

Thursday 31st October 2019

1130: Group to check into the hotel (unless you are already checked in from the 30th) and meet the TUCO Representative at Hotel Reception ready to depart on tour.

- **Hotel:** Motel One London Tower Hill, 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 and breakfast

1230: Full day of food exploring with Vegetarian Express to potentially include (subject to availability on the day!)

- **Visit 1: Warung Tempeh**

Tempeh has been eaten in Indonesia for centuries where it is highly appreciated not only for its great taste and texture but also for its amazing healthful properties - as well as being a great source of protein (with zero cholesterol) and a rich source of minerals and phytonutrients, tempeh also has other health benefits, some of which are quite remarkable. It is a deceptively simple product, which requires no industrialised processing and uses very few ingredients, all of them natural: soya beans, water, rice wine vinegar and a starter culture (nature's magical Rhizopous Oligosporus – traditionally formed on hibiscus leaves).

- **Visit 2: The Athenian**

The Athenian was launched at the end of 2014, as a small street food venture offering freshly made souvlaki prepared in the healthiest, most authentic way possible. Ask any Greek and they will be sure to tell you that souvlaki is our nation's favourite food to eat on the go. A quick, healthier alternative to fast food, it consists of a pita wrap with a variety of freshly grilled fillings and served in a way we love. The name souvlaki comes from a medieval word, meaning 'little skewer', after the cooking method.

- **Visit 3: Mooshies**

We specialise in Plant Based Burgers. Our aim is not only use what Mother Earth has provide such as vegetables and fruits. Our four burgers are made from a range of vegetables that have been reinvented to give Vegans a real burger!

- **Visit 4: Mildreds Kings Cross (Including evening meal)**

A meat free restaurant serving homely dishes. In 1988, when Soho was still edgy, Diane Thomas and Jane Muir opened Mildreds on Greek Street. Back then vegetarian restaurants were still stuck in a 60s vibe – doling out 'worthy' brown food into earthenware pottery placed on pine tables. The whole thing felt dated, or so it seemed to us. Our aim was to open a restaurant serving good value, fresh and colourful international vegetarian food.

Return travel to Motel One London Tower Hill

Overnight in London.

Friday 1st November 2019

0900: Please meet your TUCO Representative at hotel reception by this time to travel to meet William from Vegetarian Express

1000: Half day vegetarian food exploring with Vegetarian Express, to potentially include (subject to availability on the day!)

- **Visit 5: Breakfast at Farmacy**

Our mission is to help raise consciousness around food. We are part of a community promoting a healthy lifestyle. This is a movement that promotes plant-based, organic eating and a chemical-free approach to increase health and wellness for both us and the planet.

Taxis to Temple of Camden

- **Visit 6: Temple of Seitan**

Fast food joint offering fake-meat alternatives such as Chick'n and patty burgers and Chick'n strips.

1430: Tour ends

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. **Please ensure you have an Oyster card or Contactless credit or debit card for tube travel.**

Tube Travel:

Tube travel may be required between some visits on both days. This is included in the cost of the study tour and travel cards will be handed out by the TUCO representative on each day. Please keep these with you at all times and please keep with your group when travelling so as not to get separated.

TUCO Marketing:

Representatives from H2O will be attending this study tour in order to take photograph of the event for TUCO marketing purposes. If you prefer for your photo not to be taken or used in marketing material (such as the TUCO website and magazine), please let us know in advance.

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 mention on your booking form have been taken into consideration.

Dress Code:

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

TUCO Representative:

Your TUCO Rep for this study tour will be **Sarah McLoughlin - 07497312463**