



07828 781213 on the night if lost.

6:30  
The Railway Tavern  
131 Angel Lane  
E15 1DB



Large spacious family owned pub with a nice conservatory and outside seating, Serves a selection of decent real ales & home cooked food. Has a pool table for anyone who wants to come early for a game, I will be there from 6pm chalking my cue.

7:15

Theatre Royal Bar

Theatre Royal Stratford East

Gerry Raffles Square

E15 1BN



Award winning theatre bar with free entertainment (TBC) and serving delicious Caribbean (and non-Caribbean) food. Also with outside seating area. Open to the public.

8:00

The Cow

4 Chestnut Plaza

Westfield Stratford City

E20 1GL



We pass a nice view of the ArcelorMittal Orbit structure on the way to a trendy after work drinking establishment with a view of the Olympic Stadium. Based in the Westfield shopping complex. Just past the Omega and Prada stores, don't you know

8:45

The Langthorne

14 Broadway

E15 4QS



Large with slightly more night clubby décor and atmosphere, serves standard pub fare food and drinks. Probably be playing music for the Groovers and Hipsters.

9:30  
King Edward VII  
47 Broadway  
E15 4BQ



Achingly cool retro-traditional gastro pub oozing with character. Serves very good food at reasonable prices. With wide age range of customers from 20's to 50's. My favourite in the area.

10:15  
Princess of Wales  
25 West Ham Lane  
E15 4PH



More of a traditional East End boozier to finish with. A bit of a hangover from the traditional Stratford we all know and love. May have Karaoke for any wannabe Frank Sinatra's or Abba fans. Closes at 2am