sleek and sophisticated interiors are an attraction in themselves, with the predominantly black and white palate accented with touches of cowhide and chrome; while the riverfront views on the outside are undeniably arresting, too.



Quadrato at Four Seasons

46 Westferry Circus, Canary Riverside, London E14 8RS
Tel: 020 7510 1999 www.fourseasons.com/canarywharf

This stylish and contemporary restaurant combines exquisite northern Italian cuisine with the superlative standards of quality and service that one might expect from a five-star hotel. Weekdays offer an express lunch option, while the Sunday brunch (featuring everything from soup and sushi to a full-service carvery) is legendary. Cocktails and afternoon tea are available in the adjacent bar, with outside seating in summer.



Royal China

30 Westferry Circus, Canary Riverside, London E14 8RR
Tel: 020 7719 0888 www.royalchinagroup.biz

Like its famous counterparts in Baker Street and Queensway, the East End branch of this high-end Chinese offers Oriental fine dining in a classy and contemporary setting. The mix of traditional Cantonese dishes and delectable dim sum have earned Royal China an enviable reputation – so plan to arrive early at busy times or expect to wait for a table.



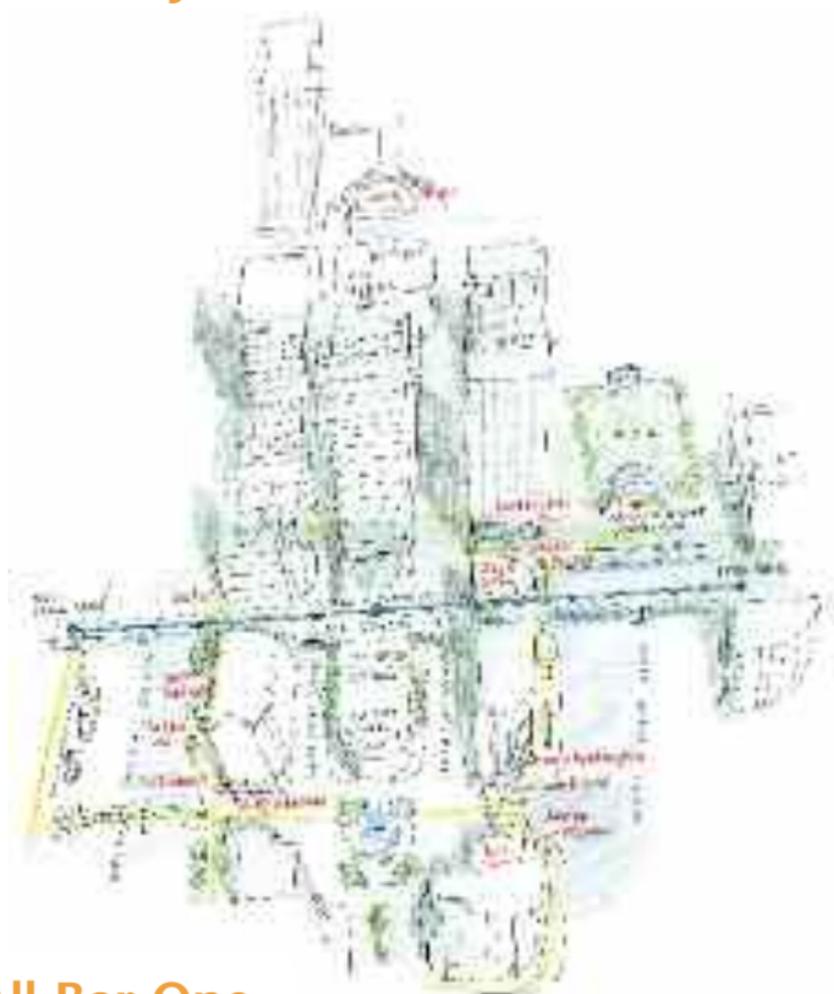
Zizzi

33 Westferry Circus, Canary Riverside, London E14 8RR
Tel: 020 7512 9257 www.zizzi.co.uk

Best known for its authentic and delicious crispy-based pizzas, Zizzi also serves up a full range of Italian specialities including pasta, salads, risotto and meat dishes – all at very reasonable prices. This popular chain has branches all over London (including St Katherine Docks), but none can compete with the Canary Wharf location for its truly spectacular, floor-to-ceiling riverfront views.



Canary Wharf



All Bar One

42 Mackenzie Walk, Canary Wharf, London E14 5EH
Tel: 020 7516 0191 www.allbarone.co.uk/allbaronecanarywharf

It's rare to have a quiet moment at All Bar One, which is generally packed both day and night with friends and colleagues enjoying a get-together. This UK-wide chain offers a contemporary spin on traditional pub cuisine; burgers, for example, come accented with coriander, while there's a wide range of tempting tapas that are ideal for sharing over a few drinks.

Amerigo Vespucci

25 Cabot Square, Canary Wharf, London E14 4QA
Tel: 020 7513 0288 www.amerigovespucci.co.uk

Named after a famous seafaring explorer, this distinctively different Italian offers great food and excellent service in the shadow of One Canada Square. The extensive menu encapsulates all the flavours of Italy, with hot and cold antipasti, soups, sausages and all kinds of regional specialities hailing from across the country. Outdoor patios provide *al fresco* dining when the weather allows.

Brodie's

43 Fishermans Walk, Canary Wharf, London E14 5HD
Tel: 020 7719 0202 www.brodiesbar.co.uk

A sheltered, waterfront location at the foot of One Canada Square gives this bright and airy venue a best-of-both-worlds setting that's reflected in its enduring popularity. The extensive

outdoor terrace is great for casual dining in the summer months, while a champagne lounge, regular live music and choice of dining areas make it equally inviting on the inside, too.



Carluccio's

Reuters Plaza, Canary Wharf, London E14 5AJ
Tel: 020 7719 1749 www.carluccios.com/caffes/canary-wharf

As with the other outposts of this ever-growing chain, Carluccio's bustling Canary Wharf branch serves a simple and speedy menu of Italian specialities for breakfast, lunch and dinner, plus excellent coffees, naughty-but-nice cakes and delicious desserts. There's also a delicatessen section where customers can pick up all the essential ingredients and other goodies to recreate the Carluccio's experience at home.



Cat and Canary

25-27 Fisherman's Walk, Canary Wharf, London E14 4DH
Tel: 020 7512 9187 www.fullers.co.uk

Occupying a prestigious corner premises right on the dock, the Cat and Canary is E14's take on a traditional British pub, complete with typical pub décor and plenty of beers on tap. There are big screens inside where punters can catch up on major sporting events, plus a large outdoor seating area for those who'd rather enjoy the waterfront views.



Corney & Barrow

9 Cabot Square, Canary Wharf, London E14 4EB
Tel: 020 7512 0397 www.corney-barrow.co.uk

The Canary Wharf branch of this upmarket wine-bar chain (there are 12 others in the City) has a pleasantly contemporary feel that's enhanced by its large waterfront terrace (home to a barbecue in summer), quality wine list and hearty menu of seasonal comfort foods – making it a firm favourite with the financial district's high-fliers at any time of day.



Davy's

31-35 Fisherman's Walk, Canary Wharf, London E14 4DH
Tel: 020 7363 6633 www.davy.co.uk/canarywharf

This mid-sized chain of wine bars (an offshoot of Davy's Wine Merchants) has over 30 locations scattered across the City and central London. Given their pedigree, it's no surprise to find the Canary Wharf outpost serving a wide range of superb wines alongside

premium beers, champagne, port, dessert wines and a

tempting lunchtime and evening menu of burgers, steaks and fish.



The Fine Line

29-30 Fisherman's Walk, Canary Wharf, London E14 4DH
Tel: 020 7513 0255 www.fullers.co.uk

One of a string of pubs stretching along the waterfront, The Fine Line is a popular haunt for 'Wharfers' (the local office workers) to enjoy a post-work tipple. Known for its upmarket décor (all dark wood and chocolate leather) and excellent drinks selection, the bar also serves a decent choice of contemporary pub food and platters designed for sharing.



First Edition

25 Cabot Square, Canary Wharf, London E14 4QA
Tel: 020 7513 0300 www.firsteditionrestaurant.co.uk

Independent eateries are few and far between in Canary Wharf, but this distinctively different offering really shines. Steaks, seafood, salads and more are served in a classy, contemporary setting that's tinged with seaside chic, with bleached-wood seating and booths disguised as beach huts. A spacious outdoor patio offers dock views on one side and the Cabot Square fountains on the other.



Gourmet Pizza Company

18-20 Mackenzie Walk, Canary Wharf, London E14 4PH
Tel: 020 7345 9192

Pizzas come with a twist at this quirky little chain, which offers unusual options like Thai chicken, Chinese duck or even beetroot and blue cheese alongside the more conventional margheritas. There's also a choice of pastas and salads, plus wines to help wash it all down. Service is affable and the waters of the dock are just a stone's throw away.



The Henry Addington

22-28 Mackenzie Walk, Canary Wharf, London E14 4PH
Tel: 020 7719 1114
www.nicholsonspubs.co.uk/thehenryaddingtoncanarywharflondon

Named after the Prime Minister in office when West India Docks first opened, the Henry Addington offers a traditional and characterful pub environment where patrons can enjoy the best of British. Food choices include good old English staples like pies, roasts,

sausages and beer-battered fish, while drinks choices cover British real ales, selected wines, quality gins and fine malt whiskies.



Jamie's Italian

2 Churchill Place, Canary Wharf, London E14 5RB

Tel: 020 3002 5252 www.jamieoliver.com/italian/canary-wharf

Part of TV chef Jamie Oliver's ever-growing culinary empire, this bright and contemporary restaurant introduces Canary Wharf to the delights of Italian home cooking, serving "what you'd find ordinary people eating over in Italy". Expect fantastically fresh, seasonal ingredients and pasta that's made on the premises, plus a great range of Italian wines served by the glass, pitcher or bottle.



The Slug and Lettuce

30 South Colonnade, Canary Wharf, London E14 4QQ

Tel: 020 7519 1612 www.slugandlettuce.co.uk/canary_wharf

Another of the Wharf's many chain pubs, the Slug and Lettuce is conveniently located opposite the entrance to Canary Wharf station – making it handy for one last pint on your way home! The bar serves a full range of wines, beers, cocktails and shots, while those seeking more solid sustenance can choose from breakfasts, burgers, sandwiches, salads and more.



Smollensky's

Reuters Plaza, Canary Wharf, London E14 5AJ

Tel: 020 7719 0101 www.smollenskys.com/canarywharf

Canary Wharf bustle meets New York chic at this cosmopolitan and spacious bar and restaurant. The interesting and varied menu offers the very best of modern American cuisine, with highlights including Boston fishcakes, Cajun jambalaya and Cobb salads alongside the more typical US offerings of burgers, steaks and ribs – plus bar snacks and sharing platters for those with lighter appetites.



West India Quay

Bar 38

*Hertsmere Road, West India Quay,
London E14 4AX
Tel: 020 7515 8361
<http://canarywharf.bar38.co.uk>*



This classier-than-average chain pub has a fantastic setting within one of West India Quay's restored, historic warehouses. The attractive, split-level space has lots of original features like rough, exposed brickwork and aged wooden beams that perfectly offset the luxe modern décor, while an interesting menu, extensive cocktail list and huge, open-air, dockside terrace all add to its considerable appeal.

Beluga Café

*Hertsmere Road, West India Quay, London E14 4AF
Tel: 020 7005 0862 www.belugacafe.com*

As one might expect from an establishment that shares its name with an expensive type of caviar, Beluga is all about the finer things in life. But there's a twist: for while the menu may indeed feature champagne by the magnum and oysters by the dozen, there's also beans on toast and bacon butties – and frankly, what could be finer than that?



Browns Bar & Brasserie

*Hertsmere Road, West India Quay, London E14 8JJ
Tel: 020 7987 9777 www.browns-restaurants.co.uk*

The Docklands branch of this popular chain is situated within a converted, historic warehouse and serves the tried-and-tested Browns formula of continental beers, well-chosen wines and signature cocktails alongside classic British and European cuisine. An enormous terrace overlooking the dock allows the proceedings to spill outside in good weather, while a daily prix fixe menu offers exceptionally good value.

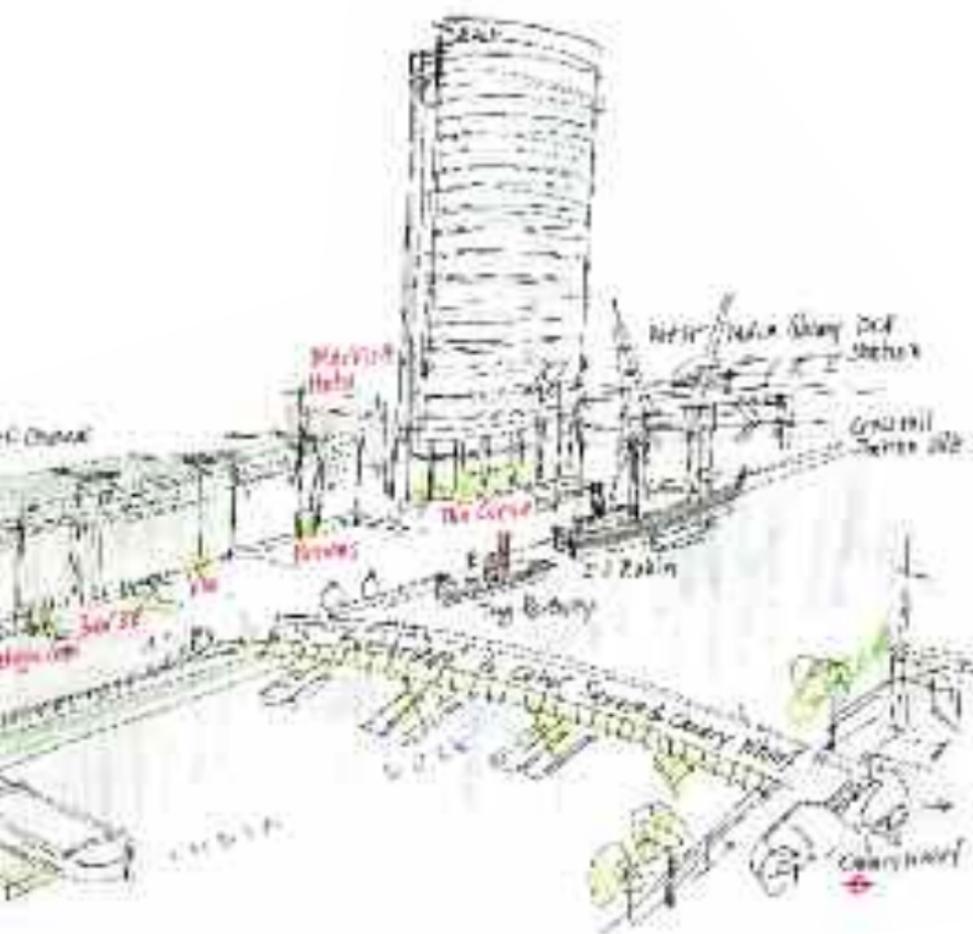


Leven is Strijd

West India Quay, London E14 4AE

Tel: 020 7987 4002 www.theleven.co.uk

Looking for a private dining experience with a difference? Then rent the Leven is Strijd, a traditional Dutch barge moored near West India Quay's historic warehouses. With exclusive use of the vessel and a fantastic range of menu options that can be mixed-and-matched to suit, this unique venue is the perfect place for lunches, receptions and intimate celebrations of any kind.



Rum & Sugar Bar and Kitchen

No 1 Warehouse, West India Quay, London E14 4AL
Tel: 020 7538 2702 www.rumandsugar.co.uk

Located within one of Canary Wharf's few remaining historic buildings, this high-ceilinged former warehouse has been sympathetically restored and successfully combines contemporary edginess with authentic Georgian character. Part of the Museum of London Docklands, this airy eatery is West India Quay's only independent bar/restaurant and serves a choice of simple, well-prepared British dishes in a casual yet atmospheric setting.



La Tasca

Hertsmere Road, West India Quay, Canary Wharf, E14 4AE
Tel: 020 7531 9990 www.latasca.co.uk/canary-wharf

This lively chain serves up authentic tapas, paella and other Spanish specialities, either inside in a historic warehouse setting or outside on the extensive waterfront terrace.

Popular choices include dry-cured Serrano ham, spicy chorizo and creamy Manchego cheese – all washed down with a wide selection of beers, wines, sheries, cocktails and of course that Spanish essential: jugs of sangria.



VIA

Hertsmere Road, West India Quay, London E14 4AY
Tel: 020 7515 8549 www.viabars.co.uk

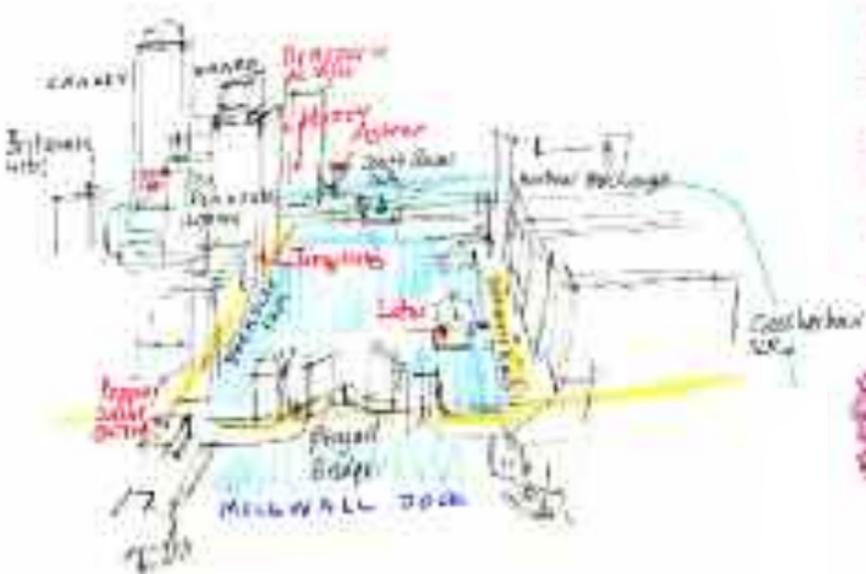
This dockside venue offers a quirky mix of chain-pub ambiance at the bar combined with sexy bordello styling (in the shape of animal-print upholstery, seductive lighting and salvaged ecclesiastical fixtures) in the secluded seating areas. For additional entertainment, there's a games room out the back and a terrace out the front, while the basement transforms into a nightclub at weekends.

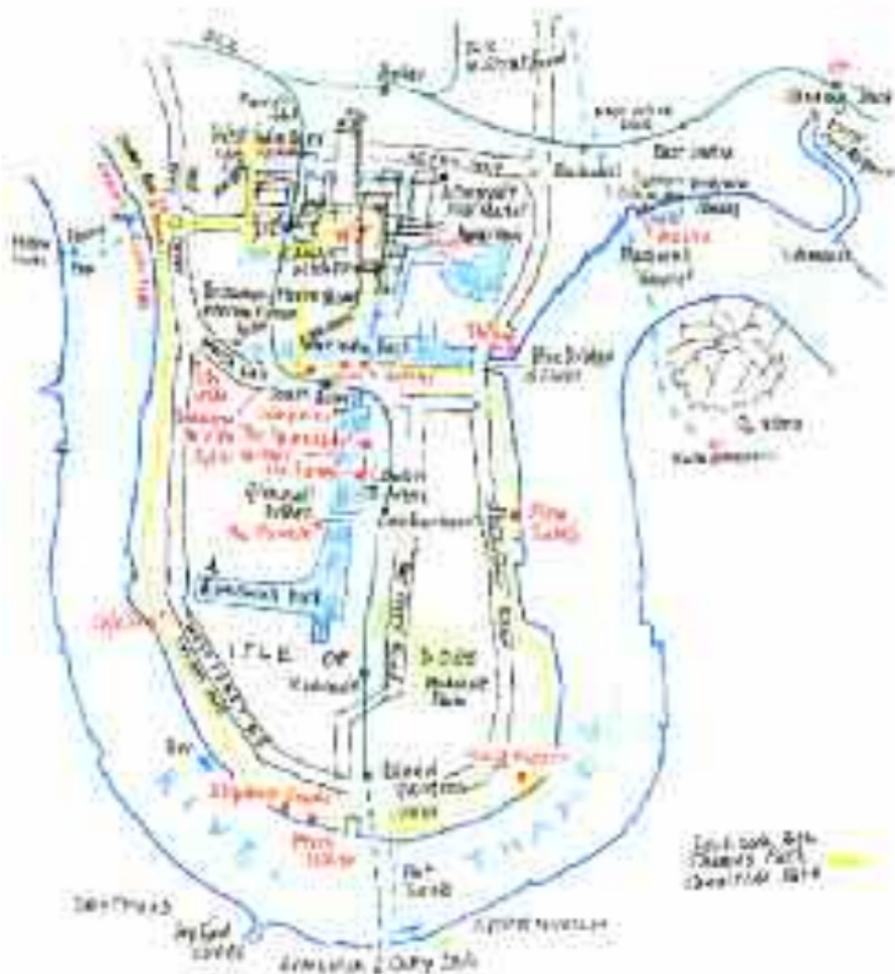
Isle of Dogs

Lying to the south of Canary Wharf, the Isle of Dogs is the piece of land occupying that sweeping, horseshoe meander made famous by the *EastEnders* opening credits. Thought to be named for the royal kennels that once existed here, the Isle of Dogs became heavily industrialised in the 1800s, when the foreshore was crammed with factories and shipyards and the docks were a hive of activity. Heavy bombing in the Second World War sent the area into a spiral of decline from which it took many, many years to recover.

Today, though, the Isle of Dogs has undergone a major regeneration and is once again home to thriving communities. Modern apartment complexes jostle for space along the riverfront and docksides, while a wide range of quality pubs, bars and restaurants have sprung up to meet the needs of the new breed of locals. From traditional English pubs and modern gastropubs to a number of international offerings including London's largest floating Chinese restaurant, there are options here to suit every taste and budget.

One of the Isle of Dogs' most appealing quirks, though, is its wonderful open spaces. Both Island Gardens (famous for its views across to Greenwich) and Mudchute Farm (32 acres of fields and trees complete with horses, sheep and cows) seem completely at odds with the high-rise development all around. A stroll around either offers a unique taste of the countryside in the heart of East London – and a handy opportunity to work up an appetite.





Aston's Champagne & Wine Bar

187 Marsh Wall, London E14 9SH

Tel: 020 7537 3903 www.astons-bar.com

Aston's is South Quay's answer to the glamorous cocktail lounges of a bygone era. The sister establishment to Beluga over on West India Quay, Aston's is the place to come for its fabulously Deco design and showy yet sophisticated cocktail list to match. By day it's ideal for a light lunch overlooking the waterfront, offering a wide range of international favourites.

Brasserie De Ville

Discovery Dock East, 3 South Quay, London E14 9RU

Tel: 020 7538 9707 www.devillebrasserie.co.uk

With the Canary Wharf skyline reflected in the dock outside and the elegantly sophisticated Art Deco styling within, there's a great view to be had no matter where you sit at this typically French brasserie. The menu spans everything from soups and salads to steaks and *fruits de mer*, while the accompanying choice of wines (both French and New World) is outstanding.



The Britannia International Hotel

163 Marsh Wall, London, E14 9SJ Tel: 0871 222 0042
www.britanniahotels.com/hotels/london

Depending on your mood, this conveniently-located hotel features the waterfront Conservatory Bar for drinks and snacks; Jenny's Carvery for hearty breakfast, lunch and dinner options with views of the Canary Wharf skyline; and a traditional Italian pizzeria. Menus throughout are affordably priced, offering excellent value for money in this otherwise rather expensive part of the city.

Byblos Harbour

The Waterfront, 41 Millharbour, London E14 9NB
Tel: 020 7538 4882 www.byblos-harbour.com

Mouth-watering aromas from the open kitchen greet diners upon entry at this charming, waterfront Lebanese restaurant. The wide variety of hot and cold mezze and delicious, charcoal-grilled meats are ideal for sharing over a long lunch, while the dockside terrace is perfect for enjoying an after-dinner smoke on a shisha pipe as the lights twinkle across Millwall's placid waters.

Café Sen

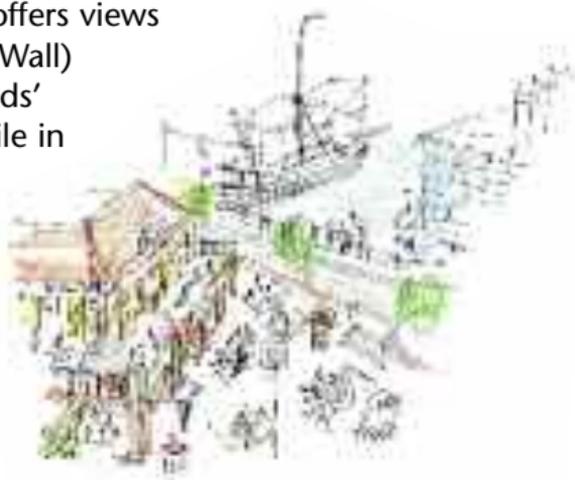
Orion Point, 7 Crews Street, London E14 3TU
Tel: 020 7093 3821

It may be slightly off the beaten track, but this popular, independently-owned Vietnamese is well worth the effort of tracking it down. The restaurant has attracted legions of loyal fans for its simple, authentic and well-executed dishes like summer rolls and sea bass with mango, plus imported Hanoi beer and some unusual soft drinks like coconut juice and avocado smoothies.

City Pride

15 Westferry Road, London E14 8JH
Tel: 020 7987 3516 www.citypride.co.uk

Looking somewhat anachronistic against its backdrop of Canary Wharf's high-rises, this traditional 1950s pub is surprisingly spacious both inside and out. A large terrace offers views (albeit across Marsh Wall) towards the Docklands' futuristic skyline, while in the other direction it's possible to glimpse the Thames itself. There's a good menu of typical pub favourites, with roasts on Sundays.



Elephant Royale

Lockes Wharf, Westferry Road, London E14 3WA
Tel: 020 7987 7999 www.elephantroyale.com

Exceptional Thai dining comes with incredible riverside views at this high-end restaurant (located at the southernmost tip of the Isle of Dogs). There's an extensive à la carte menu, plus several well-balanced set menus to appease the indecisive. An outdoor terrace provides uninterrupted views downriver towards historic Greenwich Palace, making this an ideal spot for a lazy summer's lunch.



The Ferry House

26 Ferry Street, London E14 3DT

Tel: 020 7537 9587

www.ferryhousee14.co.uk



Its river views may have been stolen by a new block of flats, but that doesn't stop the Ferry House from trumpeting its waterside heritage. Built in 1722, this traditional East End boozer is the island's oldest pub and once served travellers using the long-extinct ferry service between here and Greenwich. Today, of course, the DLR makes getting here much easier!

The Great Eastern

1 Glenaffric Avenue, London E14 3BW

Tel: 020 7531 6514 www.bestplaceinns.com

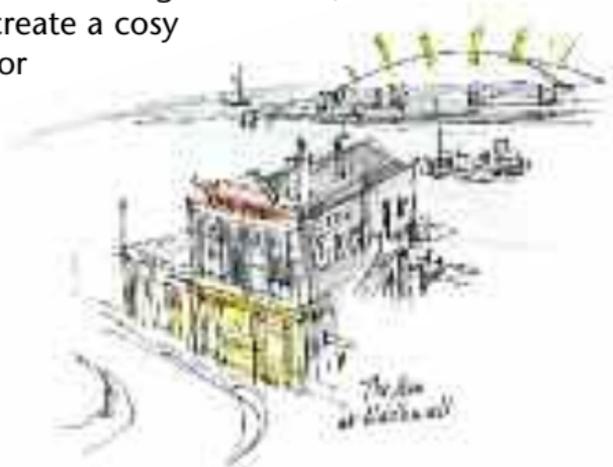
Known for many years as the Waterman's Arms, this Georgian café/pub in the far south of the island has a rather illustrious heritage, having been the setting for the 1960s TV show *Stars and Garters* as well as appearing in the 1980 gangster flick *The Long Good Friday*. A major refurbishment and accompanying name-change herald a new beginning for this friendly, well-run establishment.

The Gun

27 Coldharbour, London E14 9NS

Tel: 020 7515 5222 www.thegundocklands.com

Following an extensive makeover from burned-out boozer to glitzy gastropub, this award-winning restaurant has become one of the most respected dining destinations along the entire Thames waterfront. In summertime, an adjacent riverfront terrace becomes A Grelha, a hugely popular, Portuguese-style barbecue offering fresh fish and Portuguese wines; while open fires create a cosy and inviting indoor environment during the winter months.



Hazev

*Discovery Dock West, 2 South Quay Square, London E14 9RT
Tel: 020 7515 9467 www.hazev.com*

With a bar, restaurant and café all under one roof, this trilogy of Turkish treats occupies a vast, bright and modern space where each of the three entities has its own personality. The theme is faultlessly executed throughout, from the café's antique chairs to the Whirling Dervish motifs on the restaurant walls, while the mouth-watering meze are out of this world.

Lotus Floating Chinese Restaurant

*5 Baltimore Walk, Millwall Dock, London E14 9FB
Tel: 020 7515 6445 www.lotusfloating.co.uk*

Few restaurants can claim such close-up waterfront views as Lotus, a popular Oriental eatery located within a stylised, double-decker barge that floats upon the waters of Millwall Dock. The speedy lunch menu is perfect for those on the go, while the excellent dim sum and à la carte menus (covering all your Szechuan, Cantonese and Peking favourites) invite you to linger longer.



Memsaheb on Thames

*65-67 Amsterdam Road, London E14 3UU
Tel: 020 7538 3008 www.memsaheb.net*

When a place counts Britain's best-loved TV chef among its loyal fans (Delia Smith famously declared it her "favourite Indian restaurant"), it's fair to expect great things from Memsaheb on Thames – and with its divine combination of Indian fine dining with show-stopping views of The O2 arena on the far side of the river, this excellent restaurant doesn't disappoint.



Pepper Saint Ontiod

21 Pepper Street, Crossharbour,
London E14 9RP
Tel: 020 7987 5205
www.peppersaintontiod.com



Retro styling and genuine vintage furnishings make this relatively recent addition to Millwall Dock's dining scene feel more like your granny's living room than a restaurant. The bar area features battered, comfy sofas and plenty of quirky knick-knacks, while the candlelit restaurant is decked out with mismatched, salvaged chapel chairs. A winning combination of great gastropub food and fine waterfront views.

Tompkins

4 Pan Peninsula Square, South Quay, London E14 9HN
Tel: 020 8305 3080 www.tompkins.uk.com

There's a definite designer edge to this NYC-style brasserie, located within the super-luxe Pan Peninsular development. Diners can tuck into modern European dishes in either the crisp and stylish restaurant or the fabulously shabby-chic lounge (complete with comfy leather sofas and dramatic statement pieces), while liquid refreshment is available in the clubhouse-style main bar or up on the mellower mezzanine.



Mile End and Bow Wharf

Just steps away from the traffic and bustle of Mile End Road lies a very different environment that seems to harken back to a forgotten age. Here along the leafy waterfront, ducks dabble noisily, impatient to be fed; and people stroll contentedly along a pretty towpath. This is Regents Canal, once a busy transport link, now a popular spot to walk, kayak, cycle, jog or simply tuck into tempting waterside refreshments.

Regents Canal once carried goods all the way inland from Limehouse to Paddington and on to Birmingham, Manchester and the rest of the country. Britain's canals boomed during the Industrial Revolution and were the nation's primary transport network until the advent of railways in the mid-1800s heralded their era of decline. Increasing competition from road transportation made the canals obsolete by the mid-1900s, and Regents Canal carried its last commercial traffic in the late 1960s.

Since then, the towpath has been opened up to public use and the canal has become a popular recreational facility for locals seeking fresh air and a bit of peace and quiet. Eating and drinking are particular highlights of the leisure activities on offer, with a good selection of pubs and bistros at various points along the canal. Options range from traditional pubs serving good old English fare to international cuisines from India and the Far East – and if you should happen to overindulge, you can always burn it off by following the towpath all the way back through Hackney, Islington and beyond!



The New Globe

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

You'd never know you were by the canal from inside this popular Mile End pub (it's hidden from view by an obstacle course of high brick wall and steep flight of steps), but it makes a handy stopping-off point if you're in need of a break from your tow-path trek. The pub attracts a young, laid-back and lively crowd.



The Olive

44 Palmers Road, Mile End, London E2 0TA

Tel: 020 8983 6634

For delicious, contemporary Italian cuisine with atmospheric canal-side views, look no further than The Olive. Specialities at this award-winning, independently-owned eatery include amazing thin-crust pizzas, home-made pasta and daily fish specials (sourced from nearby Billingsgate Market). In summer there's dining al fresco on the decked terrace, where barges chugging along Regents Canal add considerably to the overall ambiance.

The Palm Tree

Haverfield Road, Bow, London E3 5BH Tel: 020 8980 2918

Standing sentry in a canal-side park (the neighbouring houses were destroyed by wartime bombs), the Palm Tree is a delightfully old-school pub that seems almost stuck in a time-warp. Last refurbished in the mid-1970s, the wonderfully retro interiors (think gilded wallpaper and heavy velvet drapes) and signed black-and-whites of boxing heroes endow the place with genuine East End charm by the bucketload.



Thai Room

221 Grove Road, Bow Wharf, London E3 5SN

Tel: 020 8880 6500 www.thairoom.co.uk

The towpath that runs the length of Regents Canal is one of London's best walking routes – and the Thai Room is the perfect place to refuel along the way. Set just back from the waterfront on Bow Wharf, the restaurant offers authentic Thai cuisine including curries, stir-fries, soups and noodles at prices that will keep you coming back for more.

The Counter Café

4a Roach Rd, Fish Island, London E3 2PA

Tel: 07834 275 920 www.thecountercafe.co.uk

A stellar reputation means this hard-to-find café is often packed to the rafters – and with good reason. Excellent coffee, hearty all-day breakfasts and immodest but delicious World Famous Chocolate Brownies are the main draws, though the friendly Antipodean service and quirky décor (think exposed brickwork and recycled furniture and fittings) are also key ingredients behind the pleasant, funky ambiance.

Formans London Since 1905

Stour Road, Fish Island, London E3 2NT

Tel: 020 8525 2365 www.formans.co.uk/restaurant

This newly-opened restaurant and bar specialises in own-smoked fish dishes and seasonal British foods. Don't miss the opportunity to sample Forman's own London Cure Smoked Salmon (as served in Fortnum & Mason and The Dorchester). A viewing gallery allows diners to see into the on-site smokery where it was made, while exterior windows offer close-up views of the Olympic Stadium.

