

Day 1: Wednesday 30 March 2022

1500: Please meet your group and tour representatives.

Group to check into the hotel and meet the TUCO Representatives at Hotel Reception ready to depart on tour.

- **Hotel:** Motel One; 24-26 Minories, London EC3N 1BQ.
- **Luggage:** Should your room not be available at the time of check in, you will be able to leave your luggage in their luggage storage room and time will be made later this day to check into your room.
- **Board:** Double room, single occupancy, bed only

If you are arriving by car, the hotel does not have its own car park. For public car parks, click [here](#).

If you are arriving on the train, you can reach the hotel via the Aldgate, Tower Gateway and Tower Hill stops.

TUCO Representative: Mandy Johnston **TBC** (Procurement Manager for the vegetarian framework)

Sarah McLoughlin (Head of Academy)

Vegetarian Express: Rebecca Harman (National Account Manager)

Dan Blucert (Development Chef)

LWC: Adam Alexander (Channel Controller)

The list below is not exhaustive and there may be opportunities to visit more than the sites stated or a site may be changed, subject to availability.

1530: Visit Unity Diner

“London’s biggest 100% vegan diner and cocktail bar, Unity Diner was founded in September 2018 by a group of close friends on a mission to make a positive difference (including activist and educator Earthling Ed). One of our core aims at UD is to use the power of plants to revolutionise public perceptions surrounding vegan food. We strive to provide incredible vegan food that’s not only made with love, but that also directly helps bring about positive change for the animals on the earth.”

“The MOST AMAZING VEGAN BURGER I have ever tried! The desserts are mind-blowing. Best vegan food in London!”

60 Wentworth Street, Spitalfields, London, E1 7AL (approx. 9 minute walk from Motel One)



Walk through Spitalfields Market for a flying tour to get the vibe and feel of a true street market in the heart of London. A must visit will be to Crosstown who do the best Vegan doughnuts your ever likely to taste.

@1700: What the Pitta

"We are often asked how our now beloved Vegan Döner Kebab came to be. And, like many great stories, it all started over a cold beer on a hot day in Bodrum. Cem, a historically renowned meat eater, had just dropped the bombshell that he had given up meat and dairy and was now following a plant based diet.

As Cem lamented the lack of choice in quality vegan takeaways, Roj excitedly explained that his uncle in Germany had developed a tasty, and top secret, Vegan Döner Kebab recipe which was really popular in his shop in Freiburg. And, with that simple revelation, What The Pitta was born.

After a quick pit stop back in London, Roj and Cem headed over to Freiburg to try Roj's Uncle's famous Vegan Döner and were so wowed by the great flavour, they knew that they had to bring the recipe back home to share with the UK. It didn't take long to learn the ropes: making and flipping the fresh breads and seasoning the soya to make it just right. Only two weeks later What The Pitta officially opened its doors (or, in this case, hatches) at The Pump in Shoreditch to bring the Vegan Döner Kebab and other Turkish inspired vegan treats to vegans, vegetarians and meat eaters alike."

If anyone wants a late night snack after our day has ended be sure to pop back here !!!

53 Brick Lane, London, E1 6PU (approx. 5 minutes from Unity Diner but we will be stopping at the market on the way through)



1800: Dishoom Shoreditch

“THE OLD IRANI CAFÉS have almost disappeared. Their faded elegance welcomed all: rich businessmen, sweaty taxi-wallas and courting couples. Students had breakfast, families dined, lawyers read their briefs and writers found their characters. Fans turned slowly. Bentwood chairs were reflected in stained mirrors, next to sepia family portraits.

Opened early last century by Zoroastrian immigrants from Iran, there were almost four hundred cafés at their peak in the 1960s. Now, fewer than thirty remain. These cafés broke down barriers by bringing people together over food and drink. They were the first places in Bombay where people of any culture, class or religion could take cool refuge from the street with a cup of chai, a simple snack or a hearty meal. People from all walks of life shared tables, rubbed shoulders and broke bread together.

Shared spaces beget shared experiences, and Bombay was more open and welcoming for the existence of these cafés. Dishoom pays homage to the Irani cafés and the food of all Bombay.”

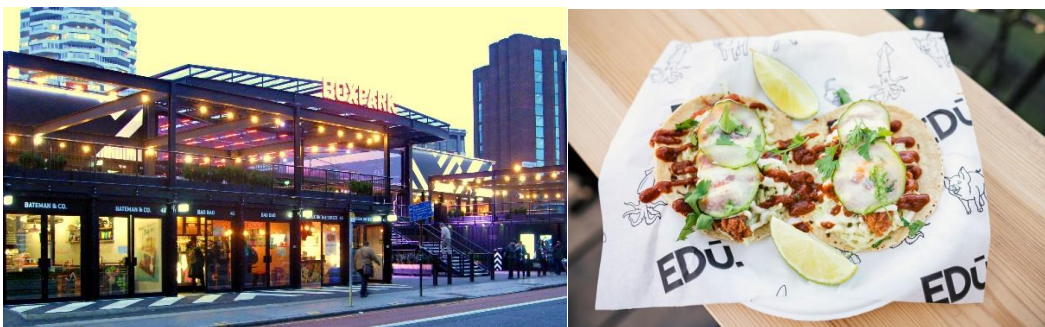
7 Boundary Street, Shoreditch, London, E2 7JE (approx. 14 minute walk from What the Pitta)



2000: Box Park Shoreditch

“Beginning with the humble ethos of bringing ship containers to East London, Box Park transformed the space into the world’s first pop-up dining and shopping destination in 2011. Fast forward a decade with 3 venues at iconic locations Box Park has become the biggest food, culture and social hub with local communities at it’s heart. This unique experience is based on Box Park’s Eat. Drink. Play. philosophy.”

2-10 Bethnal Green Rd, London E1 6GY (approx. 5 minutes walk from Dishoom)



Return to Motel One (approx. 20 minute walk from Box Park or a 4 minute bus ride) Overnight in London.

Day 2: Thursday 31 March 2022

0900: Please meet your group and Tour representatives in the foyer of Motel One; 24-26 Minories, London EC3N 1BQ. You will be able to leave your luggage to be picked up later for the hotel if required.

Vegetarian Express will provide plant-based breakfast items ahead of the Heura presentation.

1000: Presentation from Huera Foods

Lauren Spokes will showcase all things Heura and give her advice on where their fabulous products would be best sited on campus.

TBC (approx. X-minute walk from Motel One)

1130: Visit Natural Kitchen

“NATURAL KITCHEN is an all-day concept serving healthy food and refreshing drinks to enjoy in our contemporary designed restaurants and bars... OR takeaway at your convenience from our delis.”

Commodity Quay, St. Katharine Docks 1, Tower Bridge, London E1W 1AZ (*approx. 7 minute walk from Motel One*)



1230: Travel back to Motel One to collect luggage. (10 minute walk)

For those that want to, Natural Kitchen is opposite the Tower of London a quick tour can be arranged in advance.

**This is the end of the Study Tour.
Please make your own way home.**

Further Information:

What's included?

Everything detailed on the itinerary is included in the cost of the study tour. This includes 1-night accommodation, travel whilst on tour, visits, food and drink whilst on the study tour.

What's not included?

Any additional costs not mentioned on the itinerary, such as room service and additional food and drinks are not included in the package price.

Dietary/Access Requirements:

Please advise TUCO of any dietary or access requirements that you may have in advance of travelling on the Study Tour so that we can be sure to cater and accommodate for you correctly. Any requirements that you have mentioned on your booking form have been taken into consideration.

COVID Restrictions / Risk Assessment:

Please do not attend if you feel unwell or you have been advised to isolate. We will be encouraging delegates to wear facemasks whenever possible, by being considerate of other's personal space and making use of hand sanitizer stations or washing hands frequently.

Venues may request delegates to take extra precautions and we ask that you follow and respect the rules of each venue, this may include 'checking in' using the track and trace app.

A full risk assessment will be available with the Final itinerary posted a week before the tour.

Dress Code:

Please dress business-casual for the duration of this tour. Please pack appropriately for the weather and for walking.

Prior to the date of this study tour, should you have any questions, please contact Academy@tuco.ac.uk

TUCO representative:

Your TUCO Rep will be Mandy Johnston **TBC** but you can contact Sarah McLoughlin during the tour:

Mobile : 07497312463

Email : Sarah.McLoughlin@tuco.ac.uk