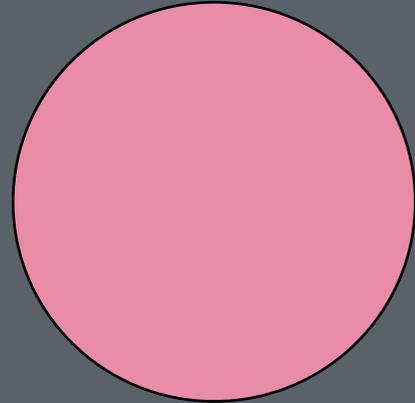


EAST LONDON · E2 / E3



# BETHNAL GREEN & MILE END



*authentic.*

Where E. Pellicci serves breakfast since 1900,  
where Columbia Road blooms Sundays,  
where Victoria Park meets proper East End.

**A** Eat & Drink

**B** Culture

**C** Active

**D** Practicals

# Eat & Drink

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# A

*From Grade II-listed caffs to Michelin stars. Bengali curries, railway arch dining, proper East End flavor.*



## ■ CAFFS & BREAKFAST

01

### **E. Pellicci**

332 Bethnal Green Road, E2 0AG

Grade II-listed greasy spoon since 1900. Art Deco gem. Full English breakfast institution. Old-school locals + nervous newbies. Cult following.

02

### **The Beehive**

382 Bethnal Green Road, E2 0AH

Deckchairs, trees, beautiful space. Not-for-profit cafe/co-working/community centre hybrid. Ultimate welcoming vibe. Creative hub Bethnal Green.

03

### **Ozone Coffee**

11 Leonard Street, EC2A 4AQ

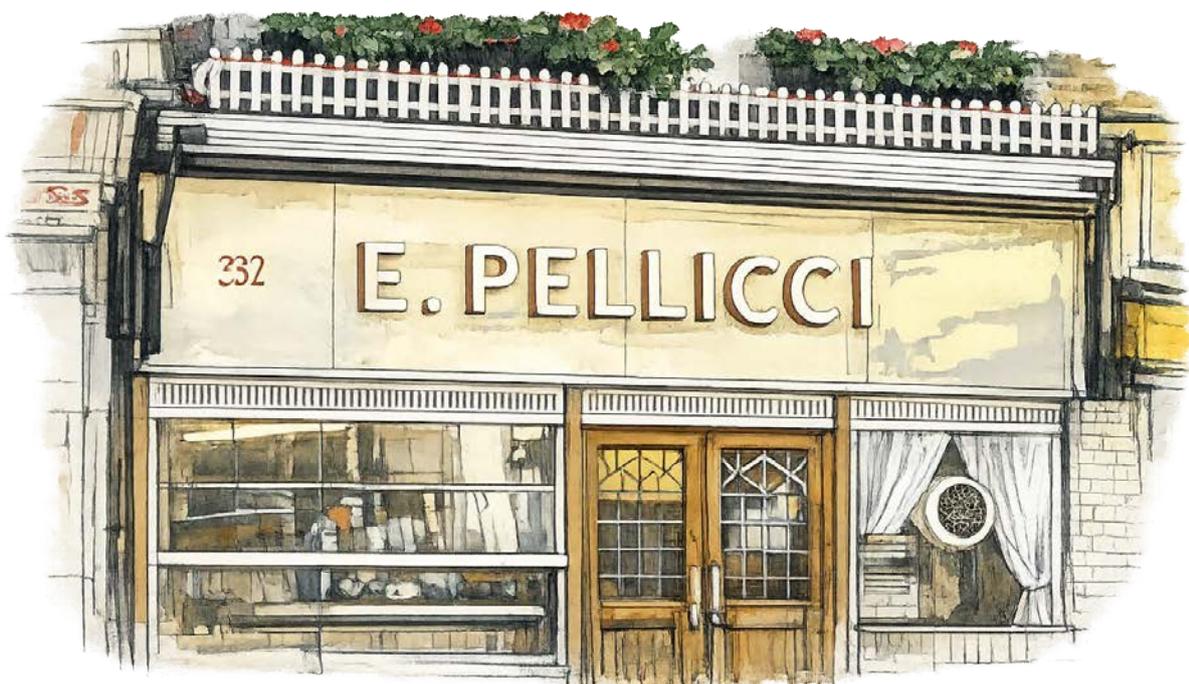
Spectacular breakfast, in-house roasting. Kiwi haunts with Scandi interiors. Top notch coffee, zeitgeisty vibe. Hard to choose, none are poor.

04

### **Bon Appetit**

Bethnal Green Road

Local cafe, best halal breakfast in area. Stick to classics, best prices Bethnal Green. Portions guarantee satisfaction. Morning stop near station.



## ■ FINE DINING & SPECIAL

01

### Da Terra

Town Hall Hotel, 8 Patriot Square, E2 9NF

2 Michelin stars. Rafael Cagali's Brazilian-fusion tasting menu. Town Hall Hotel elegant minimalist East London. Fancy but casual vibe.

02

### Bistrotheque

23-27 Wadeson Street, E2 9DG

White warehouse icon, 15 years hipster haven. Big industrial windows. Oysters, Champagne, drag shows downstairs. Brunch legend, scene is the draw.

03

### Tiella Trattoria

Columbia Road

Dara Klein's debut restaurant. 170-year-old Victorian pub. Brawn/Trullo/Sager + Wilde pedigree. Emilia Romagna-NZ fusion. Hottest new opening.

04

### Campania

15 Ezra Street, E2 7RH

Rustic wood-heavy, exposed brick barn. Columbia Road Flower Market views Sundays. Beautiful exterior draws you in. Casual walk-ins possible.



## ■ PIZZA & CASUAL

01

### **Bad Boy Pizzeria**

Bethnal Green

Excellent slices elicit involuntary noises in public. National Pizza Award 2022 & 2024. Fun spot, locals love it. Proper New York vibes.

02

### **Story Deli**

Old Truman Brewery area

Raw, unassuming, incredibly delicious. Dilapidated exterior, barely visible menu. Hidden gem. Lee's personal project, thin crispy pizza artistry.

03

### **Fatto a Mano**

Paradise Row (former Sager + Wilde)

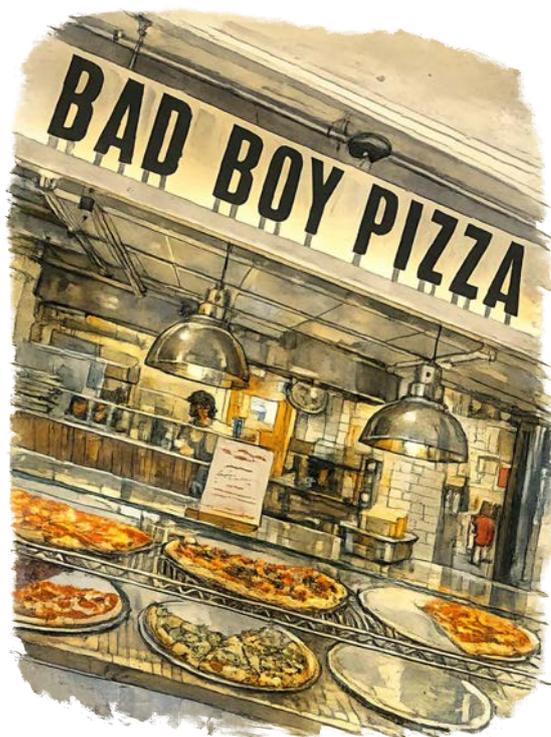
Neapolitan pizzas, 24-hour proven dough. Brighton original, now Bethnal Green. Authentic Italian, railway arch location.

04

### **Flat Earth Pizza**

Former first pop-up location

Meat-free pizzas, sustainability focus. Sarah Brading & Rich Baker. Back where it started. Vegetarian/vegan excellence.



## ■ BENGALI & DIVERSE

01

### Indian Masala

334 Bethnal Green Road (next to E. Pellicci)

Cash-only Bangladeshi caff. Homemade curries, bhajis, generous flavor. Moist off-bone chicken, cardamom curry leaves. Deserves same fame as Pellicci.

02

### Lahpet

Various locations, Shoreditch nearby

Burmese cuisine specialist. Dan & Zaw authentic Myanmar flavors. Regional specialties refined contemporary flair. Warehouse site cult acclaim 2017.

03

### Mexican Seoul

Bethnal Green

LA-inspired Mexican-Korean fusion. Elote corn ribs, beef bulgogi tacos. Fun-loving energy, staff dance, mango margaritas. Last-minute group vibes.

04

### Tempo

Railway arches, Bethnal Green

New-wave Asian, wine bar. Chef Eric Wan Chinese-Vietnamese roots. Bold punchy sharing plates. Wine-forward, natural selection. Relaxed, welcoming.

## ■ BARS & PUBS

01

### Coupette

423 Bethnal Green Road, E2 0AN

Best International New Cocktail Bar. Ranked 18 World's 50 Best. Champagne Piña Colada legend. French drinking culture + East London mischief.

02

### The Sun Tavern

441 Bethnal Green Road, E2 0AN

Neighbourhood bar, rowdy pub feel. Whisky fans heaven. Expert espresso martinis. Local legend, proper boozier vibes.

03

### The Camel

277 Globe Road, E2 0JD

Beloved all-seasons pub. August pavement spill-out, November chicken leek pie. Proper pastry sides/bottoms. Romanticised East London pub (actually exists).

04

### Paradise Row Arches

Paradise Row, E2

Railway arches restaurants/bars. Mother Kelly's tap room, former Sager + Wilde. Terraces summer dining. Japanese canteen, Venezuelan, cocktails.



Culture

B

*Columbia Road Flower Market Sundays. V&A Museum of Childhood. Working Men's Club. Proper East End.*



## ■ COLUMBIA ROAD & MARKETS

### COLUMBIA ROAD FLOWER MARKET

Opens Sunday 8am-3pm (arrive 2pm knockdown prices = victim of own success). One of London's most visually appealing markets. Bucketfuls of beautiful flowers overflow every week. Bulbs, herbs, shrubs, plants. Independent shops, galleries open Sundays. Campania restaurant Sunday views. Tiella Trattoria on Columbia Road. Crowds, colors, East London Sunday tradition since Victorian times.

### ROMAN ROAD MARKET

Tuesday, Thursday 10am-3:30pm, Saturday 9am-4pm. Market since 1843. Mile End/Bow Road DLR. Heart of East End. Untouched by gentrification. Locals shop here. Discounted high street fashion. Mystery stall sells women's garments one at a time from box (still going strong). Friendly, pleasant, real East London. Other side Victoria Park distant exotic land.

### GLOBE TOWN SQUARE MARKET

Tuesday, Thursday 10am-3:30pm. Open square, loyal locals, less crowded than Roman Road. Herbert's Fruits & Salad (family business since 1974). Martin Fuller's plant stall blue van. Arrive before 2pm (stalls pack up before school crowds). Recent redevelopment: new trees, floor demarcations, seating.



## ■ ATTRACTIONS & CULTURE

01

### **V&A Museum of Childhood**

Cambridge Heath Road, E2 9PA

World's finest collection children's toys, dolls' houses, games, costumes. Shines brighter than ever after refurb. Family destination, nostalgic adults too.

02

### **Bethnal Green Working Men's Club**

42-44 Pollard Row, E2 6NB

Leftfield performers incubator. You Me Bum Bum Train, trannytastic parties. Live music, karaoke, club nights. Scruffy East End cool epitome.

03

### **Town Hall Hotel**

Patriot Square, E2 9NF

Former Bethnal Green Town Hall. Now boutique hotel housing Da Terra (2 Michelin stars). Art Deco building, Edwardian grandeur.

04

### **Brick Lane Bookshop**

166 Brick Lane, E1 6RU

Independent bookshop since 1978. Small but great selection. Dedicated East London section. Browse latest publications, local history.

Active

C

*Victoria Park 'People's Park', Regent's Canal, Mile End Park, local leisure centres.*



## ■ PARKS & GREEN SPACES

01

### Victoria Park

Grove Road, E9 7DE

86 hectares, 'People's Park' since 1845. East London's green lung. Saturday market (upmarket artisanal). Scenic lakes, tree-lined paths, playgrounds.

02

### Mile End Park

Mile End Road, E3 4AB

Linear park, WW2 bomb damage transformed. Green Bridge over Mile End Road. Ecology Pavilion (gorgeous venue, pond/marsh views). Runners, cyclists, dog walkers.

03

### Regent's Canal

Towpath through area

Peaceful walks Little Venice to Limehouse. Pass through Bethnal Green/Mile End. Houseboats, locks, towpath cycling/running. Green escape urban.

04

### Weavers Fields

Columbia Road area

Community park, playground, café. Local hangout. Near Columbia Road Flower Market. Small but treasured green space.



## ■ GYMS & FITNESS

01

### **Mile End Leisure Centre**

190 Burdett Road, E3 4HL

Council-run Better gym. Pool, climbing wall, fitness studios. Affordable, accessible. Climber's paradise with bouldering. Community vibe.

02

### **York Hall Leisure Centre**

Old Ford Road, E2 9PJ

Historic 1929 venue, famous boxing heritage. Pool, gym, Turkish baths (one of few remaining London). Traditional East End institution.

03

### **PureGym Bethnal Green**

Bethnal Green Road

Budget chain, 24/7 access. Weights, cardio, classes. £20-25/month. No-frills but popular. Convenient Central Line location.

04

### **Snap Fitness**

Cambridge Heath Road

24/7 gym, compact but equipped. Personal training available. Near Bethnal Green station. Good for shift workers, flexible schedules.

## OUTDOOR FITNESS

Victoria Park running loops (flat, popular). Mile End climbing centre bouldering. Canal towpath running/cycling (Regent's Canal). Victoria Park outdoor gym equipment. Bootcamp classes summer months. Community yoga events. Football/cricket pitches available.

# Practicals

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# D

*Transport, character, the real East End story. Where rough 'n' ready meets emerging cool.*

## OLD-SCHOOL EAST END

### Proper Heritage

E. Pellicci since 1900, Grade II-listed caff. Bethnal Green Working Men's Club traditions. York Hall boxing 1929. Roman Road Market 1843. This isn't manufactured nostalgia - it's actual continuous East End history. Old-school embedded East Enders still here. Pie, mash & liquor shops. Salt beef bagels Brick Lane. The real deal.

## BENGALI LONDON

### Bangladeshi Community

One of UK's largest Bangladeshi populations. Bethnal Green Road Bengali restaurants (Indian Masala). Brick Lane curry houses nearby. Islamic culture visible (mosques, halal shops). Tamil/South Asian grocers. Not tokenistic diversity - actual long-established community. Bengali weddings, cultural events, real integration coexisting.

## ROUGH 'N' READY

### Still Gritty

'Avoid at all costs' → 'place to be' transition ongoing but incomplete. Still council estates. Still working-class pockets. Not sanitized like Shoreditch. Not gentrified like Islington. Three groups coexist: old-school East Enders, Bangladeshi families, recently arrived professionals. Sometimes tense. Always interesting. Authentic, not curated.

## EMERGING SCENE

### Creeping Cool

Da Terra 2 Michelin stars. Coupette World's 50 Best Bars. Bistrottheque 15-year hipster haven. Columbia Road flower market tourist magnet Sundays. Paradise Row railway arches dining. Warehouse conversions creeping in. But cheaper than Hackney/Shoreditch. Young professionals discovering. Still affordable (relatively). The next wave.

## WEEKDAYS

### Daily Rhythms

E. Pellicci full English breakfast queue. Local caffs serve builders, taxi drivers. Bengali grocers, halal butchers busy. Central Line commuters 7-9am rush. Evening: Paradise Row arches fill 6pm. Pubs get rowdy. Less corporate than City. More working-class than Shoreditch. Real London.

## WEEKENDS

### Market Madness

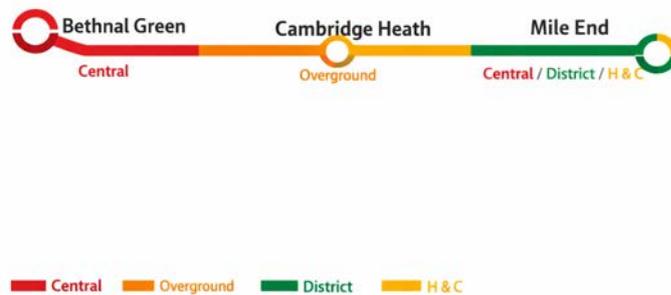
Sunday: Columbia Road Flower Market 8am-3pm (packed). Roman Road Market Saturday 9am-4pm (locals). Victoria Park picnics if sunny. Brunch queues Bistrottheque. Town Hall Hotel stays, Da Terra dinners. Working Men's Club parties Saturday nights. East End comes alive weekends.

## WHO LIVES HERE

### The Mix

Old-school East Enders (council estates, been here 50+ years). Bangladeshi families (established community, 30+ years). Young professionals (artists, creatives, priced out Hackney). Students (cheaper than Zone 1). Families (Victoria Park School). Everyone coexisting. Rent: £1,500-1,700 1-bed. Buy: £400k+ 1-bed, £600k+ 2-bed. More affordable than Hackney/Shoreditch but rising fast.

## ■ Transport



## YOUR STATIONS

### Bethnal Green

*Central Line*

Heart of area. 3 stops to Liverpool Street (6 min). 5 stops to Oxford Circus. Direct to Bank, City. Main station.

### Mile End

*Central/District/H&C*

3-way interchange. Central to City. District to Westminster. Hammersmith & City to Paddington. Extremely well connected.

### Cambridge Heath

*Overground*

North to Highbury (quick to Hackney). South to Shoreditch/Liverpool Street. Near E. Pellicci/Regent's Canal.

## ■ GETTING AROUND

Central Line = King. Fast to City/West End. Buses: 8, 106, 254, 388, D3, D6 (extensive network). Cycling popular - flatter than North London. Canal towpath cycling. Cars rare - residents walk/bus/tube. Overground connects to Hackney. 10-min walk Bethnal Green to Victoria Park.

## ■ PRO TIPS

Central Line packed rush hour - brutal. Columbia Road Market: arrive early (9am) or late (2pm) avoid peak. E. Pellicci: weekday mornings less crowded. Mile End interchange = change lines easy. Buses faster than think. Walking Bethnal Green to Brick Lane 15 min. Victoria Park Saturday market 8am-2pm.

## ■ ■ COMMUTE TIMES

### **Liverpool Street**

**6 min**

Central Line from Bethnal Green. 3 stops direct. City access excellent.

### **Bank/City**

**10 min**

Central Line direct. Heart of financial district. Fast commute.

### **Oxford Circus**

**12 min**

Central Line direct. 5 stops. West End shopping/offices easy.

### **Shoreditch**

**10 min**

Overground from Cambridge Heath. Or walk 20 min. Tech hub accessible.

### **Canary Wharf**

**25 min**

Central to Mile End, change Jubilee. Or District Line. Doable commute.

### **King's Cross**

**20 min**

Central to King's Cross direct. Or Overground to Highbury, Victoria Line.

## ■ ■ Best Streets & Areas

### **Bethnal Green Road**

#### *Main Artery*

E. Pellicci, Indian Masala, Coupette, Sun Tavern. Central Line runs underneath. Turkish shops, Bengali grocers, emerging restaurants. Old East End meets new. Gritty but improving.

### **Columbia Road**

#### *Sunday Pilgrimage*

Flower market Sundays 8am-3pm. Victorian terraces, independent shops, Tiella Trattoria, Campania. Tourist magnet but deservedly. One of London's most beautiful streets in bloom.

### **Paradise Row**

#### *Railway Arches*

Converted arches: former Sager + Wilde (now Fatto a Mano), Mother Kelly's, restaurants/bars. Outdoor terraces summer. Industrial-chic dining. Near Bethnal Green station.

### **Roman Road**

#### *Market Heritage*

Market Tues/Thurs/Sat since 1843. Working-class East End heart. Globe Town Square. Local shops, caffs, real London. Untouched gentrification (so far).

### **Victoria Park Village**

#### *Park Access*

Streets surrounding Victoria Park. Victoria Park Road, Grove Road. Family territory. Victorian terraces. More expensive. Saturday market, park access gold.

### **Mile End Road**

#### *University Territory*

Queen Mary University nearby. Student vibe. Mile End station interchange. Cheaper housing. Mile End Park. Less polished, more authentic.



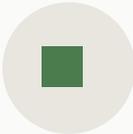
## Real Heritage

E. Pellicci Grade II-listed caff 1900. Roman Road Market 1843. York Hall 1929 boxing venue. This isn't manufactured nostalgia - continuous East End history. Old-school embedded East Enders still live here. Proper heritage, not theme park.



## Columbia Road

Sunday flower market institution. One of London's most visually appealing markets. Victorian street, independent shops open Sundays. Bucketfuls of flowers overflow. Tourist magnet deservedly. Instagram famous but actually beautiful IRL. Worth the crowds.



## Victoria Park

86 hectares 'People's Park' since 1845. East London's green lung. Saturday artisanal market. Scenic lakes, playgrounds, families. Connects to Mile End Park. Park access why surrounding streets expensive. Green space luxury Zone 2.



## Still Affordable

£400k+ 1-bed (vs £500k+ Hackney). £1,500-1,700 rent 1-bed (vs £1,800+ Hackney). More affordable than Shoreditch/Hackney/Islington. Young professionals discovering. Rising fast but not there yet. Last chance affordable East London Zone 2?

# Real East London. Proper heritage.



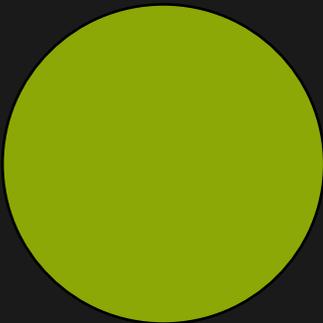
Explore Bethnal Green & Mile End.

[HOMES FOR SALE](#)

[HOMES TO RENT](#)

[GET A VALUATION](#)

[ASK OMAR](#)



**CUI**

CITY & URBAN INTERNATIONAL