

# Lunch@Makers

£ **Your own lunch** - made at home, just like you used to make for you.

£ **Kay's desk** - Kay is one of our coaches, you can't really eat lunch at her desk

£ **Tre Rote** - homely Italian food from a van in Spitalfields market.

£ **Juice guy** - we didn't actually know his name. Over the road from Makers. Makes great juice.

£ **Trade** - You all know and love it. Sandwiches won an award (an award that Trade invented)

£ **Orange Buffalo** - lunch deal inc "the best buffalo sauce ever" - Dan, coach & part-time buffalo

£ **Tesco** - the emblem of the early 2000s. Value meal is £3, and includes Naked superjuice (£2)

£ **Poutinerie** - Fridays only. A taste of Canada in London, eh? (Sorry)

£ **Pizza Union** - surprisingly good pizza. Lots of finance people

£ **Beigel Bakery** - the best bagel you'll ever eat. Honestly. 10 minutes' walk down Brick Lane.

£ **Spitalfields City Farm Shop** - sandwiches, country-style, in the middle of London. Crazy

££ **Mother Clucker** - Old Truman Brewery. Fried chicken so good you'll weep pure yolk

££ **Absurd Bird** - lots of fried chicken. Literally next to the office. Mention Makers for a discount

££ **Hungry Donkey** - smart Greek food. Souvlaki are especially good.

££ **Eat Saigon** - great Vietnamese food, served fast

££ **Katsu Wrap** - Petticoat Lane market. Every single food culture fused into a single wrap. Tasty

££ **Nandos** - Britain's greatest export. Cheekiness optional

££ **Pizza Express** - darling of the pre-cinema middle classes since 1791

££ **Japanese Canteen** - affectionately-termed 'JKan'. Unmissable Korean fried chicken or tofu.

£££ **Culpeper** - fancy. Our favourite pub, w/a great restaurant. Mythical roof garden. (£ Lunch deal)

£££ **St Johns** - nose-to-tail eating, good bread. Like a fancy hospital

£££ **Sakana Sushi** - our fave sushi spot. The gyoza alone are worth the trip over the road

£££ **Mattarello Italian** - Bolognese. That means fancy but homely dishes, and a billion courses

**Can't be bothered going outside?** Who can, in this day and age. We recommend [eatfirst.com](http://eatfirst.com) for deliveries. Or just live off peanut butter from the kitchen (not recommended)