

# Healthier places to eat

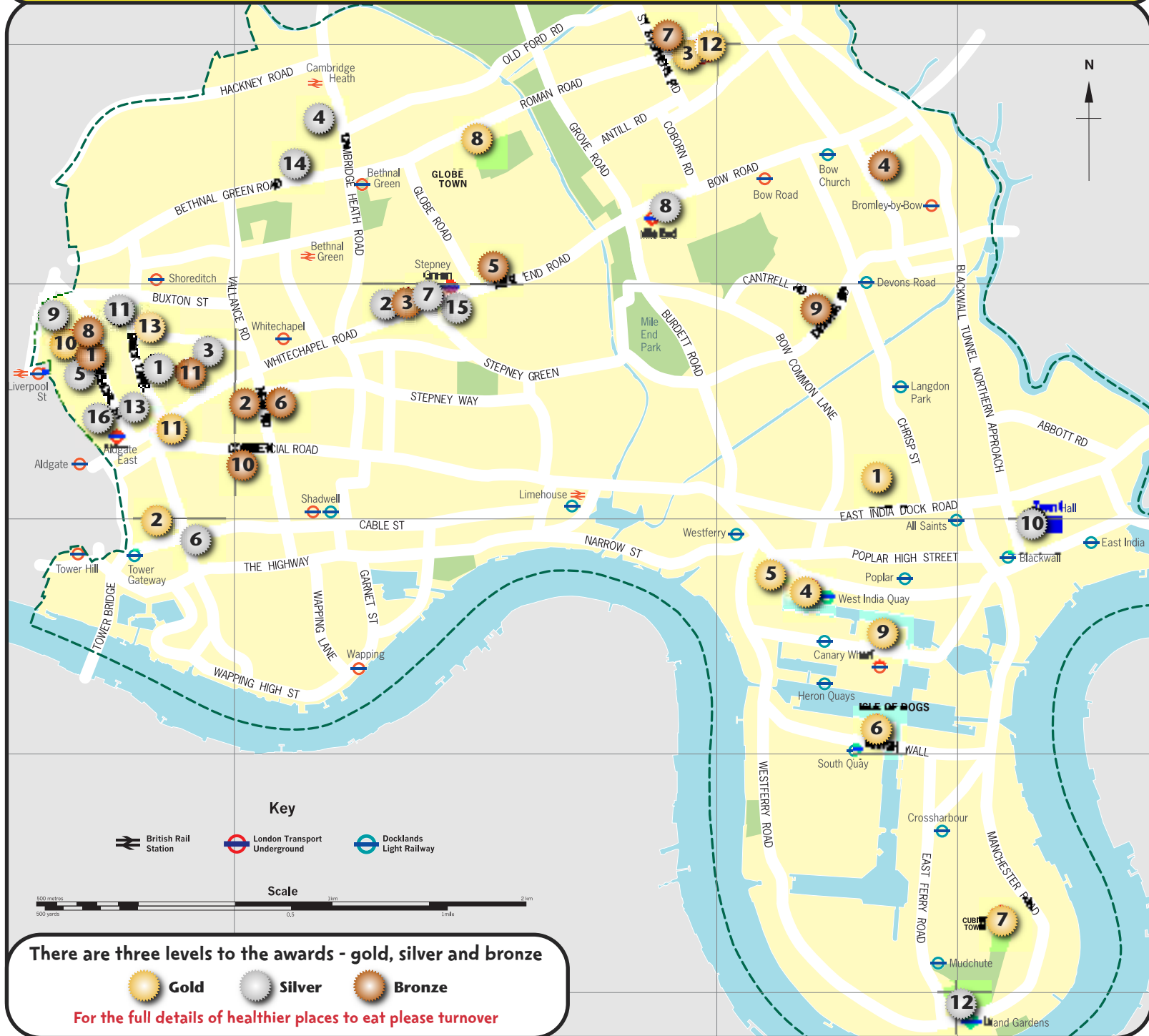
Cafes, restaurants and takeaways in this guide are part of the Food for Health Awards. There are three levels to the awards - gold, silver and bronze.

Name	Address	Telephone	Website	Type of food business
<b>Gold</b>				
1 Café Relax	City Gateway, 117 Ricardo St, London E14 6EQ	020 7515 7878	www.citygateway.org.uk	Café
2 Café Spice Namaste	16 Prescott Street, London E1 8AZ	020 7488 9242	www.cafespice.co.uk	Restaurant
3 Chicchi	516 Roman Road, London E3 5ES	020 8141 4190	www.chicchi.co.uk	Café
4 Curve Restaurant, Marriott Hotel	22 Hertsmere Road, London E14 4EF	020 7517 2808	www.marriott.co.uk	Restaurant
5 Dockmasters Restaurant	1 Hertsmere Road, London E14 8JJ	020 7345 0345	www.dockmastershouse.com	Restaurant
6 Hazev	2 South Quay Square, London E14	020 7515 9467	www.hazev.com	Restaurant and Café
7 Mudchute Farm & Park Kitchen	Pier Street, London E14 3HP	020 7515 5901	www.mudchute.org/mudchute-kitchen	Café
8 Palmers Restaurant	238 Roman Road, London E2 ORY	020 8980 5590	www.palmersrestaurant.net	Restaurant
9 Reebok Bar	16-19 Canada Square, London E14 5ER	020 7970 0920	www.rebookssportslondon.com	Restaurant
10 Scarlet Spice	4 Crispin Square, London E1 6DW	020 7375 0880	www.scarletdot.co.uk	Restaurant
11 The Jasmine Kitchen	24 White Church Lane, London E1 7QR	07894 903 288	www.jasminekitchen.blogspot.com	Restaurant
12 Kelly's	526 Roman Road, London E3 5ES	020 8980 3165	www.gkellypieandmash.co.uk	Café
13 Rootmaster	91 Brick Lane, London E1 6QL	07912 389 314	www.root-master.co.uk	Restaurant
<b>Silver</b>				
1 Sweet & Spicy	40 Brick Lane, London E1 6RF	020 7247 1081	-	Restaurant
2 Bar B.Q. Base	106 Mile End Road, London E1 4UN	020 7791 1177	www.barbqbase.co.uk	Takeaway
3 Café Bite	192-196 Hanbury Street, London E1 5HU	020 7364 7919	www.cafebite.com	Café
4 Cambridge Café Restaurant	365 Cambridge Heath Road, London E2 9RA	020 7739 6482	-	Café
5 Chop'd	2 Horner Square, London E1 6EW	020 7247 8757	www.chopd.co.uk	Café
6 Cirilo	4 Cable St, London E1 8JG	020 7702 2299	www.cirilonoodlebar.co.uk	Restaurant
7 Dhaka Biryani	96 Mile End Road, London E1 4UN	020 7791 2730	www.dhakabiryani.co.uk	Restaurant
8 Gardiners	630 Mile End Road, London E3 4PH	020 8980 3984	-	Café
9 Ping Pong	3-6 Steward Street, London E1 6AL	020 7422 7650	www.pingpongdimsum.com	Restaurant
10 Sandwich Plus	3 Clove Crescent, London E14 2BE	020 7093 4440	-	Café
11 Spanish Caravan	91 Brick Lane, London E1 6QL	07913 653 585	-	Takeaway Market Stall (Sundays only)
12 Lord Nelson	1 Manchester Road, London E14 3BD	020 7536 9732	-	Pub and Restaurant
13 Arts Bar and Café	28 Commercial Road, London E1 6LS	020 7650 2340	-	Café
14 Subway	395 Bethnal Green Road, London E2 0AN	020 7739 3166	www.subway.co.uk	Café
15 Subway	224 Mile End Road, London E1 4LJ	020 7780 9835	www.subway.co.uk	Café
16 Subway	71 Commercial Street, London E1 6BD	020 7420 0330	www.subway.co.uk	Café
<b>Bronze</b>				
1 A.Gold	42 Brushfield Street, London E1 6AG	020 7247 2487	-	Café
2 Ajwa	58 Fieldgate Street, London E1 1ES	020 7247 2367	www.ajwacafe.com	Café
3 Biryani House	100 Mile End Road, London E1 4UN	020 7790 7519	-	Restaurant
4 Bow Fisheries	6 Stroudley Walk, London E3 3EW	020 8981 5574	-	Fish and chips
5 Golden Fryer	381 Mile End Road, London E1 4NT	020 8981 3120	-	Fish and chips
6 Needoo	87 New Road, London E1 1HH	020 7247 0648	www.needoogrill.co.uk	Café
7 Saucy Kippers	626 Roman Road, London E3 2RH	020 8980 3556	-	Fish and chips
8 Patisserie Valerie	37 Brushfield Street, London E1 6AA	020 7247 4906	www.patisserievalerie.co.uk	Café
9 Tasty Chicken N Pizza	159 Devons Road Bow, London E3 3QX	020 7538 0454	-	Takeaway
10 Chicken Cottage	148 Commercial Road, London E11NL	020 7481 8605	-	Takeaway
11 Tikka Express	Goulston Street, London E1 5LG	-	-	Takeaway (Mobile caterer)



To find out the latest restaurants, cafes and takeaways which are part of the food for health visit [www.onetowerhamlets.net/healthyborough](http://www.onetowerhamlets.net/healthyborough)

# Healthier places to eat - cafes restaurants and takeways that are part of the Tower Hamlets Food for Health Awards



www.onetowerhamlets.net/healthylborough

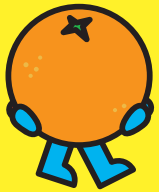
It's getting easier to choose healthier foods when you eat out in Tower Hamlets



## healthier eating out guide



Many Cafe, takeaways, restaurants and fast food outlets in Tower Hamlets are part of the Food for Health Awards. This means they offer healthier food options with reduced calories, fat, sugar and serve smaller portions on request.



This guide lists all the food businesses in the borough that are part of the Food for Health Awards - making it easier for you to choose where to get a healthier bite to eat.



If you see this displayed on a food premises there's bound to be healthier food options on the menu.

Information correct at time of publication. Awarded businesses are subject to a revisit to ensure compliance with conditions. The award applies at the time of the assessment only, so may not represent current practices.