BETHNAL GREEN
THE ESSENTIAL GUIDE
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01 INTRODUCTION
BETHNAL GREEN IS NOW ONE OF THE MOST EXCITING AREAS TO LIVE IN LONDON. WITH AN ECLECTIC MIX OF TRENDY CAFÉS, BREWERIES, BEAUTIFUL OPEN PARKS, RESTAURANTS AND STAND-UP COMEDY CLUBS, THERE IS ALWAYS SO MUCH TO SEE AND DO.

IN OUR GUIDE YOU WILL FIND OUT WHAT THE WONDERFUL PEOPLE WHO WORK IN THE BARS, RESTAURANTS, PUBS AND CLUBS SAY ABOUT THEIR LOCAL AREA. THEY HAVEN’T JUST TOLD US ALL ABOUT THE BEST SIGHTS AND SOUNDS OF BETHNAL GREEN — THEY’VE ALSO TOLD US WHY THIS AREA HAS AN ENERGETIC AND FRIENDLY VIBE THAT’S COMPLETELY UNIQUE TO THIS PART OF THE CAPITAL.

#GUIDETOBETHNALGREEN
02 MAP
SOMEWHERE TO EAT
SOMEWHERE TO EAT

SAVOUR A VARIETY OF FLAVOURSOME DISHES, FROM HEALTH CAFES AND SUNDAY BRUNCH SPOTS, TO FUSION RESTAURANTS AND FINE-DINING MENUS.

01 PALMERS RESTAURANT

238 Roman Road
London
E2 0RY

@palmerslondon
@palmerslondon
www.palmersrestaurant.net

Serving everything from delicious crab and lobster ravioli, to juicy rib-eye steaks and crispy french fries, Palmers Restaurant understands how to create good, heartwarming food. Run by a Czech family, this restaurant serves a wide range of contemporary European dishes, each one as bold and as authentic as the next.

02 CEREAL KILLER CAFÉ

139 Brick Lane
London
E1 6SB

@cerealkillercafe
@cerealkilleruk
www.cerealkillercafe.co.uk

The Cereal Killer Café gives you everything you’d want from a café but with one special difference – it’s obsessed with everything cereal. They offer over 100 different types of cereal from all around the world, they use 30 different varieties of milk, and they even have 20 different toppings. So if you’re a cereal lover, you know where to go...
03 THE TYPING ROOM

Town Hall Hotel,
Patriot Square
London E2 9NF

@ typingroom
@typingroom
www.typingroom.com

Built in 1910, East London’s old Town Hall Hotel is now home to the Typing Room – which not only provides excellent food and service, but also showcases Bethnal Green’s astonishing history. Home to the freshest local and seasonal ingredients, all of the restaurant’s dishes inspire fantastic flavours. From mackerel with smoked cream, to lamb rump with mint and asparagus, there are plenty of mouthwatering options on the menu.

04 HOPSCOTCH

202 Brick Lane
London E1 6SA

@ hopscotchLDN
@hopscotchLDN
www.hopscotchldn.com

If you’re looking to grab a quick drink with friends or you want a full sit-down meal, Hopscotch caters for both. Proudly dividing itself into two distinct sections – a “drinking den” and a dining room – it has some of the best wines, beers and cocktails available in the area, and some of the best food too. From mouthwatering sharing platters to flavoursome eastern-inspired flatbreads, there is something for every palate.

05 FOXCROFT AND GINGER

69-79 Mile End Road
London E1 4TT

@ foxcroftandginger
@foxanginger
www狐croftandginger.co.uk

If you’re looking for a relaxed spot where you can eat gourmet food and drink exceptional wine, Foxcroft and Ginger is the perfect venue. They bake their own delicious breads, pastries and pizzas in their on-site bakery, using locally-sourced ingredients, which helps to give a full flavour to all of their dishes.
“BETHNAL GREEN IS REALLY AUTHENTIC, FULL OF IDEAS AND QUITE COLOURFUL COMPARED TO OTHER AREAS OF LONDON.”

— ENOTECA POMAIO, 224 BRICK LANE, LONDON, E1 6SA
If you love Japanese cuisine or you want to try it out for the first time, Suito is perfectly suited. Situated in the heart of Brick Lane, it offers everything from colourful sushi platters to stunning Japanese cocktails. You can even order online, so if you don’t feel like going out to the restaurant, you can stay and enjoy their tasty sushi menu in the comfort of your own home.

Heaven for all sushi lovers, the Japanese Canteen offers a huge range of exciting sushi pieces, platters and boxes. The menu also extends to cater a wide range of Asian dishes, including authentic ramen noodle soup dishes, donburi, maki rolls, fresh Japanese salads, and bibimbap, to name just a few.

“We are a young team of friends coming from a natural-wine company in Tuscany and having a lot of fun in what we are doing. We bring an authentic and unpretentious slice of our homeland to the area. It’s exciting to be able to support small farmers based in Tuscany whilst catering to the locals in the area – Bethnal Green is really authentic, full of ideas and quite colourful compared to other areas of London.”

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Chicken Shop definitely know a thing or two about cooking great chicken. They offer some of the most flavoursome chicken dishes in the whole area, alongside an authentic American vibe – their buttermilk chicken with chipotle mayo is particularly noteworthy, as are their delicious burgers, American puddings, and whole roast chickens.
**10 E PELICCI**

332 Bethnal Green Road
London
E2 0AG

@pelliccicafe
@Pellicci_Cafe
www.epellicci.com

“Our café is like a second home to everyone who works here. Our grandparents used to own it and when people come to visit our café we treat them like they’re family too. The atmosphere is always welcoming and homely, just like Bethnal Green as an area – it’s a melting pot and a real mix of people.”

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**11 CARMEL BY THE GREEN**

287 A Cambridge Heath Road
London
E2 0EL

@carmelbythegreen
@carmelBTgreen
www.carmelbythegreen.com

A progressive and forward-thinking restaurant, venue and exhibition space, Carmel by the Green is a true oasis and slice of Californian life within the hustle and bustle of East London. Sample their vegan menu and tasty coffee.

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**12 BLANCHETTE**

204 Brick Lane
London
E1 6SA

@blanchettelondon
@BlanchetteLDN
www.blanchettebricklane.co.uk

Its North African-accented menu and Parisian Belle Époque-style murals bring a modern twist to classic French dining at Blanchette. The restaurant is best known for its Merguez sausage rolls, cheese selection and cocktails.
13 CROSSTOWN DOUGHNUTS

157 Brick Lane
London
E1 6SB

@crosstowndoughnuts
@CrosstownDough
www.crosstowndoughnuts.com

“We provide great sourdough doughnuts and coffee all day, every day. With a variety of 16 daily flavours which change seasonally, there’s always something for everyone and our customer base is just as diverse as our offering. People take the most beautiful photos of our doughnuts – we enjoy seeing our visitors spread the love for our business.”

14 THE SLOANE BROS

214 Brick Lane
London
E1 6SA

@sloanebrothers
@sloanebrothers
www.sloanebrothers.co.uk

If you’ve got a sweet tooth, or you just want to try something different, The Sloane Bros on Brick Lane has the perfect treats. Specialising in creamy frozen yoghurt, and an eye-popping variety of toppings and sauces (including fruit, berries, chocolate bars, nuts, and even whole biscuits), you can enjoy froyo with a difference.
Paradise 254 serves up tasty experimental dishes. Always pioneering new flavours and matching different ingredients that few would think of putting together, the chefs have created an exciting and one-of-a-kind place. Boasting dishes like sourdough bread with smoked whiskey butter and salami, Paradise 254 keeps people guessing which new combinations the chefs will mix together next.

Resident of Paradise Row mix comfort food with the freshest vegetables and local meats. Head up to their roof terrace for a sunny spot in the summer months.

Sager + Wilde offers a menu of seasonal and quality ingredients, alongside an extensive wine list cleverly sourced by the restaurant’s own wine experts, and a specially-crafted old-fashioned cocktail selection.
The Larder showcases the very best of seasonal produce, promoting local businesses within its dishes and on its shop shelves. You can enjoy an all-vegetarian menu, and great coffee courtesy of Union Hand-Roasted Coffee.

“A one of our favourite things about our business is that we get the chance to import fantastic products from around the world for our coffees and food menu, as well as supporting plenty of local independent businesses too. It’s great to be part of such a culturally diverse, relaxed and happy area.”
04
SOMEWHERE TO DRINK
SOMEBWHERE TO DRINK

WHETHER YOU’RE LOOKING FOR A BUSTLING COFFEE SPOT, A LIVELY COCKTAIL BAR OR A CLASSIC PUB, THE STREETS ARE BUZZING WITH CAFÉS AND DRINKING DENS.

20 JONESTOWN

215 Bethnal Green Road
London
E2 6AB

@ jonestowncoffee
www.jonestown.co.uk

Jonestown, like so many other coffee shops in and around Bethnal Green, serves up fantastic drinks, but there’s no doubt that this particular place provides a refreshing twist. Visiting the independent coffee shop is always a memorable experience. From their daily creative chalkboard signs to their humorous mugs and memorabilia, everyone always leaves with a smile on their face (thanks to the caffeine) and a spring in their step.

21 HOLY SHOT COFFEE

155 Bethnal Green Road
London
E2 7DG

@ holyshotcoffee
www.holyshotcoffee.com

If you’re looking for a place to unwind, grab a fantastic coffee and meet up with friends, head to Holy Shot. Priding itself on serving only the highest-quality coffees and loose-leaf teas, this establishment is considered one of the best coffee shops in the local area. Independent and run by exceptionally friendly staff, you’re always guaranteed to receive a warm welcome here.
22 MOTHER KELLY’S

251 Paradise Row
London
E2 9LE

@mother_kellys
@mother_kellys
www.motherkellys.co.uk

Mother Kelly’s Bottle Shop and Tap Room is where New York meets East London. Inspired by the beer culture of America, this bar has 23 taps that pour only the finest pints from all around the world. The bar is sleekly decked out with bold wall-art, long wooden benches and beer barrel tables, and attracts a regular round of locals but welcomes everyone into its bustling crowd.
“BETHNAL GREEN IS DRIPPING WITH “SO HOT RIGHT NOW” WORLD-CLASS BARS AND WE LOVE BEING PART OF THAT CREW – THE AREA IS FULL OF AN ECLECTIC AND DIVERSE COMBINATION OF CULTURES AND INFLUENCES, AND FAR FROM GENERIC.”

— LONDON COCKTAIL CLUB
253 PARADISE ROW, LONDON, E2 9LE
23 MOUSE TAIL COFFEE

307 Whitechapel Road
London
E1 1BY

@mousetailcoffee
@mousetailcoffee
www.mousetailcoffee.com

Taking its name from the ideal shape of a stream of espresso, Mouse Tail Coffee proudly serves some of the finest hot drinks you can find in the area. They roast their own beans in London, as well as specialty beans from all around the world, and they have their own house blend. The featured blends can vary depending on the seasonal beans they source, but you can usually expect a smooth, nutty blend that has hints of caramel and orange. They also serve up delicious pastas, sandwiches and muffins if you’re feeling a little peckish.

24 BREWDODG

51-55 Bethnal Green Road
London
E1 6LA

@brewdogshoreditch
@brewdogshored
www.brewdog.com

BrewDog is renowned around the country for its fantastic range of beers, which they brew and ship out all over the world. BrewDog Shoreditch on Bethnal Green Road always has a bustling crowd after work and at the weekend. The glass walls that look out onto the street offer a trendy charm to the bar-restaurant, and add to the fun East-End vibe that the place perpetuates.

25 THE LONDON COCKTAIL CLUB

253 Paradise Row
London
E2 9LE

@londoncocktailclub
@LDNCocktailClub
www.londoncocktailclub.co.uk

"London Cocktail Club is a bartender’s and cocktail-lover’s paradise. A bar that parties like the best of them and mixes the world’s greatest drinks to perfection. A place where you can dance on the tables whilst singing to AC/DC, sipping on the perfect dry Martini. Bethnal Green is dripping with "so hot right now" world-class bars and we love being part of that crew – the area is full of an eclectic and diverse combination of cultures and influences, and far from generic."
Serving some of the most delicious and moreish cocktails in the area, showcasing the coolest local DJs, and offering tasty gourmet burgers, Exit Bar has just the right vibe to kickstart your fun-packed weekend. The friendly staff and the retro ’70s decor definitely add to the lively atmosphere too...
27 THE ROYAL OAK
73 Columbia Road
London
E2 7RG

@royaloaklondon
www.royaloaklondon.com

A traditional pub just as its name suggests, the staff here always offer a warm welcome to the pub’s cosy atmosphere. Sit down and enjoy a pint, or choose from their classic pub grub menu with a twist, including everything from fried chili salt squid and honey-glazed chorizo, to traditional fish and chips and mussels with garlic and white wine.

28 THE HEMINGWAY
84 Victoria Road
London
E9 7JL

@TheHemingwayPub
www.thehemingway.co.uk

At the Hemingway you can expect a very warm welcome, wonderful food, an excellent wine list, and one of the finest beer selections in the city. Covered in art deco mirrors, gun chairs and beautiful chandeliers, this old East-End pub has been spruced up and given a trendy, modern update.

29 SECOND SHOT COFFEE
475 Bethnal Green Road
London
E2 9QH

@secondshotcafe
www.secondsshotcoffee.co.uk

At Second Shot Coffee you can expect a warm welcome, some great food, and (as you’d expect) outstanding coffee! What’s more, this particular coffee shop is taking huge steps to create social change in London too. By training up people who have been affected by homelessness, they offer employment opportunities within the local community.
30 REDCHURCH BREWERY
275-276 Poyser Street
London
E2 9RF

@redchurchbrewer
@redchurchbrewer
www.redchurch.beer

“We’re renowned for our amazing stouts, craft beer, pale ales, and delicious lagers. And we love offering speciality experimental flavours to our loyal customers. We love how diverse and exciting Bethnal Green is, with loads of unique independent businesses alongside ours.”

31 BIG CHILL BAR
Dray Walk
London
E1 6QL

@wearebigchill
@bigchillbar
www.wearebigchill.com/bar

With phenomenal live music, resident DJs, tasty food, great booze and regular parties, the Big Chill Bar is popular every weekend with locals and visitors alike. The electric atmosphere makes the bar the ideal place to kick back and relax in after a long week of hard work at the office.

32 THE LAST TUESDAY SOCIETY
11 Mare Street
London
E8 4RP

@thelasttuesdaysociety
@TheLastTuesdayS
www.thelasttuesdaysociety.org

The Last Tuesday Society is home to London’s most curious cocktail bar and longest running literary salon, as well as the Viktor Wynd Museum of Curiosities, Fine Art and Natural History, which is the country’s only curiosities museum.
33 BELL BOI

104 Sclater Street
London
E1 6HR

@bellboiofficial
@bellboiofficial
www.bellboi.co.uk

This is a one-stop-shop for coffee lovers who are looking for a quick and tasty fix, a warm welcome and some delicious cakes. They even have storage areas for your bags, so if you’re paying a flying visit, you can grab a coffee and literally take the load off at the same time.

34 THE WELL AND BUCKET

143 Bethnal Green Road
London
E2 7DG

@wellandbucket
@wellandbucket
www.wellandbucket.com

This traditional pub is loved for its huge selection of ales, with its rotating casks and eclectic bottle range. It also serves exceptional food, including an oyster platter that beautifully complements the pub’s ales. The rooms are covered in tiles restored from the original decor, and the candle-lit basement cocktail bar has a special allure, setting the pub apart from others.
“We love being a warm, welcoming local neighbourhood bar. We’re known for being chatty and friendly to everyone. One of our favourite things is to see the real mix of characters in Bethnal Green who come to our cocktail bar.”
EVERYTHING ELSE
EVERYTHING ELSE

36 COLUMBIA ROAD FLOWER MARKET

Columbia Road
London
E2 7RG

@columbiaroad
@columbiaroad
www.columbiaroad.info

Columbia Road is Bethnal Green’s most famous street. Full of shops, stalls and businesses that create a fun and bustling atmosphere, it is a favourite spot amongst locals and visitors alike. On Sunday mornings the road transforms into a beautiful flower market – you can expect an array of colourful blooms from local florists, that are sure to brighten up your day.

37 TRAPPED

22-36 Raven Row
London
E1 2EG

@trappedldn
@trappedldn
www.trappedinaroom.co.uk

If you’re looking for an alternative day out, you’ll need to pluck up your courage to head to Trapped. You and your friends are challenged with just one hour to solve all of the clues and riddles so you can escape from the mystery room. Fail to unlock your inner Sherlock Holmes and you’ll be met with some rather terrifying zombies.
Amidst the bustle of Bethnal Green and next to the borough’s main Tube station, Bethnal Green Gardens provide a peaceful and relaxing space where you can enjoy some respite from city life. With open green spaces, a modern-art-inspired war memorial known as the Stairway to Heaven, tennis courts, and much more, this is an ideal place to relax throughout the day.

Opening back in 1845, Victoria Park is one of London’s most iconic public spaces. Given that it’s the largest park in Tower Hamlets, it receives around 9 millions visitors each year, so it always has a community atmosphere. With cafés, football pitches, a boating lake, and much more, Victoria Park is a popular place to enjoy the sunny weather.

At the heart of Bethnal Green, Weavers Fields is a great place to kick back and unwind, brimming with community spirit. Its open green spaces let you soak up the sun in the summer, and there are plenty of play areas and football pitches to let off a little energy in. The park hosts many events each year, celebrating Bonfire Night and Bengali New Year in style, with plenty of fireworks and displays.

THE AREA IS ALIVE WITH MORE THAN JUST EATERIES AND BARS. WANDER THE BEAUTIFUL PARKS AND FLOWER MARKETS, AND EMBRACE THE UNIQUE LOCAL CULTURE.
“WE LOVE THAT WE GET A GREAT MIX OF PEOPLE COMING THROUGH THE DOOR EVERY DAY — PEOPLE FROM ALL OVER THE WORLD. BETHNAL GREEN ITSELF IS SUCH A VIBRANT PLACE TO LIVE AND WORK IN.”

— FLASHBACK RECORDS
131 BETHNAL GREEN RD, LONDON, E2 7DG
**41 LADY DINAH’S CAT EMPORIUM**

152-154 Bethnal Green road
London
E2 6DG

@ladydinahscats
@ladydinahscats
www.ladydinahs.com

“We operate like a normal cafe, offering a la carte sessions as well as a high tea service, but we have 13 resident cats living in the emporium who guests will be in the company of. We like to think we’re a quiet solace away from the rush and bustle of London, where guests who may not be able to own cats can come and unwind and enjoy the company of our resident moggies.”

**42 BIKEWORKS**

138-140 Cambridge Heath Road
London
E1 5QJ

@bikeworksuk
@bikeworksuk
www.bikeworks.org.uk

Tapping into the ever-growing trend for cycling in London, Bikeworks have earned a name for themselves due to their speedy bike repairs, expert knowledge and friendly demeanour. They also offer cycling training, maintenance courses, team-building experiences, and after-work repairs, to name but a few of their innovative services.

**43 ALL STAR LANES**

95 Brick Lane
London
E1 6QL

@allstarlanes
@allstarlanes
www.allstarlanes.co.uk

All Star Lanes on Brick Lane offers a fun, alternative night out, blending restaurant and bar with its very own bowling alley. Grab your friends and play a game, whether you’re a novice or you love to go bowling all the time. All Star Lanes has something for everyone. You can enjoy their classic all-American menu and their huge range of refreshing beverages too.
If you love art or you’re just hoping to soak up a little culture, the Cell Project Space is a wonderful independent art gallery that provides space for exhibitions, talks, screenings and events for local artists. Always supportive of London’s thriving talent, the Cell Project Space is a unique space to view new artwork and chat with local creatives.
45 NOT ANOTHER SALON

188 Brick Lane
London
E1 6SA

@notanothersalon

www.notanothersalon.com

The clue is in the name – this is definitely not just another salon. Run by self-acclaimed “misfits”, the owners have covered the walls in fabulous colours and products that make you genuinely excited to walk through the door. First and foremost, the salon cares about the health of your hair, but the employees also specialise in making your ‘do’ as inspiring as it possibly can be.

46 ALLURE HAIR AND BEAUTY

455 Bethnal Green Road
London
E2 9QH

@allurelondon

www.allure-london.com

As well as offering one of the most luxurious hair and beauty experiences in the area, Allure also specialises in nail treatments, massages and spray tans. So if you’re planning a special event, you want to treat a loved one to a massage or you just feel like you’re due a pamper day, the beauticians at Allure are on your doorstep.

47 YORK HALL SPA

York Hall Leisure Centre
Old Ford Road
London E2 9PJ

@spaexperienceuk

www.spaexperience.org.uk

“Our spa experience is one of London’s oldest traditional Turkish Baths. As such, our ethos has always been to provide a luxury service but one that is affordable to all. Wellbeing and relaxation is a great way to improve health and it’s rewarding to see the thriving multicultural community in the area enjoying our experience.”
If you’re looking for stunning, luxurious flowers, McQueens specialise in premium bouquets. Considered to be the elite of floristry, this institution caters for every occasion and produces some of the most beautiful bunches of flowers in all of London. They also have their very own floristry school, where students can learn the skilful art of flower arranging.
49 Flashback Records
131 Bethnal Green
London
E2 7DG
@flashbacklondon
@flashbacklondon
www.flashback.co.uk

“At Flashback Records we have shelves and shelves full of hit vinyls and hidden gems. We love that we get a great mix of people coming through the door every day – people from all over the world. Bethnal Green itself is such a vibrant place to live and work in.”

50 Paradise Cycles
63 Roman Road
London
E2 0QN
@paradisecycles
@paradisecycles
www.paradisecycles.co.uk

Known for being a reliable bike shop, Paradise Cycles offer a diligent and friendly service to help get people back on their bikes every day.

51 V&A Museum of Childhood
Cambridge Heath Road
London
E2 9PA
@museumchildhood
@museumchildhood
www.vam.ac.uk/moc

The V&A Museum of Childhood galleries reveal how children have learned, played and lived over the centuries, with fascinating collections of toys, games, dolls’ houses and paintings, as well as furniture and clothes for children.
THE ESSENTIAL GUIDE

52 THE BACKYARD COMEDY CLUB

231 Cambridge Heath Road
London
E2 0EL

- @Backyard_Comedy
www.backyardbar.co.uk

“We’ve been bringing professional comedy entertainment to the area for the past seventeen years – nothing beats hearing roaring laughter come out of Eastenders’ mouths. One of the things the comedians enjoy about performing at our club is the brilliant mixture of folks we have in our crowds.”

53 GENESIS CINEMA

93-95 Mile End Road
London
E1 4UJ

- @genesiscinema
@genesiscinema
www.genesiscinema.co.uk

Genesis Cinema showcases a wide variety of films, from arthouse classics to mainstream hits. The building has been standing since 1848, with its current cinema-house screening for the last 18 years.
### 54 FLOWERESCENT

47 Roman Road  
London  
E2 0HU  

- @flowerescent  
- @flowerescent  
- www.flower-escent.co.uk

Whether you’re buying a bunch of flowers for your other half or you’re planning a big wedding, Flowerescent specialise in bespoke bouquets for all occasions. Priding themselves on being colourful and creative, this little florist creates dazzling new designs on a daily basis, making it one of the borough’s hidden gems.

### 55 BETHNAL GREEN LIBRARY

Cambridge Heath Road  
London  
E2 0HL  

-  
-  
-  

Situated in Bethnal Green Gardens, this traditional library is the perfect place to unwind and immerse yourself in a good book or your studies. Opening in 1922, it is steeped in history, but at the same time it has a modern feel with computer desks, study hubs and quiet spots dotted throughout.

### 56 DARK SUGARS

141 Brick Lane  
London  
E1 6SB  

- @darksugars  
- @darksugars  
- www.darksugars.co.uk

“We’re known as the Chocolate Wonderland! We produce premium artisan chocolates, locally handmade in Brick Lane. We also do a hell of a hot chocolate. And lately we opened the bar where we serve cocktails. Opening in Bethnal Green was a conscious decision for us – we love the diversity, community spirit, and art in the area.”
06
DRESSAGE
COURT
DRESSAGE COURT IS PERFECTLY POSITIONED IN EAST LONDON’S CREATIVE HEART. IT SITS EQUIDISTANT BETWEEN BETHNAL GREEN TUBE AND RAIL STATION; PROVIDING YOU WITH AN IDEALLY CONNECTED HUB TO CALL HOME.

Our architects and designers have created 104 fashionable new homes ranging from stylish one-bedroom apartments to spacious three-bed apartments perfectly designed with sharing in mind. With design inspired by the creativity flowing from nearby neighbourhoods Shoreditch and Hoxton, our vibrant residents’ spaces include gorgeous lounges and chill-out areas, a well-equipped games room as well as rooftop gardens with stunning views of Canary Wharf and the City.