

Places to eat & drink

Below is a selection of restaurants & bars, all are within walking distance of RCPsych.

For the most complete and up to date guide to restaurants and bars in London we recommend visiting Time Out London <http://www.timeout.com/london>

Aldgate/Aldgate East

Cafe Spice Namaste – 16 Prescott Street, London E1 8AZ

Right next door to the College, this Indian restaurant specialises in traditional dishes with a contemporary twist. Ingredients are local and seasonal.

www.cafespice.co.uk

Commercial Tavern - 142-144 Commercial Street, London E1 6NU

Victorian corner pub with small upstairs cocktail bar, large windows and eccentric decoration

<http://www.timeout.com/london/bars-and-pubs/commercial-tavern>

Indo – 133 Whitechapel Road, London, E1 1DT

Small pub with a bohemian feel. Offers all the usual drinks plus a wide selection of pizzas.

<http://www.timeout.com/london/restaurants/indo>

Jamie's Wine Bar - 119-121 The Minories, London EC3N 1DR

Bar with comprehensive wine list featuring a selection from all over the world, together with beers, champagne, spirits and cocktails. Menu consisting of mainly British food also available.

<http://www.jamiesbars.co.uk/index>

Kasturi – 57 Aldgate High Street, London EC3N 1AL

Authentic and high quality regional Indian dishes with a focus on healthy eating.

<http://www.kasturi-restaurant.co.uk/>

Lahore - 2-10 Umberston Street, London E1 1PY

Lahore is one of the few restaurants in London which offer real authentic Pakistani cuisine.

<http://www.lahore-kebabhouse.com/>

Mary Janes – 124-127 Minories, London EC3N 1NT

Local bar with daily happy hours running from 5 – 8pm, offering cocktails, bar snacks and a karaoke booth.

<http://maryjanesbar.com/index.html>

Miss Chu – 91 Whitechapel High Street, London E1 7RA

Good quality Vietnamese street and cafe food.

<http://www.misschu.co.uk/>

Oliver Conquest - 70 Leman Street, London E1 8EU

Warm, friendly pub & Gin House with a fantastic selection of over 200 Gins & Meantime beers on draught.

<https://twitter.com/oliverconquest>

Tayyabs - 83-89 Fieldgate Street, London E1 1JU

Much-loved Punjabi restaurant serving aromatic, spicy dishes in a no-frills, contemporary interior.

<http://www.tayyabs.co.uk/>

The Dispensary – 19a Leman Street, London E1 8EN

The Dispensary won the Campaign for Real Ale (CAMRA) 'Pub of the Year – East London and City' award in both 2014 and 2009. All of their produce is sourced daily from local Smithfield and Billingsgate markets.

Great pub food and à la carte fine dining menus are available – or you can simply savour the wide selection of real ale, fine wines and spirits.

<http://www.thedispensarylondon.co.uk/>

Whitechapel Art gallery – 77-82 Whitechapel High St, London E1 7QX

With new exhibitions opening on a regular basis as well as historic archives, dining room and bookshop, there's always something new to see and entry is free.

Liverpool Street/Shoreditch

Andina - 1 Redchurch Street, London E2

Peruvian Ceviche bar, street food, smoothies and cocktails in a trendy, South American-inspired setting.

<http://andinalondon.com/home>

Clove Club – Shoreditch Town Hall, 380 Old Street, London EC1V 9LT

The Clove Club is comprised of two rooms - in the restaurant, they serve an ambitious five course menu, featuring interesting and often overlooked British ingredients and produce. The bar is more lively, with the option to pop in for a drink, or stay for a full meal of dishes that are simpler than in the restaurant but of the same ethos.

www.thecloveclub.com

Crown & Shuttle – 226 Shoreditch High Street, London E1 6PJ

Pub specialising in craft ales. The food truck in the garden serves up a number of good pub food dishes.

<http://www.crownandshuttle.com/>

Devonshire Square – London EC2M 4WQ

A beautiful courtyard with a variety of bars and restaurants including Devonshire Terrace and Cinnamon Kitchen.

<http://www.devonshiresq.co.uk/>

Drunken Monkey - 222 Shoreditch High Street, London E1 6PJ

Dim Sum is served all day and there's an à la carte menu in the evening. There's a happy hour every night.

<http://www.thedrunkenmonkey.co.uk/>

Heron Tower - 110 Bishopsgate, London EC2

This 755 ft tall (46 storeys) has enhanced the city's skyline. Heron Tower boasts three restaurants and bars: The Drift, Duck & Waffle and Sushi Samba. Advanced booking necessary – all of these restaurants can be fully booked months in advance.

<http://www.herontower.com/restaurants>

Spitalfields market - Commercial Street, London E1 6AA

You'll find a great choice of restaurants here including Carluccio's, Leon, Canteen, Giraffe, Galvins, Spinanata & Co and Patisserie Valerie.

<http://www.spitalfields.co.uk/>

The Blues Kitchen, Shoreditch – 134-146 Curtain Road, Shoreditch, London EC2A 3AR

American style restaurant, bar and music venue.

<http://www.theblueskitchen.com/>

The Diner - 128-130 Curtain Road, London EC2A 3AQ

American style diner serving burgers, shakes and chilli cheese fries.

<http://www.goodlifediner.com/locations/shoreditch>

The Water Poet - 9-11 Folgate Street, London E1 6BX

Expansive pub with sofas, dining room, beer garden and basement cinema, plus bar and barbecue menus.

<http://www.waterpoet.co.uk/>

Tramshed – 32 Rivington Street, London EC2A 3LX

Chicken or steak to share in a disused tram shed with original tiling and beams with a Damien Hirst formaldehyde sculpture of a cow and a cockerel taking centre stage.

<http://www.chickenandsteak.co.uk/>

The City

1 Lombard Street – Lombard Street, London EC3V 9AA

The official residence of the Lord Mayor of the City of London and directly opposite the Bank of England, this Bar-Brasserie is a City Institution. One of the more expensive options on this list.

<http://www.1lombardstreet.com/>

Leadenhall market – Gracechurch Street, London EC3V 1LT

Offers a wide range of international restaurants, bars and cafes – from fine dining to traditional pubs. Options include Chamberlains's fish restaurant, La Tasca, Pizza Express and The Lamb Tavern.

The Mercer – 34 Threadneedle Street, London EC2R 8AY

An old bank that has been converted into a British classic and contemporary food restaurant. Cheaper and more relaxed than some of the other City alternatives.

<http://www.th Mercer.co.uk/>

Borough

Borough market – 8 Southwark Street, London SE1 1TL

London's most renowned food market, filled with trader stalls serving up gourmet options to suit all tastes. There's also a number of pubs and bars surrounding the market.

<http://www.boroughmarket.org.uk/>

Royal Oak – 44 Tabard Street, London SE1 4JU

This Victorian corner pub has been lovingly restored to an authentic city beer house. Real Ale enthusiasts certainly regard this house as special, Cask Mild is a firm favourite.

<http://www.harveys.org.uk/pubs-tenancies/find-our-beer/the-royal-oak-london>

The Gladstone - 64 Lant Street, London SE1

Home to live music, Pieminister pies, and a great atmosphere. Cosy and welcoming, They have a bar downstairs (with free entry to gigs every Wednesday, Saturday and Sunday), and an upstairs lounge, perfect for dining and playing the variety of board games they have on offer.

<http://www.thegladpub.com/>

Tower Hill

Butler's Wharf – Shad Thames, London SE1 2YE

Once the largest warehouse complex on the Thames, Butler's Wharf is now home to a number of restaurants including Butler's Wharf Chop House, Browns, Pizza Express and Cantina del Ponte.

St Katherine's Dock

St Katharine Docks is proof that there are still hidden gems waiting to be discovered in modern-day London. Central London's only marina, the docks are now home to a collection of high quality offices, restaurants, bars, shops and homes. Restaurant options include Ping Pong, Zizzi, The River Lounge, Tom's Kitchen, Cafe Rouge.

<http://www.skdocks.co.uk/>