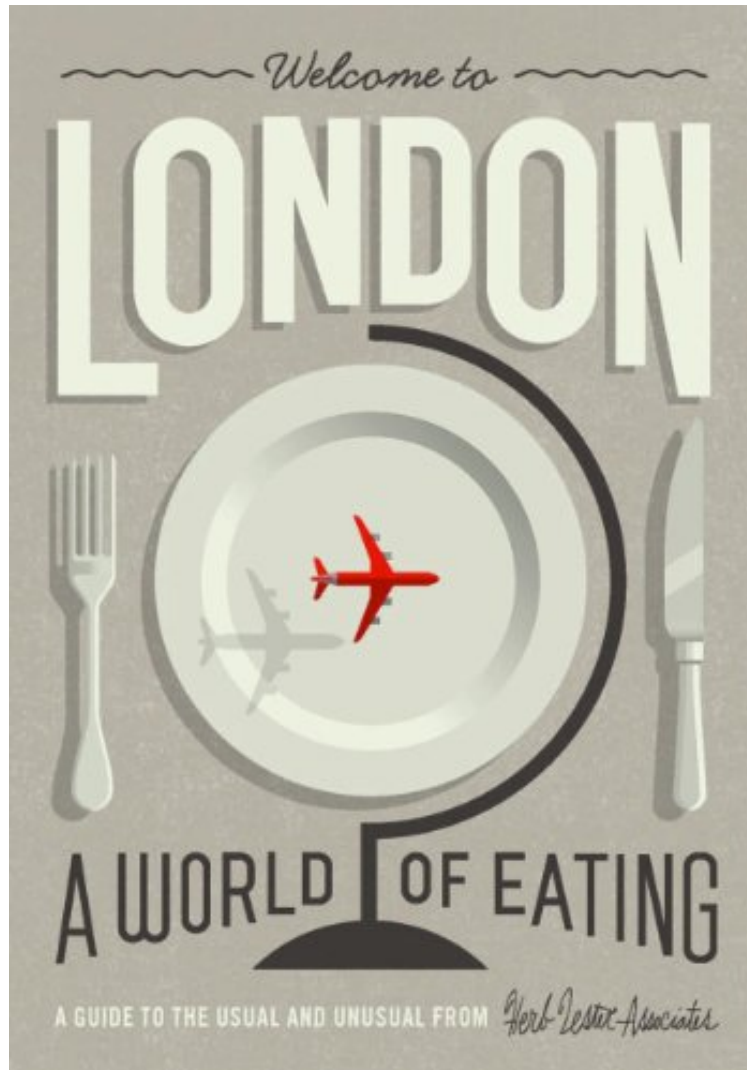


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Informed by on-the-ground research, Herb Lester's handy, folded guides uncover what makes a city special. Each
entry comes with its own brief description, and a basic map helps the reader get their bearings and make plans. All of

the world's food is here, brought from home by new arrivals and received with gratitude by a population increasingly open to gastronomic adventure. This is a guide to some of the best places to enjoy that food, and to explore a little more deeply how and why particular London neighbourhoods have become home to one country's cooking. There are 105 entries across sections including Africa, the West Indies, French, Greek, Indian, Pakistani Sri Lankan, Japanese, Middle Eastern, Southeast Asian, Spanish, Turkish and even British. A map makes planning easier, allowing the reader with a cast iron constitution to plot a path across continents from breakfast to a midnight snack. Printed on a single sheet of 100% recycled paper, these light, portable guides are an ideal travelling companion.

About the Author Herb Lester Associates publish guides for tourists and locals: witty, pretty, curious and opinionated. We research, write, print and distribute maps and guides to the world's great cities. We seek out the well-used and much-loved, and enjoy the extraordinary as well as the everyday. Old bookshops and new coffee shops, park benches and dive bars, hat shops and haberdashers: this is the world according to Herb Lester.