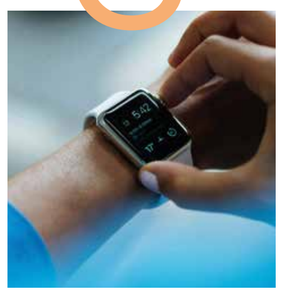
The Parksider

AUTUMN/WINTER 24 | ISSUE 02

SHOREDITCH PARKSIDE

WHAT'S INSIDE



Morning jog through Shoreditch Park

01 MIN BY FOOT | 01 MIN BY BIKE
FROM SHOREDITCH PARKSIDE

Wander down to Towpath Café for breakfast and coffee

05 MINS BY FOOT | 01 MIN BY BIKE
FROM SHOREDITCH PARKSIDE

A DAY OUT IN SHOREDITCH AND REGENT'S CANAL

Savour a Mediterranean canal-side lunch at Route Haggerston

08 MINS BY FOOT | 02 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

Shop for retro design at 2&4 Vintage Furniture

08 MINS BY FOOT | 03 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

Stroll along the Regent's Canal

04 MINS BY FOOT | 01 MIN BY BIKE
FROM SHOREDITCH PARKSIDE

Check out the latest exhibition at the Hang-Up Gallery

06 MINS BY FOOT | 02 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

A run in the park, breakfast by the canal, browsing vintage shops and elevated pub dining – all right on your doorstep

Dinner and cocktails at The Baring

10 MINS BY FOOT | 03 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

Enjoy an evening show at The Rosemary Branch

08 MINS BY FOOT | 03 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

SUSTAINABLE DINING

THE BARING

55 BARING STREET

The Baring is an elegantly curved gastropub nestled in a triangle of pretty stuccoed Victorian terraces near Regent's Canal. With a handsome, light-filled interior, it serves up critically acclaimed modern European food with a focus on sustainability. We spoke to its co-owner and front-of-house manager, Adam Symonds.

We opened in July 2022. Rob [Tecwyn] – my business partner and head chef – and I have been in the business a long time and worked together ten years ago at the Bull & Last in Dartmouth Park. We stayed in touch and slowly put a plan together to open our own pub that just served the kind of food we love.

Sustainability and provenance is at the heart of our cooking. All the produce we buy has to fit within our ethos of low-impact, non-invasive farming and working with nature, not over-exploiting land or stocks. We use Rhug Estate in Wales for a lot of our meat, like salt-marsh lamb. They work to very good practices and are a lovely farm. Another is Flying Fish, for great line-caught fish. We buy quite a bit of French produce too because the farming over there is at a very high level. The same principles apply to our wine list, which is all low inter-vention, sourced from small producers working to organic principles or biodynamically.

The focus of the menu is modern European, with a lot of influence from France and Italy. Rob likes Turkish cuisine too, so you see a lot of that going through the menu – like the quail shish, which is one of the dishes we're best known for. Rob thinks a lot about acidity in his cooking, always finding ways to lift and lighten more meaty dishes with pickles, vinegars and so on.

We keep the menu fairly small: just five starters and five main courses, and dishes come and go every few weeks to keep it seasonal, but we always keep the rib of beef with chips, hispi cabbage and chimichurri on the menu. Check our Instagram for this week's dish, @thebaring.

We've got so much around us in this part of Islington – the parks, the canal and lots of great restaurants, bars, coffee shops and bakeries. It's an area that's changed a lot over the last couple of decades and it's just a lovely part of town to wander around.

I recommend Quince Bakery (see interview, page 26), they make incredible bread, pastries and sandwiches. Nice wine bars: Hector's and Goodbye Horses, which have just opened and is a beautiful space. The place we probably go to most is the Rosemary Branch, our favourite after-work pub.

THEBARING.CO.UK

10 MINS BY FOOT | 03 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

BARTENDER RECOMMENDS

A SWEET MANHATTAN

Ingredients

50ml Bourbon, 25ml Sweet Vermouth,
2–3 Dashes Angostura Bitters,
1 Marashino Cherry to Garnish

How to

1. Fill a mixing glass with ice. Pour all the ingredients except the garnishes over the ice and quickly stir the drink down to the dilution you like.

2. Strain the drink into a chilled glass using a cocktail strainer. If you don't have a strainer, any kitchen sieve will work just as well.

3. Top the Manhattan with a Maraschino cherry to serve.

OKN1
40 HOXTON STREET

Just off Hoxton Square, OKN1 is an award-winning, budget-friendly modern European restaurant staffed by Hackney's next generation of aspiring chefs.

OKN1.CO.UK

11 MINS BY FOOT | 02 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

CARAVEL
172 SHEPHERDESS WALK

Intimate restaurant within a converted barge on Regents Canal run by two brothers that serves simple but stunning bistro food.

CARAVELRESTAURANT.COM

15 MINS BY FOOT | 04 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

THE CLOVE CLUB
380 OLD STREET

Cutting-edge Michelin-starred restaurant and bar in Shoreditch Town Hall with a seasonal British tasting menu using often overlooked ingredients.

THECLOVECLUB.COM

16 MINS BY FOOT | 04 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

NOBU
10-50 WILLOW STREET

Within the striking Nobu hotel, this is the east London branch of the world-famous Japanese sushi and sashimi empire.

NOBUHOTELS.COM

17 MINS BY FOOT | 05 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

BRAT
4 REDCHURCH STREET

Michelin-starred Basque-inspired restaurant in Shoreditch featuring an open woodfire grill, and famous for its whole turbots and grilled meats.

BRATRESTAURANT.CO.UK

22 MINS BY FOOT | 06 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

LIBRARY OF THINGS
DALSTON SQUARE

Need a drill, sewing machine or even a sound system? Why buy new when you can borrow, while helping to reduce consumption and foster the circular economy?

LIBRARYOFTHINGS.CO.UK

21 MINS BY FOOT | 06 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

VINTAGE HEAVEN
COLUMBIA ROAD

On charming Columbia Road, home to the Sunday flower market, this is an irresistible haven for vintage junkies packed with second-hand china, glass and kitchenware.

VINTAGEHEAVEN.CO.UK

20 MINS BY FOOT | 06 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

SUSTAINABLE HACKNEY

H.J. ARIS ANTIQUE AND CAFE BISTRO
11 DALSTON LANE

Describing itself as 'the emporium of all sorts', HJ Aris combines a mysterious, atmospheric antique shop, with ethical coffee, healthy food and beer.

22 MINS BY FOOT | 06 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

BRICK LANE VINTAGE
BRICK LANE

Brick Lane is a treasure trove of vintage furniture, collectables and preloved clothing, including designer, sportswear and Y2K pieces, it's one of London's best vintage hotspots.

29 MINS BY FOOT | 08 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

GET LOOSE
HACKNEY FARM

Within Hackney City Farm, this social enterprise is aimed at providing plastic-free organic food like pulses, grains, and cereals. Just bring a container and a bag. So wholesome, you'll feel like you're making a real difference with every scoop.

GETLOOSEFOODS.COM

23 MINS BY FOOT | 06 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

It has never been more fashionable to shop with a little more conscience and care – and the neighbourhood is bursting with ethical retail choices

AIDA
SHOREDITCH HIGH STREET

A family business, AIDA aims to promote slower and more ethical shopping, with a mix of Scandinavian-inspired women's and menswear, homewares and great coffee. They also run events like yoga classes, book clubs and candle painting.

AIDASHOREDITCH.CO.UK

17 MINS BY FOOT | 04 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

SUSTAINABLE RETAIL

AIDA

133 SHOREDITCH HIGH STREET

Sitting on Shoreditch High Street, AIDA is a bright and colourful concept store stocked with Scandinavian-inspired womenswear, menswear and homewares with a big emphasis on joy. Its aim is to get people to slow down and make more considered retail choices, says co-owner Helena Chow.

My sisters and I opened AIDA 11 years ago, converting our dad's old warehouse into a retail concept store. We named the store after our beautiful nan, as a consistent reminder to stay true to the values of care she instilled in us. Our vision was to create a space with a community feel at its core.

Promoting slower living and conscious consumerism is something we're passionate about. Our goal is to invite people to live a little more gently. Through music, movement, craft, barista coffee and homemade food, and the enjoyment of shopping, we want to take things a little more slowly and connect with others.

We source brands from all over: some we discover on our travels, some at exhibitions, and some find us. The first thing we look at is the product itself: the quality, the cut, the materials, the style. If it's something that resonates, then we look into the production: where it's produced, if it's made in small batches, how transparent the supply chain is. And we're always curious about the people behind it and love learning their stories.

We believe there are better ways to shop – and it begins with a mindset shift. We're trying to encourage people to buy fewer, better quality, responsibly produced items. We're eager to support the positive changes that are happening in the fashion industry.

AIDA'S INSTAGRAMMABLE ROSE LATTE

This autumn we are excited to be launching a new series of events including yoga classes, book clubs, candle painting, music nights and more.

We get to meet so many wonderful people in this neighbourhood. We feel privileged to have met like-minded people, from Europe to Australia, who are drawn to Shoreditch for its creative energy. There are lots of other local businesses we support and admire too, from our friends Earl of East on Redchurch Street, to the amazing little café Greens and Beans across the street, and the beautifully curated lifestyle store Luna and Curious. One place you have to visit, if you haven't already, is Ninety One Living Room on Brick Lane – a great live music venue.

AIDASHOREDITCH.CO.UK

17 MINS BY FOOT | 04 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

SUSTAINABLE COFFEE

OZONE

380 OLD STREET

Ozone is a bustling coffee and brunch hotspot with its London HQ in Shoreditch. With a pared back industrial-chic interior, large central bar and open kitchen, it serves up speciality coffee, innovative Antipodean-inspired brunches and lunchtime dishes to a mix of east London hipsters, hungry City workers and caffeine obsessives. We spoke to Dougal Gordon, its retail and operations manager.

Ozone was established in New Zealand, and in 2012 we expanded to London, opening our first location on Leonard Street in Shoreditch. We were attracted to the area for its creative atmosphere and diverse crowd. Since then, Ozone has grown to four locations across east London. Our eateries in Shoreditch and London Fields offer everything from coffee and freshly baked goods to a full à la carte menu and an inviting cocktail list.

What we're most famous for, and passionate about, is our innovative reuse of discarded or by-product ingredients, with our aim to get to 0% food waste. Our signature house ricotta – for which we went viral on TikTok! – is created out of excess barista milk collected from the bottom of the jug, heated up with lemon juice and salt, drained and hung overnight, and then whipped up to be used in our omelettes. We also use leftover milk to create a delicious caramel for our granola. It's all part of our mission to educate the public on how you can make the most of ingredients you might throw away.

At the core of Ozone are long-term, sustainable relationships that allow us to make a positive difference in every aspect of our work — from the quality of our coffee to the wellbeing of our producers, team and customers. We collaborate with small local suppliers who share our commitment to sustainable values. From Fin and Flounder to Flock and Herd, Wildfarmed to Two Fields, they're the backbone to our menus!

Our coffee beans are sourced from more than 30 countries worldwide and roasted fresh to order at our Stafford roastery. We prioritise regular visits to our farmers, producers and exporters, maintaining close ties with many for over 20 years. Used coffee grounds are repurposed in various innovative ways. In previous menus, we've used them to replicate soil using a traditional New Zealand cooking method known as 'Hāngi'. Additionally, Haeckels, a sustainable skincare and scent company, transforms them into a luxurious exfoliating soap bar.

Our most popular coffee order has to be the OG Flat White: the perfect ratio of espresso to milk. Our signature dishes offer something for everyone. Whether you're in the mood for something sweet — like lightly toasted house-made banana bread with decadent hazelnut butter and homemade jam — or craving something savoury, like mince on toast, eggs benedict or a comforting nasi goreng, we have you covered.

There are so many other great local businesses, but a few personal favourites are Haeckels on Broadway Market for its sustainable skincare, 40ft Brewery in Dalston for craft beers and the bakery Snapery East near London Fields. If you're planning a date, I'd head to the excellent Provisions on Hackney Road and load up on all the cheeses and picky bits, with a nice bottle of Pét-Nat.

OZONECOFFEE.CO.UK

19 MINS BY FOOT | 17 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

VEGAN CUISINE

MILDRED'S

1 THOMAS TOWER, DALSTON SQUARE

Mildreds' Dalston is a bright, inviting space full of plants, wooden tables and striking yellow chairs. Catering to Dalston's diverse and creative crowd, it's the eastern outpost of the legendary Soho vegan restaurant but, as Ivi told us, they like to do things a bit differently here.

Can you tell us a bit about Mildreds' history and why it bears the fabulous name?

Our founder was a waitress in Soho in the 1980s. She had this dream of opening her own restaurant and loved the classic film starring Joan Crawford called Mildred Pierce, about a strong independent woman who opens a restaurant. So her colleagues nicknamed her Mildred. The original restaurant opened in Greek Street in 1988 and since then we've expanded to five other locations.

Why did you choose Dalston?

We opened in 2017 – we really liked the neighbourhood because it felt like we were coming back to our roots. Dalston is gritty but with a really cool vibe – full of creative energy.

How does the Dalston branch differ from the others?

Our development team that creates the menu is based here, we hold our supper clubs every two weeks, which you can't get in the other Mildreds. The events help us with trial recipes and to experiment with cuisines from different cultures. People come along on their own and make friends, families get to know each other and regulars from all over town come down to try the different menus... It's a great mix!

Is it important to be vegan to enjoy Mildreds?

No, I feel we cater for everyone. A few of our dishes, like some burgers and kebabs, are substitute meats which helps to attract people who aren't normally vegan – and leave them thinking, oh this tastes like real meat!

What made Mildreds go totally vegan?

It was basically what our customers wanted. The market was shifting and there were so many vegan substitutes coming in that made it much easier to change over. Cheese was the last non-vegan thing we had on the menu, partly because it look a long time to find a good vegan cheese, but now there are so many great ones.

SUPPER CLUB DATES

Mexico City Supper Club
17.10, 31.10 and 14.11 @ 19:30
Bookings essential

Where do you source your produce and are there any suppliers you'd like to celebrate?

We keep our menu as seasonal as possible and it changes twice a year. We try to use local suppliers where possible. Ararat on Ridley Road in Dalston for our breads and wraps, tofu from Clean Bean in Bethnal Green, and Tempeh from Club Cultured to name a few. Our great coffee is from AllPress up the road.

What's coming up in the autumn/winter?

The autumn menu will involve a lot of seasonal roots and citruses, and Sunday roasts are being added to our new winter menu. Watch this space!

What's your favourite Mildreds dish?

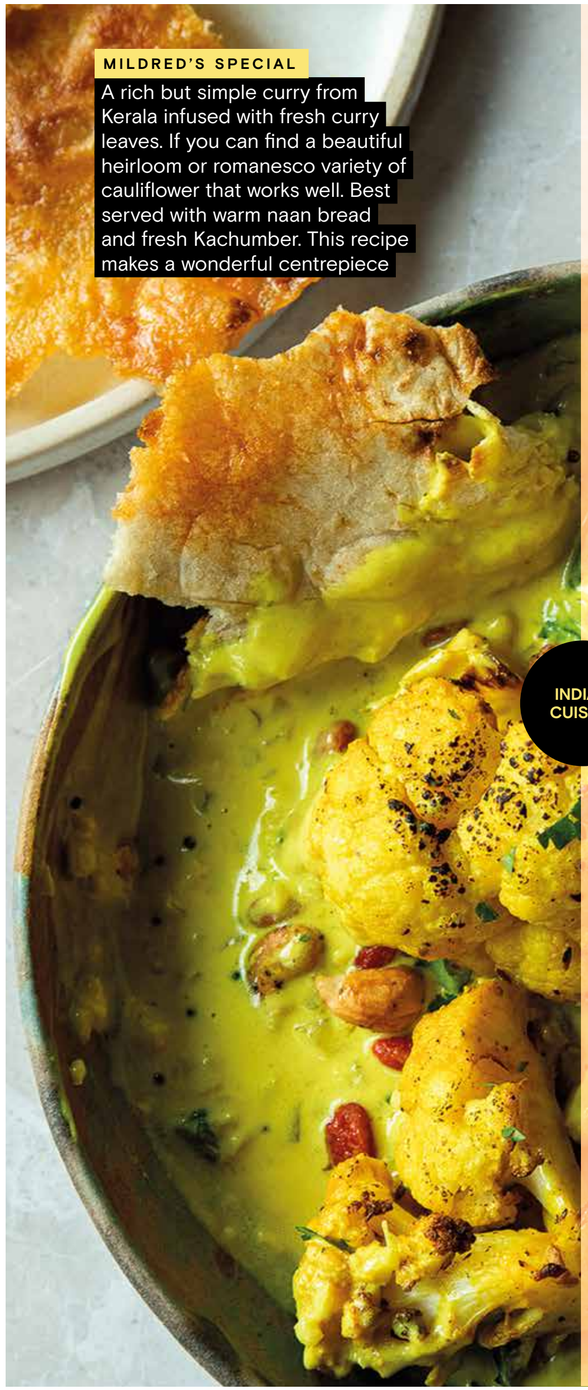
There are two: the kiri hodi, which is a Sri Lankan coconut curry, and the bokkeumbap – our take on Korean fried rice. Both delicious!

Are there any other local businesses you'd rate or recommend?

I really like Edit on Mare Street – it has a hyper-seasonal menu and they're very low waste, with upcycled furniture. For drinks I love Three Sheets: they have amazing wine and cocktails. And Dan's wine bar – the selection of wines is incredible.

MILDREDS.COM/DALSTON

21 MINS BY FOOT | 06 MINS BY BIKE
FROM SHOREDITCH PARKSIDE



MILDRED'S SPECIAL

A rich but simple curry from Kerala infused with fresh curry leaves. If you can find a beautiful heirloom or romanesco variety of cauliflower that works well. Best served with warm naan bread and fresh Kachumber. This recipe makes a wonderful centrepiece

INDIAN CUISINE

CAULIFLOWER CASHEW MOILEE

Serves 4

Ingredients for the moilee sauce:

2 tbsp light oil
100g white onion, peeled and diced
4 garlic cloves, finely chopped
3 cm of ginger, peeled and finely grated
½ tbsp black mustard seeds
6 fresh curry leaves
1 tsp ground turmeric
1 birds eye red chilli, finely chopped
400ml coconut milk
100g creamed coconut cut into thin slivers
1 tsp salt

Ingredients for the cauliflower

1 medium cauliflower, cut into 6 wedges
1 tsp cumin seeds
pinch of turmeric
30ml oil
salt and pepper to taste

To finish

50g toasted cashews (if you can get spiced cashews, even better)
Handful chopped coriander leaves
2 tbsp goji berries rehydrated in lime juice
1 or 2 lime wedges
Naan bread

Method

Heat the oil in a large saucepan over medium heat. Add the white onion, ginger, garlic, and curry leaves. Cook for 8–10 minutes, or until softened, stirring regularly.

Stir in the chilli, black mustard seeds, and turmeric, and cook for 1 minute. Add the coconut milk, coconut cream, and salt, and bring to a simmer. Cook for 10 minutes, or until the coconut cream is completely dissolved.

In the meantime, cut the cauliflower into wedges. Bring a pot of salted water to a boil and blanch the cauliflower for 3 minutes. Drain well.

In a mixing bowl, combine the turmeric, cumin, salt, and pepper with the oil, and rub the mixture over the cauliflower wedges.

Preheat the oven to 200°C (400°F). Place the cauliflower wedges on a baking tray and cook for 15 minutes.

Plate the cauliflower in a deep serving dish and pour the moilee sauce over it. Scatter the toasted cashews on top and finish with some fresh coriander and lime wedges on the side. This dish i s also great served with coconut rice.

SOMETHING FOR EVERYONE

THE DE BEAUVOIR WHOLEFOODS
105-109 SOUTHGATE ROAD

Organic supermarket in leafy De Beauvoir Town, stocked with an amazing array of produce, groceries and craft beers. Also serves sandwiches, coffee and smoothies.

THEDEBEAUVOIRWHOLEFOODS.CO.UK

14 MINS BY FOOT | 04 MINS BY BIKE

FROM SHOREDITCH PARKSIDE

52A COFFEE SHOP
52A SOUTHGATE ROAD

Charming and chilled corner café in De Beauvoir Town that serves organic coffee, fresh pastries, bakes and bites.

T 020 7254 9909

11 MINS BY FOOT | 03 MINS BY BIKE

FROM SHOREDITCH PARKSIDE

THE DE BEAUVOIR DELI
98 SOUTHGATE ROAD

Spanning both sides of the road, you'll find excellent cheeses, cakes, Dusty Knuckle sandwiches and Monmouth coffee on one side, and a café serving all-day brunch on the other.

THEDEBEAUVOIRDELI.CO.UK

14 MINS BY FOOT | 04 MINS BY BIKE

FROM SHOREDITCH PARKSIDE

Foodies are spoilt for choice with great deli's and coffee shops nearby, selling everything from organic cheeses and sourdough to authentic Asian ingredients

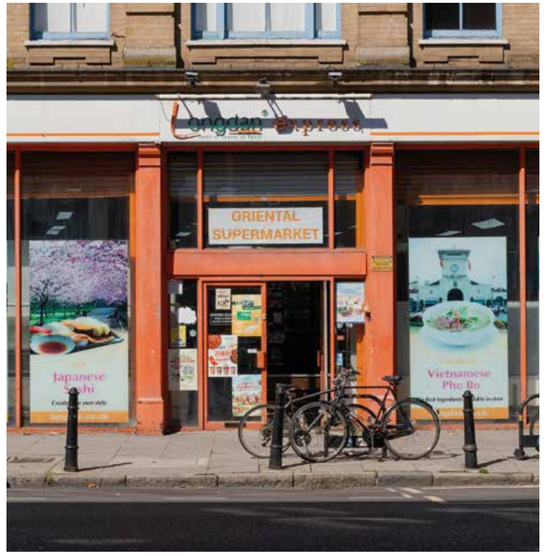
LONGDAN SUPERMARKET
57 KINGSLAND ROAD

Love the Vietnamese cuisine you can find in Shoreditch but could never find all the ingredients needed to cook it? Well now you can!

LONGDAN.CO.UK

13 MINS BY FOOT | 03 MINS BY BIKE

FROM SHOREDITCH PARKSIDE



HEALTH AND FITNESS

BRITANNIA LEISURE CENTRE
PITFIELD STREET

This new, state-of-the-art sports centre boasts swimming pools, water flumes, sports courts, a huge gym and much more.

BETTER.ORG.UK/LEISURE-CENTRE/LONDON/HACKNEY/BRITANNIA-LEISURE-CENTRE

01 MIN BY FOOT | 01 MIN BY BIKE
FROM SHOREDITCH PARKSIDE

MOMENTUM TRAINING
HOXTON STREET

Momentum is all about lifting you higher with a mix of Crossfit, strength training and body conditioning, either in classes or one-on-one.

MOMENTUM-TRAINING.COM

12 MINS BY FOOT | 04 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

THE ROGUE ROOM
83 RIVINGTON STREET

Part of a new breed of wellness spaces, The Rogue Room merges the transcendence of yoga with the euphoric power of music.

THEROGUEROOM.COM

18 MINS BY FOOT | 05 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

SHOREDITCH PILATES
30 SWANFIELD STREET

Located in a converted historic workshop, the studio offers private classes in a quiet and relaxed setting, catering to all levels.

SHOREDITCHPILATES.COM

22 MINS BY FOOT | 06 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

TEMPO301
6 CYGNET STREET

Featuring Reformer Pilates and HIIT classes, this is an up-tempo, music-driven studio with the emphasis on physical and mental strength.

TEMPO301.CO.UK

28 MINS BY FOOT | 07 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

HEALTH AND WELL-BEING

GOOD GYM

You may have seen their armies of red T-shirted volunteers in parks running to the next job, and now you can get involved too. The GoodGym combines outdoor exercise with community volunteering – nurturing both body and mind, as its staff member Jacob Harriss explains.

The GoodGym sounds an ingenious concept – can you tell us how it began?

GoodGym arose out of a frustration with normal gyms – and responding to growing loneliness in cities. It started when our founder, Ivo, started running to deliver the newspaper to Terry, an older Hackney resident, in 2007. Terry was housebound and didn't see any friends on a regular basis. Ivo wasn't exercising much and needed a reason to run. GoodGym became a non-profit company in 2009 and has grown since then to operate in more than 60 areas.

And how does it all work?

We're a community of people who get fit by doing good. We run, walk and cycle to support local community projects and isolated older people with practical tasks. It's fun and high energy but inclusive – we live by the mantra "no one is left alone, no one is left behind".

What would you say to those interested, but unsure if it's for them?

There's only one way to know if you like it, so just come along. It's free and you won't find a more welcoming group of people. Sessions are only an hour or two and you'll never be left out of your depth. It's social, active and makes a positive impact right where you live.

What are some examples of events people can get involved in?

GoodGym sessions are in two categories: group runs and older people work. Groups run once a week, we meet at a location a few km away from the task, and run, walk or cycle there. The task could be anything from painting a school hall, weeding a church garden, digging new allotments and much more. Older people work supports isolated people by helping with practical tasks around the house. Something as simple as mowing the lawn or dismantling old furniture can dramatically improve someone's well-being and happiness. GoodGym has also recently launched social visits, where you pop over for nothing more than a chat.

Are there any recent projects in Hackney that stand out?

We've been doing loads of gardening work. From weed clearing in Wilton Estate community gardens to moving two tonnes of mulch over 500 metres to create a section of path in London Fields. This sort of stuff happens all the time.

It's obviously a great way to get fit but are there mental health benefits too?

Yes, there are huge mental health and wellness benefits to taking part in GoodGym. Don't just take our word for it, we recently conducted research over a two-year period with the London School of Economics – they called the results "extraordinary". "GoodGym shows an extraordinary increase in life satisfaction. The unique combination of physical exercise and volunteering pushes the impact above that of either alone," said Christian Krekel of the LSE. Read more about it: www.goodgym.org/v3/stories/evaluation

What do you love about the area?

GoodGym's first ever beneficiary, Terry, was from Hackney. Because of this, it's always held a place in our hearts. GoodGym grew from the single London Borough of Hackney, to the 60-plus areas it is in today. It's good to know we're still helping people where it all began.

GOODGYM.ORG/V3/AREAS/HACKNEY

THE GOOD GYM ETHOS

An individual can have a massive impact from small actions, both on themselves and their community. One good deed can grow to become GoodGym; one healthy habit can lead to running marathons. Do Good, Get Fit.

WELLBEING

PUPPY YOGA

42 HOXTON SQUARE

Puppy Yoga is far more than just fun and cuddles! We're a unique yoga practice that combines all the therapeutic benefits of yoga with the joy of being surrounded by puppies. It is a way to destress and unwind while also strengthening the human-animal bond.

During a puppy yoga session our certified yoga instructors lead you through a 20-minute gentle yoga flow (without the puppies), followed by a 40 minutes of puppy playtime that incorporates plenty of puppy cuddles and interactions. We also run puppy therapy sessions, where you have 40 minutes of puppy interaction in our indoor studio.

Interacting with animals can do wonders for stress and anxiety, so we're really passionate about the mental health benefits Puppy Yoga provides. The Mental Health Foundation states that just by stroking, sitting or playing with an animal, people get a chance to relax and calm their mind. We have collaborated with a number of different charities including Mind and Grief Encounter. In Grief Encounter sessions families were crucially able to focus on the happiness in that moment from the bond they shared with an animal.

PAIGE ALEXANDER
EVENT MANAGER

Interacting with animals can do wonders for stress and anxiety, so we're really passionate about the mental health benefits Puppy Yoga provides.

We collaborate with local dog breeders to give our puppies the very best start in life, creating safe and enjoyable environments for them. Puppy socialisation is crucial in shaping their early experiences and growing personalities. These sessions also help the puppies' mothers to gradually detach from her pups before they go to their forever homes. The puppies' stay with us is a brief yet valuable period, preparing them to embark on their new lives as more confident and well-adjusted dogs!

We always have seasonal celebrations, and Halloween is one of our favourites. You will be able to see the studio decked out in cobwebs and Do Not Enter signs and may even see a spider puppy come out to play!

We love how friendly Hoxton is and every local business we have interacted with – from The Breakfast Club to N1 Laundrette – has been so welcoming. We have to recommend our friends at the Red Dog Saloon across the square, which serves delicious American barbecue food in a great atmosphere. When it comes to doggy hotspots, our mascot Ollie loves a good walk in Hoxton Square – it's the perfect break from being the best meeter-and-greeter for our attendees.

PUPPY-YOGA.CO.UK

15 MINS BY FOOT | 03 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

VEGAN CUISINE

MUDDY PUDDLE

142 ALBION ROAD

On a quiet backstreet, friendly Latin-infused café the Muddy Puddle is much larger than it looks from outside: with a hip wood-lined front bar; a cosy, cushion-filled backroom and finally a sunny, secluded back garden. And that's all before you discover its 1970s-inspired subterranean music space. We sat down with co-owner Phoebe.

The story behind our name is a bit silly, really! I used to make a drink with my sister where we mixed Fanta and Coca-Cola and called it Muddy Puddle. A friend of mine told me it would make a great name for a place one day, so when we were trying to think of a name for here I suddenly had a lightbulb moment – oh, I already have it! There's no real link to the concept but it fits our dog-friendly, family-friendly vibe.

My partner Ben is Argentinian, so we've really pumped Latin America into this place, with a menu that's fully vegan. We also like to work with brands we feel suit our ethos, like Caravan Coffee, a New Zealand company with a roastery near Caledonian Road. And we've partnered with a Yerba Maté brand called Parongo – it's a South American green tea that has really become part of our identity. The traditional way of drinking it is in a maté, like a gourd, through a bombicha, which is a silver straw with a filter at the bottom. It's caffeinated but slow-release and full of antioxidants.

We always knew we wanted this place to be very music-focused. We get DJs in upstairs, and host live music in our basement venue. It's jazz vibes, really intimate and beautiful and because of the acoustic walls, the sound quality is unbelievable. Ben's a producer, drummer and DJ, and I'm a musician too, so music is a really important part of our vision.

PHOEBE
CO-OWNER

We always knew we wanted this place to be very music-focused. We get DJs in upstairs, and we host live music in our basement space. It's jazz vibes, really intimate and beautiful

Our menu takes inspiration from all over Latin America, featuring empanadas, chimichurri and umita, which is my favourite Argentine street food: a cheesy sweetcorn dish wrapped up in a corn leaf and baked. The biggest seller is the burrito, which was our first baby when we went fully vegan. On Sundays we serve up our Full Vegan, which has elements from all over our menu – we're an exciting alternative to a Sunday roast and you may need to book!

Coming up for autumn, local DJs spin records during brunch most Saturdays. If the weather's nice we have the front doors open so there's music in the street, which is really cool. People often says it's perfect for a date! I feel I can always sense when two people are meeting for the first time, so I love putting in that extra bit of effort just to let them enjoy the moment.

THEMUDDYPUDDLE.CO.UK

36 MINS BY FOOT | 11 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

TOWPATH TREASURES

Regent's Canal is a tranquil waterway providing a beautiful route through east London – dotted with exceptional bars, restaurants and cafés along the way

THE ROSEMARY BRANCH
2 SHEPPERTON ROAD

Known to regulars as the Rosie, the Rosemary Branch is a friendly neighbourhood pub and award-winning theatre just north of the Regent's Canal. Originally a Victorian music hall, it opened as a theatre in 1986 and over the years staged numerous cutting-edge plays and dark comedies.

Today you can enjoy all types of performance and community events, including theatre, comedy, live music, drag, cabaret and even live podcasts. It's part of a rich tradition of excellent pub theatres in Islington that also includes the King's Head and the Old Red Lion. Downstairs the much-loved characterful pub is relaxed and quirky, with antique furniture and a great selection of well-priced beers. it also serves homemade pub classics and Sunday roasts using locally sourced ingredients and farm-assured produce.

It all adds up to the kind of unspoilt local pub everyone dreams of finding – and you'll keep flocking back to.

THE ROSEMARY BRANCH EVENTS

Early Days

Early Days is back! The new comedy festival giving you a first peek at debut hours and brand new shows from rising comedy stars returns for four more nights of never-before-seen comedy projects. Including work from Rosalie Minnitt, Trash Salad and Fanny Bleach.

OCTOBER 8TH-11TH

Curious Puppets Festival

Curious take-over!

Curious Puppetry returns to the Rosemary Branch Theatre for the 4th annual Curious Puppets Festival!

NOVEMBER 7TH-9TH

ROSEMARYBRANCHTHEATRE.CO.UK

08 MINS BY FOOT
FROM SHOREDITCH PARKSIDE

TOWPATHLONDON.COM

04 MINS BY FOOT | 01 MIN BY BIKE
FROM SHOREDITCH PARKSIDE

TOWPATH CAFE
42 DE BEAUVOIR CRESCENT

With no bookings and a canalside home that spills out of four small industrial units along the narrow Regents Canal pathway, Towpath is a little rustic culinary gem that rightly has a cult following – and its own excellent cookbook.

Owners Lori de Mori and Laura Jackson established the waterside café almost 15 years ago and are still doing what they do best (but only between March and November): serving up fresh, simple, seasonal dishes made with an abundance of love. Sample plates on the day we popped along included homemade taramasalata with radishes and toast, corn on the cob with chilli lime butter, whole globe artichokes, and lamb meatballs with rose harissa and couscous. Not forgetting delectable fudgy brownies.

Lori and Laura exude a warmth and energy that captivates their customers and infuses their food too. This is a place to cherish.

NEIGHBOURHOOD BAKERY

QUINCE BAKERY

267 NEW NORTH ROAD

I'd always known I wanted a bakery. Quince began to form after I left the River Café and was feeling my time in restaurants had come to an end. My cookbook had just come out and I was able to spend time working at other bakeries I respected around the country. I was terrified to get going but thought I had to start somewhere so booked a viewing of a site. It ended up being just the right size, on a busy road but residential – exactly what I wanted. All of a sudden I had to figure out how to build a bakery!

I've been a pastry chef for 15 years and worked at a senior level in some iconic restaurants like the River Café and Gramercy Tavern in New York. Moving to NYC was transformative: the passion for simple, seasonal cooking at Gramercy left a huge impact. I came back and started at Lyles in Shoreditch. Their dedication to working in a micro seasonal way with a very British lens has defined how I cook to this day.

Our goal at Quince is to make the most of the beautiful seasonal produce from the farms we work with, and to reflect British baking heritage. Our three core principles are joy, nourishment and community. We want the food to feel joyful and delicious, but we also want the bakery to feel like a joyful space. From the milk in our coffee to the flour in our bread, we want to know everything is being produced in a way that is good for the soil, the people growing it and the people eating it. And we want to know our local neighbours personally and be known by them.

Our menu changes each week to reflect the different fruit and veg coming in and out of season, from late-summer plums to autumnal apples and pears. Quince season is now upon us, so I am excited to celebrate my favourite fruit in all the different ways our menu will allow! One thing we always keep on the menu is our brown butter bun, which customers love – a sweet bun topped with a crackly topping of brown butter, brown sugar and wholemeal flour.

We're really proud of our bread: we know who has grown every grain of flour in the building. Our millers in Somerset (Landrace Milling) work with small farms growing grain in a way that is good for people and planet. I have a particular soft spot for the Miche (a larger, wholegrain loaf), or the quince and buttermilk rye bread.

I love this part of London. It's busy and vibrant, but still peaceful. It feels properly villagey and I love that we get to be a part of that. Nearby Arlington Square is especially gorgeous – that's where we send customers to go and enjoy our bakes in the sun!

QUINCEBAKERY.CO.UK

12 MINS BY FOOT | 03 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

OAT AND EINKORN COOKIE

This biscuit is utterly addictive. The recipe was given to me by a colleague when I was working in New York.

He had spent time working in the UK and had come to love our national obsession with biscuits, particularly our passion for the hobnob. It is a buttery, shattering biscuit that has just the right mix of salt and sugar to make them irresistible.

At Quince we use einkorn flour which ups the golden colour and flavour but you can also use plain flour too. They have become a customer favourite and something we bake every week.

INGREDIENTS

400g butter, cold and cubed
400g light muscovado sugar
150g rolled oats
150g pinhead
300g einkorn flour
15g fine salt
15g bicarbonate of soda

METHOD

Combine butter and sugar in a stand mixer and beat on a low speed until combined. You are not looking to cream or aerate the butter, just to make sure the two ingredients are well incorporated. Add the remaining ingredients and mix to combine. Roll into 70g balls and chill the dough well in the fridge. To bake, preheat the oven to 180C. Bake for 15–20 minutes until golden and crisp. Cool completely and store in an airtight container.

PARKSIDE LIVING ON THE CITY'S EDGE

SHOREDITCHPARKSIDE.CO.UK

SALES CONTACT INFORMATION

Shoreditch Parkside
Marketing Suite
Commercial Unit
Mono Tower N1 5FD

Unit accessed via Bridport Place/Penn Street corner entrance

T 020 7226 6611

OPENING HOURS

Monday to Saturday
10am - 6pm

Sunday
10am - 2pm