



PRIORITY is FOOD

Have a fast & good food _____

1. CANTEEN
 ○ Canary Wharf
 The Park Pavilion, 40 Canada Square, Canary Wharf
 Mon/Fri 7.30am-11pm / Sat 9am-11pm / Sun 10am-7pm
 Quality British food at reasonable prices. Canteen works directly with some of the UK's best food producers. We appreciate the all-day menu offering breakfast, lunch, dinner and afternoon tea! Modern and fun decor.

2. LEON
 ○ Bank
 86 Cannon Street
 Mon/Fri 7.15am-9pm
 As Leon says "food should taste good and do you good"!
 Natural and tasty, all ingredients come from local traced producers. Low-GI, low fat, gluten free...healthy and delicious!

Enjoy a typical British pub _____

3. THE GRAPES
 ○ Westferry
 76 Narrow Street
 Lovely and vintage, the Grapes is probably one of London's oldest pub...established in 1583! In summer, enjoy the sun deck looking out onto the Thames and during the cold season, cuddle in front of the fireplace. Nice wine list and great fish dishes.

4. NARROW
 ○ Limehouse
 44 Narrow Street - 020 7592 7950
 Open daily 12pm-10.30pm (bar until 11)
 THE PUB by Gordon Ramsay... Classic British pub dishes using seasonal ingredients. A special Sunday meal offers snack, roasted dishes and main meal. Enjoy a beer watching the view on central London.

Beer or whiskey? _____

5. FELLOW
 ○ Kings Cross
 24 York Way
 Mon/Fri 11am-12am / Sat 12am-12am / Sun 12am-10pm
 Named after a famous racehorse who won a cluster of titles in the early 1990's, the Fel-

low is a modern pub & dining room serving a quality selection of beers, spirits and over 50 unique wines. Upstairs bar and terrace. **What's for dinner?** _____

6. GOODMAN
 ○ Canary Wharf
 3 South Quay
 Mon/Sat 12am-10.30pm
 Time for steak! Try the 50 days aged steak...melts in your mouth! For meat lovers.

PRIORITY is CULTURE

7. WHITECHAPEL GALLERY
 ○ Aldgate East
 77-82 Whitechapel High Street
 Check exhibition on <http://www.whitechapelgallery.org/>
 For over a century the Whitechapel Gallery has premiered world-class artists ; it is now one of London sharpest contemporary art gallery. Nice book store and a peaceful café to have an afternoon tea or a beer.

PRIORITY is HEALTH

8. JUBILEE PARK
 ○ Canary Wharf
 There are beautiful parks in London, and the Jubilee is not one of the most pleasant but it offers a green space in Canary Wharf. Built above an underground railway station, it features a serpentine water channel.

9. LEILA'S CAFE
 ○ Old Street
 17 Calvert Ave, Shoreditch

Mon/Sat 10am-6pm / Sun 10am-5pm
 Delicious coffee and pastries and amazing "eggs and sage" served directly in the frying pan! Great breakfast option. Don't miss the nice organic grocery next door.

PRIORITY is BRITISH WAY OF LIFE

10. PRESENT + PRUFROCK COFFEE
 ○ Old Street
 140 Shoreditch High St
 Mon/Fri 10.30am-7pm / Sat 11am-6.30pm / Sun 11am-5pm
 Supper cool menswear store and delicious coffee from 2009 world barista champion Gwilym Davies.

11. A.GOLD
 ○ Liverpool Street (one station from Moorgate)
 42 Brushfield Street
 On "Traditional Foods of Britain" stands on the frontage! Scotch eggs, jelly sweets, pickles & chutneys, teas, ciders, marshmallows, jams and lemon curd...pick your favorite!
 Check weekly menus on Twitter https://twitter.com/intent/user?screen_name=agoldshop



EUROPEAN MEDICINES AGENCY
 SCIENCE MEDICINES HEALTH
 EMA (European Medicines Agency)
 7 Westferry Circus / Canary Wharf / London E14 4HB
 020 7418 8400