

Hello curious soul,

Nectar & Pulse is your number 1 source for curated travel and lifestyle tips.

We know your time is precious – we help you to make the most of it.

Let us take you on an intimate journey to our favourite neighbourhood deli or quaint vintage boutique. Dive into a vibrant art gallery, a hidden café, a delicious restaurant, a buzzing underground club or a secret beach. Go out and explore the world like you have never seen it before.

We love to follow **your** adventures!

Tag your favourite travel moments, people you meet or places you fall in love with.

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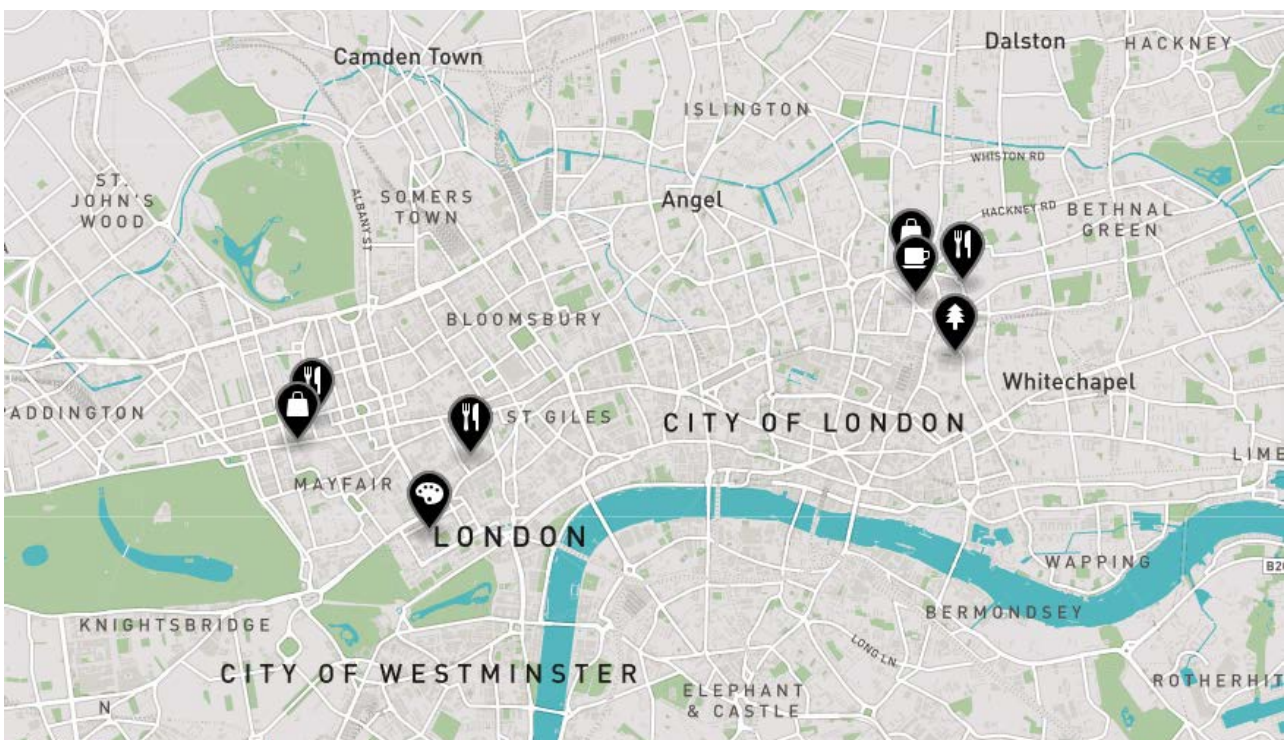
24 HOURS IN

*London*

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**BY TOM PANDÉ**

Photographer | Interior Designer | Artist



## MY PERFECT 24 HOURS IN LONDON

I love starting the day with a little breakfast at **Slate's**. It is a rather small place but they will definitely convince you with their choice of croissants, cookies, cakes and other lovely snacks. If you pass by Slate during the day, it is also perfect for taking a break from exploring the city and having an iced cappuccino while watching people run by in busy Curtain Road. You are what you eat, so also consider getting something fresh at the hidden gem **Rochelle Canteen**, where they use good ingredients to create brilliant meals.

Now it's time for some shopping. I really like the **Goodhood Store**, because this is not only a hub for creativity but a fashion boutique, too. You will find only the coolest streetwear as well as accessories of hot brands like Peter Jensen, Wood Wood, Opening Ceremony, Le Specs, Surface to Air, Vans, Norse Projects and many more. All together they offer more than 200 brands. Just across the street their branch Goodhood Life Store is for making your home look as rad as your wardrobe.

Regarding art exhibitions, I like what the **White Cube galleries** have to offer. You can find them in Bermondsey or Mason's Yard. They host great international artists as well as promote young British art. I love getting inspired there!

Since it would probably be time for lunch by now, I'd head to **Patty & Bun Burger** in James Street. This burger joint once started as a pop-up restaurant and blossomed out to be a fast-food institution with several branches today. And for good reason – their burgers of all varieties are incredible! Number one in my book: The Ari Gold Burger.

One of my favourite places in the city is the **Elder Gardens** next to the Old Spitalfields Market. I'd go there to rest for a while and just enjoy the lush oasis in the middle of this busy city. Grab a coffee to-go somewhere before you lie down and start watching the clouds pass by. Or take a relaxing walk along the canal in the northern part of London. It is so nice to just stroll along and sit down in one of the many cafés to have a beer or coffee before the sun sets.

Before I go home to get ready for dinner I might pop into the compartment store **Selfridges** to get myself a new fragrance or skin care by Haeckels. This brand focuses on only using natural and local ingredients for their products.

Later in the evening I would have dinner at **Tonkotsu**. This is the name of the typical ramen noodles on Kyushu, an island south of Japan.

*Enjoy exploring,  
Tom*

## **SLATE**

### **CAFÉ**

96 Curtain Rd, London, UK  
[www.slatecoffeelondon.co.uk](http://www.slatecoffeelondon.co.uk)

This urban style day-time coffee bar serves seriously good coffee and tasty snacks. Some are even gluten free.



## **ROCHELLE CANTEEN**

### **RESTAURANT**

Rochelle School Arnold Cir, London E2 7ES, UK  
[www.arnoldandhenderson.com/4-rochelle\\_canteen.html](http://www.arnoldandhenderson.com/4-rochelle_canteen.html)

A wonderful breakfast place in Shoreditch. Slightly hidden, you enter through a tiny door in the wall of an old Victorian school on Arnold Circus.

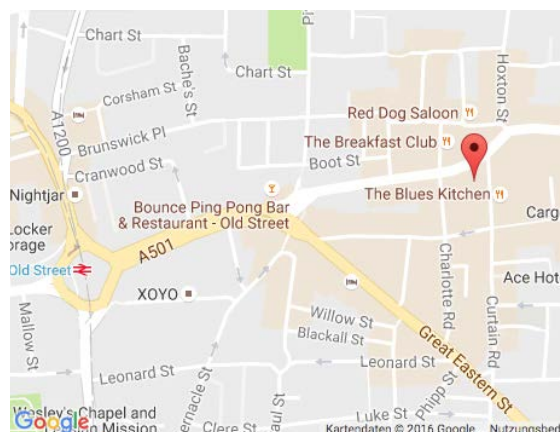


## **GOODHOOD STORE**

### **SHOP**

151 Curtain Rd, London, UK  
[www.goodhoodstore.com](http://www.goodhoodstore.com)

This is the best spot for getting really slick, urban street-wear. Just across the street you'll find their branch Goodhood Life Store.



## **WHITE CUBE GALLERY**

### **ARTS & CULTURE**

25-26 Masons Yard, London, UK  
[www.whitecube.com](http://www.whitecube.com)

This one and the even bigger site in Bermondsey are both very worth visiting. The galleries are famous for their extraordinary artworks and changing exhibitions.





### **PATTY & BUN BURGER**

#### **RESTAURANT**

54 James Street, London, UK  
[www.pattyandbun.co.uk](http://www.pattyandbun.co.uk)

A nice little burger joint with several branches in the city.  
I highly recommend the Ari Gold Burger.



### **ELDER GARDENS**

#### **ESCAPE**

Lamb Street, London, UK

Stroll through Old Spitalfields Market, grab a coffee to-go and lie down in the Elder Gardens to rest for a while.



### **SELFRIDGES & CO.**

#### **SHOP**

400 Oxford St, London W1C 2PL, UK  
[www.haeckels.co.uk/home](http://www.haeckels.co.uk/home)

Ask for the brand Haeckels. They produce the best natural hair and skin products, as well as fragrances.



### **TONKOTSU**

#### **RESTAURANT**

63 Dean Street, London, UK  
[www.tonkotsu.co.uk/page/home](http://www.tonkotsu.co.uk/page/home)

The Soho based restaurant Tonkotsu is famous for its delectable ramen dishes.

