

RESTAURANT GUIDE

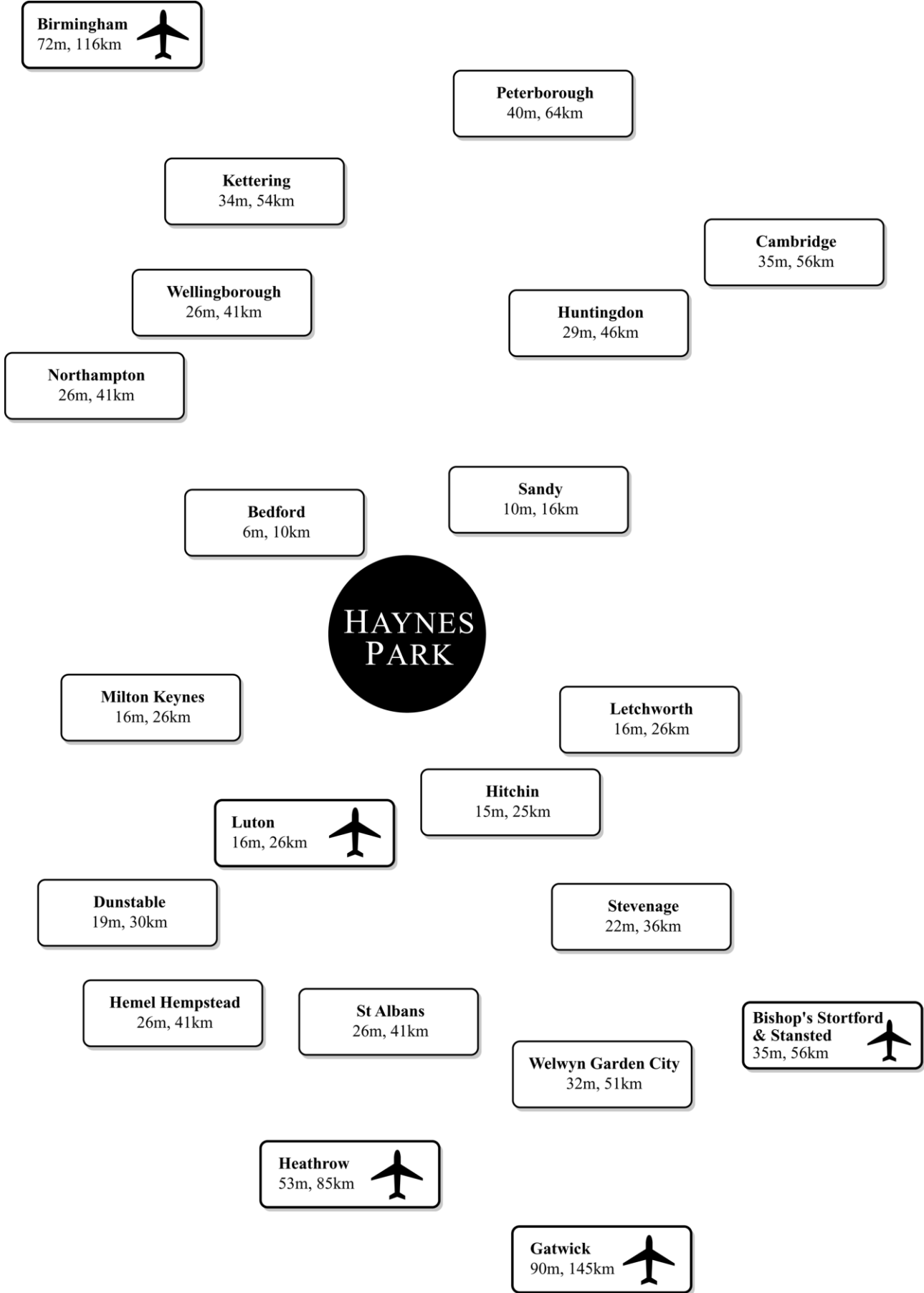
NATIONAL SATSANG
HAYNES PARK
AUGUST 2017

Science of the Soul British Isles
Haynes Park, Church End, Haynes, Bedford. MK45 3BL

This Restaurant Guide can be read in conjunction with the Accommodation Guide for the National Satsang 2017 and lists the information under the same towns, except London Heathrow.

To help with restaurant choices while staying in the Haynes Park area we have contacted the restaurants in the city centres of Bedford, Luton, Milton Keynes and Stevenage (see below). They have been advised of our dietary guidelines and have been asked to inform their staff in preparation for a smooth experience for all. There are many Indian, Italian/Pizza, Lebanese and Thai restaurants in all four of the above towns. Only the Hotels in Bedford have been requested to have vegetarian options available.

The 'V' sign on many menus and on packaged foods indicates that the food is vegetarian, that the cheese does not contain animal rennet, BUT it does not mean that the food is free from eggs. In many of the Indian restaurants the naan bread may contain eggs, please check.



RESTAURANTS IN BEDFORD: 2017

Name	Cuisine	Address	Phone	Website	Opening times	Comments
BAJA	Mexican	17 Castle Lane Bedford. MK40 3NX	01234 325707	-	12:00–15:00 Daily 17:30–23:00 Daily	<i>Extensive vegetarian options</i>
DOMINOS PIZZA	Italian	70 Midland Road Bedford, MK40 1QH	01234 330030	www.dominos.co.uk/pizzaservice/bedford-central.aspx	11:00 – 23:00	<i>Extensive vegetarian options</i>
INDIYA	Indian	Broadway House, The Broadway, Bedford. MK40 2TE	01234 352978	www.indiya.co.uk	12:00–14:30 Daily 17:30–23:30 Daily	<i>Restaurant and Take away Vegetarian options – will make naans without egg</i>
LONDON SWEET CENTRE	Indian	86 Ampthill Road Bedford. MK42 9JA	01234 272952	-	Restaurant: 09:00–22:00 Daily Hall: Friday 11th August & Saturday 12th August 2017, from 4pm-10pm	<i>Take away only Pure vegetarian restaurant</i> During the event the Restaurant have hired a hall for buffet at £7 per head. Address of Hall is: Wilstead Village Hall Cotton End Road Wilstead Beds MK45 3BX
PIZZA EXPRESS	Italian	22 Saint Peter's Street Bedford. MK40 2PN	01234 271124	www.pizzaexpress.com	11:00–23:00 Daily	<i>Vegetarian options All cheeses in vegetarian options are animal rennet free</i>
PIZZA SANTANIELLO	Italian	9-11 Newnham St Bedford. MK40 3JR	01234 353742	www.pizzeriasantaniello.com	18:00-23:30, Tue- Thurs 12:00–14:00 & 18:00–00:00 Fri- Sat, 18:00–23:30 Sunday	<i>Extensive vegetarian options All cheeses in vegetarian options are animal rennet free</i>
RADHUNI	Indian	38 The Embankment, Bedford. MK40 3PF	01234 272227	www.radhunigroup.com	12:00–15:00 Daily 17:30–23:00 Daily	<i>Vegetarian options</i>
REEM	Lebanese	89 High Street Bedford. MK40 1NE	01234 211200	www.reemrestaurant.com	12:00–22:00 Tue- Sun	<i>Extensive vegetarian options</i>
RICE	Thai	41 St.Cuthbert's	01234	www.ricethairestaurant.co.uk	17:30–22:00 Tue-	<i>Vegetarian options</i>

		Street Bedford. MK40 3JG	272053		Sun	
RIOBELLO	Italian	6 St Mary's St, Town Centre Bedford. MK42 0AS	01234 364430	www.riobello.co.uk	12:00–14:00 Mon-Sat 18:00–22:00 Mon-Sat	<i>Vegetarian options on a separate menu All cheeses in vegetarian options are animal rennet free</i>
THE CHIP INN	English	2 Althorpe Street Bedford. MK42 9HF	01234 359853	-	11:00–23:00 Daily	<i>Take away only Vegetarian Menu</i>
THE PARK INN HOTEL	Varied	2 St. Mary's Street Bedford. MK42 0AR	01234 799988	www.parkinn.co.uk/hotel-bedford	-	<i>Extensive vegetarian options</i>
THE SWAN HOTEL	Varied	The Embankment Bedford Bedfordshire MK40 1RW	01234 346565	www.bedfordswanhotel.co.uk	-	<i>Extensive vegetarian options</i>
PARM'S VEGI DELI	Varied	Located next to Sams Homecare, 96 Bedford Road, Kempston, MK42 8BG	07415 010424	-	11:00 – 17:30 Tue-Thur & Sat 11:00-15:45 Fri & Sunday	<i>Vegetarian/Vegan takeaway food trailer Email: parmsvegideli@hotmail.com</i>

RESTAURANTS IN LUTON: 2017

Name	Cuisine	Address	Phone	Website	Opening times	Comments
BALTI NIGHTS	Indian	32 Wellington Street Luton. LU1 2QH	01582 454370	www.baltinights.com	18:00–23:30 Daily	<i>Extensive vegetarian options– willing to help with requirements</i>
JIMMYS WORLD GRILL	International	Luton Mall, 46 George Street Luton. LU1 2AZ	01582 451171	www.jimmysworldgrill.co.uk	12:00–16:00 Mon-Fri 12:00–17:00 Sat & Sun 17:00–22:00 Mon- Wed 17:00–23:00 Thurs- Sat 17:00–22:00 Sunday	<i>Extensive vegetarian options</i>
MONNA LISA	Italian	36 Guildford Street Luton. LU1 2NR	01582 516116	www.monnalisarestaurant.com	17:00–23:00 Mon- Sat	<i>Extensive vegetarian menu – willing to help with requirements</i>
PAPA J's	Indian	41-43 Wellington Street Luton. LU1 2QH	01582 725111	www.papajs.co.uk	12:00–14:30 & 17:30–23:00 Mon-Fri 12:00–15:00 & 17:30–23:00 Sat 12:00–15:00 & 17:30–22:30 Sun	<i>Extensive vegetarian options Naans contain egg – willing to do them without egg upon request</i>
PIZZA EXPRESS	Italian	The Lodge, 3 Church Street Luton. LU1 3JE	01582 456229	www.pizzaexpress.com	11:30–22:30 Daily	<i>Vegetarian options All cheeses in vegetarian options are animal rennet free</i>

RESTAURANTS IN MILTON KEYNES: 2017

Name	Cuisine	Address	Phone	Website	Opening times	Comments
AQUA	Italian	The Hub MK9 2GA	01908 242977	www.thehub-miltonkeynes.com	12.00 – 22.00 daily	<i>Vegan menu option</i>
ASK	Italian	Xscape, MK9 3XA The Centre MK (Opposite John Lewis) MK93EP	01908 395813 01908 664442	www.askitalian.co.uk	12:00–22:00 Daily 11.00-22.00 Daily	<i>Vegetarian options</i>
BELLA ITALIA	Italian	Theatre District, MK9 3LF	01908 395369	www.bellaitalia.co.uk/italian-restaurant	09:00–23:00 Daily	<i>Extensive vegetarian options</i>
BOLLYWOOD JUNCTION	Vegetarian Indian	1-3 Duckworth Court, Oldbrook MK6 2RX	01908 660000	www.bollywoodjunction.co.uk/	12-14.30 17.30 -23.00 Closed Monday	<i>All vegetarian dishes for the event</i>
FRANKIE & BENNY'S	Italian / American	Xscape MK9 3XS <u>And</u> MK Dons Leisure Park Bletchley MK11ST	01908 694800	www.frankieandbennys.com/restaurant/frankie-bennys-milton-keynes	09.00 – 23.00	<i>Egg free pasta & Pizza</i>
JAIPUR	Indian	599 Grafton Gate MK9 1AT	01908 669796	www.jaipur.co.uk	12:00–23:30 Daily (except Sunday closes 22:30)	<i>Extensive vegetarian options Sunday buffet 12-4pm.</i>

JAMIE'S ITALIAN	Italian	3-5 Silbury Boulevard, MK9 3AG (opposite M&S)	01908 769011	www.jamieoliver.com/italian/restaurants	12:00–23:00 Daily	Vegetarian options
LAS IGUANAS	South American	The Hub MK9 2FB	01908 251040	www.iguanas.co.uk/restaurants/miltonkeynes	10.00- 22.00 daily	Vegetarian & Vegan options
ORCHID LOUNGE	Thai	599 Grafton Gate Milton Keynes. MK9 1AT	01908 669811	www.orchid-lounge.com	12:00–14:30 & 17:30–23:00 Daily	Extensive vegetarian options
PIZZA EXPRESS	Italian	Xscape MK9 3XS and 142-144 Midsummer Arcade MK9 3BA	01908 690822 and 01908 241100	www.pizzaexpress.com	11:30–22:30 Daily	Vegetarian options All cheeses in vegetarian options are animal rennet free
PIZZA HUT	Italian	2 Midsummer Boulevard, MK9 3BB	01908 233222	www.pizzahut.co.uk	11:00–22:00 Daily	Vegetarian options All cheeses in vegetarian options are animal rennet free
MK BUFFET VILLAGE	International	8 Savoy Crescent, Theatre District, MK9 3PU	01908 609606	www.mkbuffetvillage.co.uk/	12:00–22:30 Daily BUT Closed 15.00 – 17.00 Mon - Thur	Extensive Vegetarian options
STRADA	Italian	500 The Hub, Midsummer Boulevard MK9 2BE	01908 238900	www.strada.co.uk	09:00-23:00 Daily	All pasta and pizza use eggs EXCEPT Linguine –

						<i>they will substitute linguine for any of their pasta dishes</i>
TURTLE BAY	Caribbean	The Hub MK9 2FB	01908 397 888	www.turtlebay.co.uk/food-drink	11.30 – 23.30 Daily	Vegetarian options
WAGAMAMA	Japanese	7 Sunset Walk, MK9 3PD and Xscape, MK9 3XS	01908238341 01908397049	www.wagamama.com	11:00–22:00 Daily	Vegetarian options
ZIZZI	Italian	4 00B, The Hub MK9 2HP And Theatre District MK93PU	01908 609980 And 01908 540222	www.zizzi.co.uk	11:00–22.00 Daily	Vegetarian options

RESTAURANTS IN STEVENAGE: 2017

Name	Cuisine	Address	Phone	Website	Opening times	Comments
CHIQUITO	Mexican	Fulton Close, Stevenage Leisure Park Stevenage. SG1 2UA	01438 842780	www.chiquito.co.uk	09:00–23:00 Daily	<i>Extensive vegetarian options</i>
GATE OF INDIA	Indian	20 The Glebe Stevenage. SG2 0DJ	0333 370 9000	www.gate-of-india.co.uk	17:30–23:30 Daily	<i>Extensive vegetarian options Naans contain egg</i>
MAHARAJAH	Indian	84A High Street Stevenage. SG1 3DW	01438 357523	-	12:00–14:00 & 18:00– 23:30 Daily	<i>Extensive vegetarian options Naans contain egg</i>
PIZZA HUT	Italian	Stevenage Leisure Park, Six Hills Way Stevenage. SG2 OBL		www.pizzahut.co.uk	11:00–22:00 Daily	<i>Vegetarian options All cheeses in vegetarian options are animal rennet free</i>
PREZZO	Italian	128 High Street, Old Town Stevenage. SG1 3DB	01438 361576	www.prezzorestaurants.co.uk	12:00–23:30 Daily	<i>Vegetarian options All cheeses in vegetarian options are animal rennet free</i>
SPICE ROUGE INDIA	Indian	99 High Street Stevenage. SG1 3HR	01438 369696	www.spicerouge.com	12:00-14.30 & 17.30- 23.30 Mon-Sat 12:30–22:00 Sun	<i>Extensive vegetarian options Naans contain egg</i>
ZIZZI	Italian	21 Sun Street Hitchin. SG5 1AH	01462 440708	www.zizzi.co.uk	11:00–00:00 Daily	<i>Extensive vegetarian options All cheeses in vegetarian options are animal rennet free</i>