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MINDSPACE

Aldgate, London

THE GUIDE



The essential neighborhood guide
for the curious Mindspacer.



WELCOME TO THE HIGH LIFE

The Mindspace experience extends far beyond the corners of your work desk. It is one of discovery, culture immersion, balance, and high quality living.

This little pocket book is here to help you see, taste, feel, celebrate, and unlock the best of what your Mindspace neighborhood is hiding up its sleeves - all within walking distance. We encourage you to invite your fellow Mindspacers to join you.

*At your service,
The Mindspace Team*

MINDSPACE

Mindspace neighborhood map

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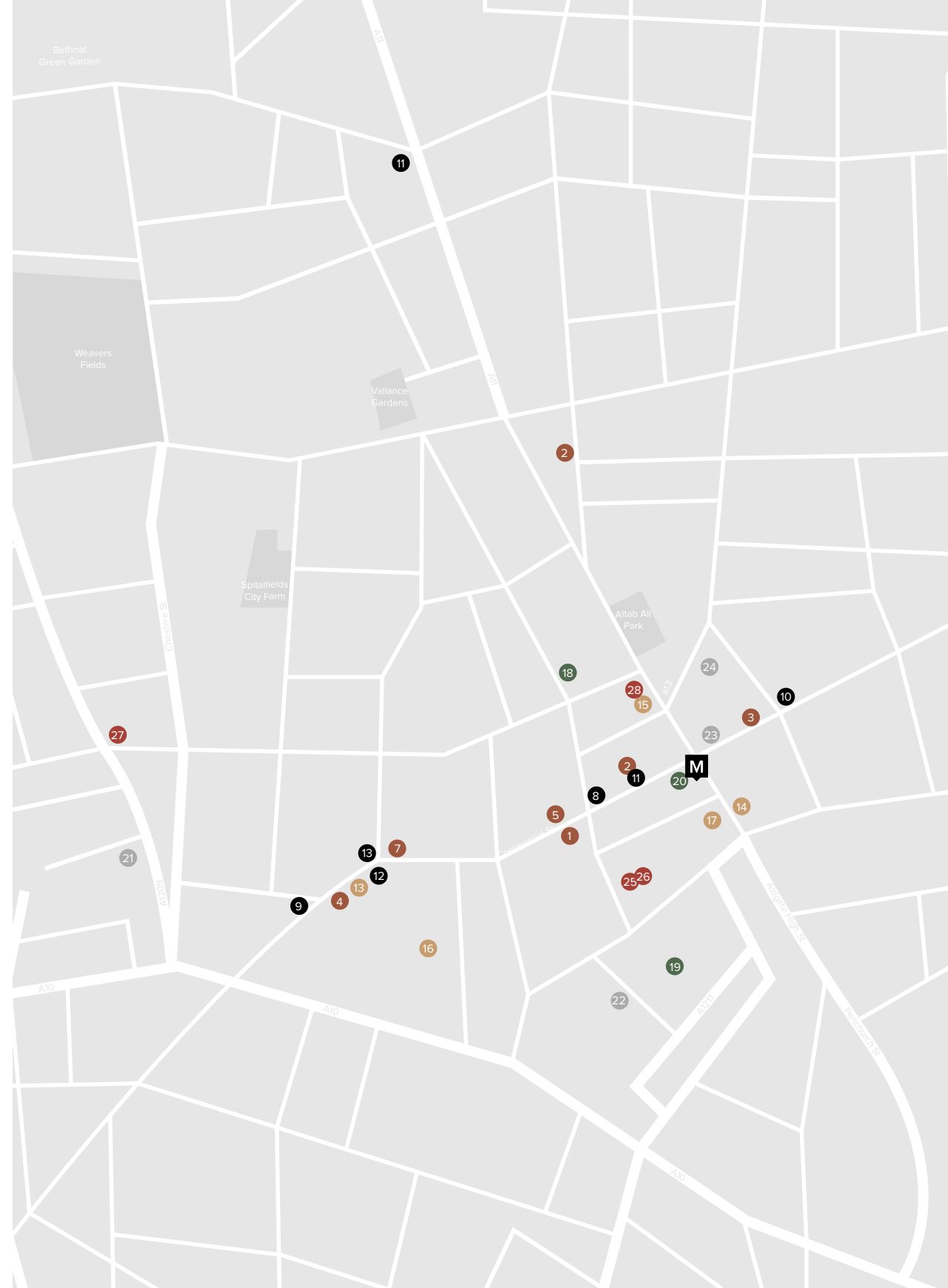
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SOM SAA

Som Saa started their culinary journey as a small pop-up but, thanks to a hugely successful crowdfund, they landed their new home on Commercial Street and a reputation for serving up some of the tastiest Thai fare in Great Britain. Pair sharing plates (fish curries, noodles and broths) with sour cocktails and you're in for the win. They take reservations for groups 2-6 please amend line please



Don't leave before you wash down kanchanaburi province curry with a popcorn iced tea!

Distance from Mindspace:
300m (4 minute walk)

Visit: 43A Commercial St. London E1 6BD
Call: 020 7324 7790





HOTBOX

The spot for a boozy brunch. Bacon and Bloody Mary's, pancakes and prosecco, meat and mimosas - they have it all, and they do it well. You'll come out of there feeling happily stuffed and suitably tipsy. That's a promise.



Don't leave before you bottomless brunch. Hard.

Distance from Mindspace:
290m (4 minute walk)

Visit: 46-48 Commercial St. London E1 6LT
Call: 020 7247 1817



TREVES & HYDE

Stepping foot into Treves & Hyde, you already know the food is going to be delicious. The space is well thought out and beautifully designed and the menu definitely reflects this. Serving breakfast, lunch and dinner, Treves & Hyde don't complicate things and proudly boast an ever changing selection of "clean, beautiful food".



Don't leave before you try one of their seasonal cocktails.

Distance from MindSpace:
150m (2 minute walk)

Visit: 15/17 Leman St. Whitechapel, London E1 8EN
Call: 020 3621 8900



DELAMINA EAST

Strut & Cluck's menu is full of healthy, hearty Eastern Mediterranean dishes that are just made for the gram. Despite the name focusing on its signature turkey dish, they also have an amazing selection of veggie dishes including whole charred cauliflower.

Don't leave before you break some bread with the hand pulled shawarma.

Distance from MindSpace:
800m (10 minute walk)

Visit: 151 Commercial St. London E1 6BJ
Call: 020 7078 0770





ABSURD BIRD

Fried chicken from the American South. Otherwise known as comfort food at its finest. Burgers, wraps, waffles, wings, wing challenges... All of their chicken is free-range and brined for a minimum of 12 hours to make sure it's finger lickin' good.

Don't leave before you eat an absurd amount of chicken. Duh.

Distance from Mindspace:
300m (4 minute walk)

Visit: 54 Commercial St. London E1 6LT
Call: 020 3246 0007



EMILA CRAFTED PASTA

With the rustic terracotta plastered walls and textured tiles, at Emilia's you'll go on a journey back through the Emilia-Romagna region. Their pasta dishes are made from scratch every day from start to finish, each dish inspired by traditional recipes and techniques they call the science and geometry behind their pasta. They take the pairing of their hand-crafted pasta to the right sauces very seriously.



Don't leave before you try their unreal 4 hour slow cooked bechamel bolognese.

Distance from Mindspace:
350m (4 minute walk)

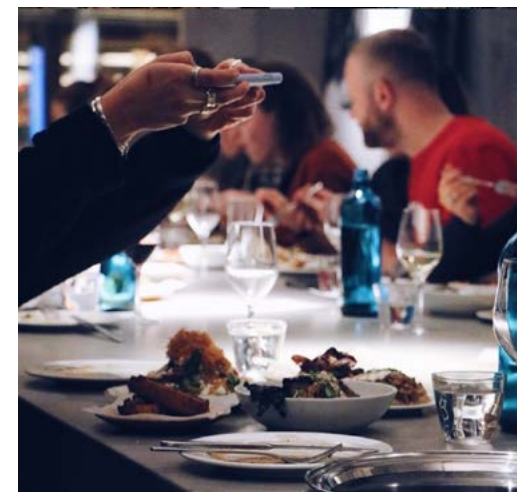
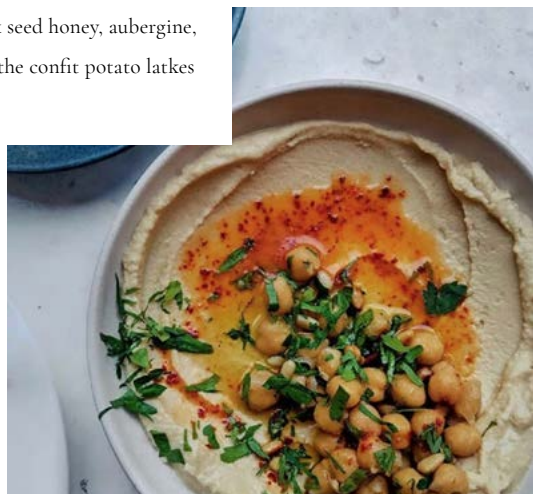
Visit: 77 Alie St, Whitechapel, London E1 8NH
Call: 020 7702 9944





BUBALA

Bubala is a newly opened Middle Eastern restaurant in the heart of Spitalfields having popped up at several locations across London for a year and a half. The name is derived from a Yiddish term of endearment that loosely translates as darling or sweetie and is often used by grandparents. Bubala's fully vegetarian menu is designed for sharing and is centred around the bold flavours, herbs and spices from the Middle East, and inspired by Tel Aviv's modern cafes. Already big favourites are the halloumi with black seed honey, aubergine, yemenite hot sauce & date syrup and the confit potato latkes served with a super garlicky sauce.



Don't leave before you tried their delicious confit potato latkes.

Distance from MindSpace:
350m (4 minute walk)

Visit: 5 Commercial St, Spitalfields, London E1 6BD
Call: 020 7392 2111



After hours



THE CULPEPER

The Culpeper is a gorgeous pub right next to Petticoat Lane Market. It's set across four levels: the ground floor is for all the boozing, the first floor is for fancy scoffing, the third floor is for sleepovers and, up on the roof, there's a lovely little rooftop garden.



Don't leave before you have checked out the rooftop garden.

Distance from MindSpace:
250m (3 minute walk)

Visit: 40 Commercial St. London E1 6LP
Call: 020 7247 5371

COMMERCIAL TAVERN

The most beautiful G&T's in the east. Pair one with their homemade sourdough pizza's whilst marveling at the curiosities that smother the interiors. Pretty cool.



Don't leave before you have consumed copious amounts of gin.

Distance from MindSpace:
800m (10 minute walk)

Visit: 142-144 Commercial St. London E1 6NU
Call: 020 3137 9736



LEMAN STREET TAVERN

A real all rounder, the Lemman Street Tavern is a go-to for an after work drink through to cocktail making masterclasses or a wicked Sunday roast. You'll find them just a stone's throw away from MindSpace, you could even nip down there on a Friday afternoon if you fancy!



Don't leave before you admire their funky decor and bold prints!

Distance from MindSpace:
240m (3 minute walk)

Visit: 31 Lemman St. Whitechapel, London E1 8PT
Call: 020 3437 0001





46 & MERCY

This Grade II-listed building on Commercial Street is part of urban art history and 46 & Mercy vibe tributes its story. The crisp white space features street art pieces and mismatched furniture inspired by Andy Warhol's famed Factory parties. The cocktails are no less artistic, with concoctions inspired by curious flavours like the Waldorf Salad and HotBox's own Smoked Pork Ribs.

Don't leave before you ask the bartenders about the quirky stories and poems behind each drink at the back.

Distance from MindSpace:
280km (4 minute walk)

Visit: 46 Commercial St. London E1 6LT
Call: 020 7247 1817



THE GUN

An East London staple since the 17th Century, the Gun has been reimagined as a stunning new bar for the modern drinker. The Gun is a slick, polished pub serving seasonal cocktails, excellent food in a fantastic setting. Our menu champions the best in British produce.

Don't leave before you tried our sharing Sunday roasts.

Distance from MindSpace:
650m (8 minutes walk)

Visit: 54 Brushfield St, Spitalfields, London E1 6AG
Call: 020 7846 9594



THE TEN BELLS

The Ten Bells is a Spitalfields institution, a bustling social hub for an ever changing community.

Beyond the listed tilework lies a well curated selection of beers, serious cocktail menu and ever growing wine list! Once frequented by Jack the Ripper this East end boozier is filled to the brim with history.



Don't leave before you you've attended the weekly pub quiz every Tuesday night upstairs in the cocktail bar!

Distance from MindSpace:
550m (7 minute walk)

Visit: 84 Commercial St, Spitalfields, London E1 6LY
Call: 020 7247 7532





WHITECHAPEL GRIND

Whether its a coffee or an espresso martini you're after, this Whitechapel hangout serves up all the caffeine and cocktails you could wish for. They do a great breakfast with things like burritos and acai bowls taking the prize, as well as delicious small plates for lunch and dinner. A solid local for you and your coworkers.

Don't leave before you drink a matcha latte.

Distance from MindSpace:
140m (2 minute walk)

Visit: 10 Whitechapel High St. London, E1 8DX
Enquire: <http://grind.co.uk/contact>



EXMOUTH COFFEE

For a perfect cup of coffee, a sweet treat, or a pocket sandwich, head to this on-the-go hole-in-a-wall. It is both very cute and very serious about its quality control.



Don't leave before you try one of their homemade quiches.

Distance from MindSpace:
170m (2 minute walk)

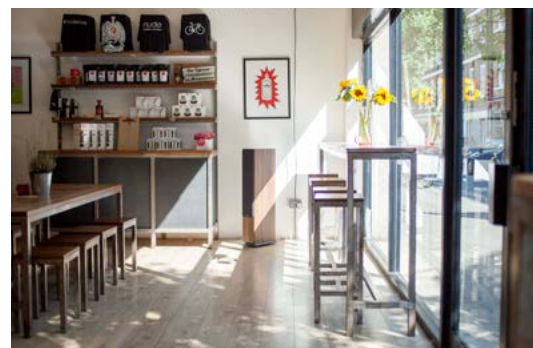
Visit: 83 Whitechapel High St. E1 7QX London
Call: 020 7377 1010





NUDE COFFEE ROASTERS

With arguably the best coffee in town, Nude Coffee Roasters is an all-time favorite of ours, a great lunch time hot spot that delivers solid cafe food, amazing coffee and good vibes.



Don't leave before you need to take a slice of the carrot cake.

Distance from MindSpace:
750 (10 minute walk)

Visit: 25 Hanbury street, E1 6QR
Call: 07712 899 334

TRADE



Voted the UK's best coffee shop and sandwich bar in the country three years running, TRADE is known for its exceptional coffee, brunch and gourmet sandwiches. Open 7 days a week TRADE is a very casual daytime eatery with high quality food and beverages.



Don't leave before you sharpen your coffee mind.

Distance from MindSpace:
350m (4 min walk)

Visit: 47 Commercial St. E1 6BD
Call: 020 3490 1880

Necessities

DAY-LEWIS

Day-Lewis

14 Old Montague St. E1 5PB

Distance from Mindspace:
450m (6 minute walk)

TESCO

Tesco Express

Aldgate East Tube, E1 6BF

Distance from Mindspace:
100m (1 minute walk)

POST OFFICE

Post Office

11 White Kennet St. E1 7BS

Distance from Mindspace:
450m (6 minute walk)

Sleep

ACE HOTEL

100 Shoreditch High St



Book: 020 7613 9800
<http://www.acehotel.com/london>

Distance from Mindspace:
 1.3km (16 min walk)



Creatives, art lovers, jetsetters and more flock to Ace for beautiful design and unbeatable ambience. The in house events programme is fabulous, and there's a florist onsite, too.





BOUNDARY PROJECT

2-4 Boundary St

For a more boutique stay in Shoreditch make your way to The Boundary Project, housed within a converted Victorian warehouse. Housing their eateries, Albion café, Boundary Rooftop Bar & Grill, TraTra pop-up restaurant, as well private event space, The Vault, whether you fancy charcuterie, British modern classics, something from the rooftop grill, or just a place to rest your head, you'll be well catered for.



Book: 020 7729 1051
boundary.london/rooms/

Distance from MindSpace:
 1.3km (16 minute walk)



CUCKOOZ APARTMENTS

36a Commercial Rd. E1 1LN

Brand spanking new design-led serviced apartments created by explorers for explorers. Cuckooz prides itself in providing a 'second home' vibe. The serviced apartments are designed to help nomads feel native. Welcome to East London, we say.



Cuckooz Apartments



Book: 020 7481 8507

Distance from MindSpace:
260m (4 minute walk)

The arts

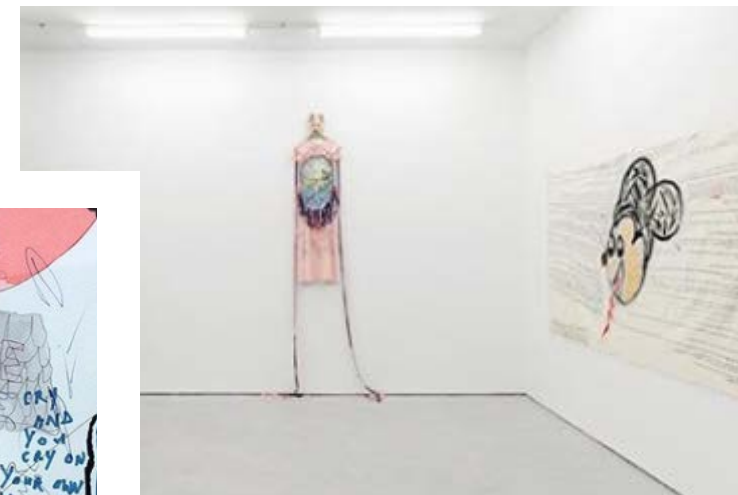
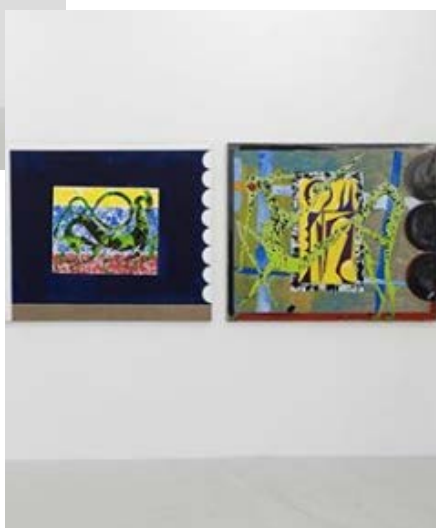
UNION PACIFIC

Visit: 17 Goulston Street E1 7TP

Opening Hours: Thu-Sat 12-6 PM

Call: 02072476161

Distance from Mindspace:
260m (3 minute walk)



YAMAMOTO KEIKO ROCHAIX

Visit: 19 Goulston St E1 7TP

Opening Hours: Wed-Sat 11 AM - 6 PM

Call: 02072471167

Distance from Mindspace:
260m (3 minute walk)

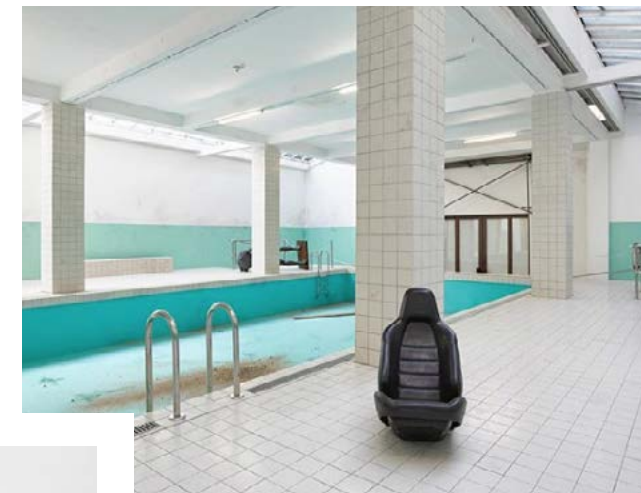
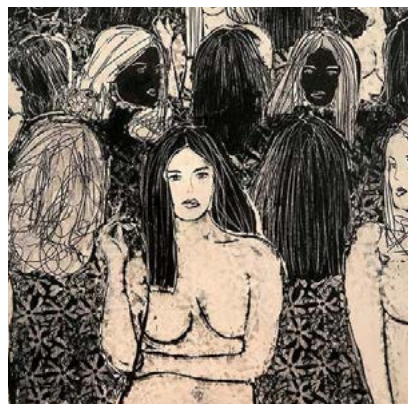
THE BRICK LANE GALLERY

Visit: 216 Brick Ln, E1 6SA

Opening Hours: Mon-Sat 10 AM - 6 PM, Sun 12 - 6 PM

Call: 020 7729 9721

Distance from MindSpace:
1.2km (15 minute walk)



WHITECHAPEL GALLERY

Visit: 77-82 Whitechapel High St., E1 7QX

Opening Hours: Tue-Sun 11 AM - 6 PM

Call: 020 7522 7888

Distance from MindSpace:
200m (3 minute walk)

Over and out.
