Licence Number	Business Trading Name	Business Address	Premises Type	Usage	Ward	Alcohol Consumption	Supply of Alcohol Details	Late Night Refreshment Details	Plays Details	Films Details	Indoor Sporting Events Details	Boxing or Wrestling Entertainment Details	Live Music Details	Recorded Music Details	Performance of Dance Details	Other Entertainment Similar to Live or Rec Music or Dance Performance Details
L00208	St Barnabas Church Hall	127 Snakes Lane East, Woodford Green, IG8 7HX		Church Hall	Bridge						Mon 10:00-12:00 Thu 19:00-21:30		Mon 0.41666666666667-0.708333333333333	Tue 10:00-11:30 Wed 19:00-20:00 Fri 16:00-21:30	Mon 0.583333333333333-0.666666666666667	
L00234	Salway Evangelical Church Hall	Forest Approach, Woodford Green, IG8 9BW		Church Hall	Church End											
L00310	St Georges Church Lower Hall	Church Hall, St Georges Church, Woodford Avenue, Ilford, IG2 6XQ		Church Hall	Barkingside				Thu 20:00-22:15 Fri 20:00-22:15 Sat 20:00-22:15		Tue 18:15-19:45 Fri 18:00-21:00 Sat 21:00-22:00			Mon 20:00-22:45 Tue 16:00-19:00 Wed 20:00-22:30 Sat 11:30-15:00	Mon 22:00-22:45 Wed 20:00-22:30 Thu 16:00-21:30 Sat 11:30-15:00	
L00020	P.J. & V.P. Patel	279 New North Road, Hainault, Ilford, IG6 3DX	(NON FOOD)	Off Licences	Hainault	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00021	O'Neills	109 Station Road, Ilford, IG1 4DW	Restaurants/Caterers	Public House	Ilford Town	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-00:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-01:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:30		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-00:30	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-00:30		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-00:30		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-00:30	
L00022	The George Public House	70-74 High Road, South Woodford, London, E18 2QL	Restaurants/Caterers	Public House	South Woodford	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00		Mon 07:00-00:00 Tue 07:00-00:00 Wed 07:00-00:00 Thu 07:00-00:00 Fri 07:00-01:00 Sat 07:00-01:00 Sun 07:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00			Mon 07:00-00:00 Tue 07:00-00:00 Wed 07:00-00:00 Thu 07:00-00:00 Fri 07:00-01:00 Sat 07:00-01:00 Sun 07:00-00:00		
L00023	Toms Newsagents	2 Wellesley Road, Wanstead, London, E11 2HF	Retailers (FOOD)	Confectioners	Wanstead Village	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00024	Piccolo Ristorante	117b High Street, Wanstead, London, E11 2RL	Restaurants/Caterers	Restaurant	Wanstead Village	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00026	Harvester Chadwell Heath (The Greyhound)	The Greyhound, 900 High Road, Chadwell Heath, Romford, RM6 4HU		Public House	Chadwell	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00							
L00027	The Crown & Crooked Billet P H	13 Cross Road, Woodford Green, IG8 8BN	Restaurants/Caterers	Public House	Bridge	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00		Mon 07:00-00:00 Tue 07:00-00:00 Wed 07:00-00:00 Thu 07:00-00:00 Fri 07:00-00:00 Sat 07:00-00:00 Sun 07:00-00:00				Mon 07:00-00:00 Tue 07:00-00:00 Wed 07:00-00:00 Thu 07:00-00:00 Fri 07:00-00:00 Sat 07:00-00:00 Sun 07:00-00:00		
L00028	Dynasty Chinese Restaurant	139 High Road, South Woodford, London, E18 2PA	Restaurants/Caterers	Restaurant	Church End	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 12:00-23:30								
L00029	Ilford Wine Centre	409 Ley Street, Ilford, IG1 4AD	Retailers (FOOD)	Off Licences	Newbury	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00030	Goodmayes Supermarket	74 Goodmayes Road, Goodmayes, Ilford, IG3 9UU	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00032	Cemo Food Centre	502-504 High Road, Ilford, IG1 1UE	Retailers (FOOD)	Off Licences	Ilford Town	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00									
L00033	Redbridge Sports Centre	Forest Road, Hainault, Ilford, IG6 3HD	Restaurants/Caterers	Leisure Centre	Fairlop	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-22:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00			Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00 Sun 00:00-23:00			Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-22:30		
L00035	Allen Bottle and Basket	105-107 Meads Lane, Seven Kings, Ilford, IG3 8NT	Retailers (FOOD)	Grocers	Seven Kings	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00036	CVS Super Store	43 New North Road, Hainault, Ilford, IG6 2UE	Retailers (FOOD)	Grocers	Fairlop	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00037	Britex	139 Beehive Lane, Ilford, IG4 5DR	Retailers (FOOD)	Off Licences	Barkingside	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00039	Chadwell Heath Premier	67 Chadwell Heath Lane, Chadwell Heath, Romford, RM6 4NP	Retailers (FOOD)	Confectioners	Chadwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00041	Marks & Spencer	135-139 High Road, Ilford, IG1 1DE	Retailers (FOOD)	Department Store	Ilford Town	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00042	Spice khazana	266-268 High Road, Ilford, IG1 1QF	Restaurants/Caterers	Restaurant	Clementswood	On Premises	Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30	Tue 23:00-03:00 Wed 23:00-03:00 Thu 23:00-03:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-03:00								
L00044	Belgrave Supermarket	109 Belgrave Road, Ilford, IG1 3LG	Retailers (FOOD)	Grocers	Cranbrook	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00045	Woodford Golf Club	2 Sunset Avenue, Woodford Green, IG8 0ST	Restaurants/Caterers	Club	Monkhams	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00					Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00		Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00

L00046	Alan's News & Wine	83 Belgrave Road, Ilford, IG1 3AL	Retailers (FOOD)	Confectioners	Valentines	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00047	Lodos Food Centre	430-432 Green Lane, Seven Kings, Ilford, IG3 9LD	(NON FOOD)	Grocers	Goodmayes	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00048	Snaresbrook News	1 Gwynne House, High Street, Wanstead, London, E11 1QH	Retailers (FOOD)	Confectioners	Wanstead Village	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00049	La Mama Acasa	81 Cranbrook Road, Ilford, IG1 4PG	Restaurants/Caterers	Restaurant	Valentines	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-23:30									
L00051	The Handy Store	166 Stainforth Road, Newbury Park, Ilford, IG2 7EL	Retailers (FOOD)	Grocers	Newbury	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00053	McDonald's	709 Eastern Avenue, Ilford, IG2 7RH	Restaurants/Caterers	Food Restaurant	Aldborough			Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00									
L00054	Bancroftts School	611-627 High Road, Woodford Green, IG8 0RF	Restaurants/Caterers	School/College/University	Monkhams	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 12:00-22:30										
L00055	Trevelyan Hotel	28 Argyle Road, Ilford, IG1 3BQ		Hotel	Valentines	On Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00056	Toby Carvery	Southend Road, Woodford Green, IG8 8LG	Restaurants/Caterers	with Restaurant	Fullwell	On and Off Premises	Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00							
L00057	Waitrose	92-96 High Road, South Woodford, London, E18 2NA	Retailers (FOOD)	Supermarkets	South Woodford	On and Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00										
L00058	Rey Grocers	596 Green Lane, Seven Kings, Ilford, IG3 9SQ	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00059	Ganesha Stores	1 Aldborough Parade, Aldborough Road North, Newbury Park, Ilford, IG2 7SU	Retailers (FOOD)	Grocers	Aldborough	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00060	Londis	76 Somerville Road, Chadwell Heath, Romford, RM6 5AX	Retailers (FOOD)	Grocers	Chadwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00062	Ilford Food & Wine	194 Cranbrook Road, Ilford, IG1 4LU	Retailers (FOOD)	Off Licences	Valentines	Off Premises	Mon 06:00-00:30 Tue 06:00-00:30 Wed 06:00-00:30 Thu 06:00-00:30 Fri 06:00-00:30 Sat 06:00-00:30 Sun 06:00-00:30										
L00064	Supermarket	360 Manford Way, Chigwell, IG7 4AJ	Retailers (FOOD)	Grocers	Hainault	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00065	Tirana Bar Restaurant	3 York Road, Ilford, IG1 3AD	Restaurants/Caterers	Cafe	Valentines	On Premises	Mon 07:00-00:30 Tue 07:00-00:30 Wed 07:00-00:30 Thu 07:00-00:30 Fri 07:00-01:00 Sat 07:00-01:00 Sun 07:00-00:30	Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-01:00					Mon 20:00-00:00 Tue 20:00-00:00 Wed 20:00-00:00 Thu 20:00-00:00 Fri 20:00-00:00 Sat 20:00-00:00 Sun 20:00-00:00	Mon 07:00-01:00 Tue 07:00-01:00 Wed 07:00-01:00 Thu 07:00-01:00 Fri 07:00-01:30 Sat 07:00-01:30 Sun 07:00-01:00		
L00068	McCafferty's	697-699 High Road, Seven Kings, Ilford, IG3 8RH	Restaurants/Caterers	Public House	Seven Kings	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-02:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 12:00-00:00	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:00					Thu 21:00-00:30 Fri 21:00-00:30 Sat 21:00-00:30 Sun 21:00-23:30	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-00:30 Fri 11:00-01:30 Sat 11:00-01:30 Sun 12:00-23:30		Thu 21:00-00:30 Sun 21:00-23:30
L00069	Punjabi Tarka	Restaurant, 312 High Road, Ilford, IG1 1QW	Restaurants/Caterers	Restaurant	Ilford Town	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-23:30									
L00071	Premier Grove Road	65 Grove Road, Chadwell Heath, Romford, RM6 4PD	Retailers (FOOD)	Off Licences	Chadwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00072	Woodford Express	82 George Lane, South Woodford, London, E18 1JJ	Retailers (FOOD)	Grocers	South Woodford	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00073	Angel Supermarket	273-275 Ilford Lane, Ilford, IG1 2SD	Retailers (FOOD)	Grocers	Clementswood	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00										

L00074	C & M A News Spot	170 Richmond Road, Ilford, IG1 1JT	Retailers (FOOD)	Confectioners	Clementswood	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00077	Veemart	115-125 High Street, Barkingside, Ilford, IG6 2AJ	Retailers (FOOD)	Supermarkets	Fullwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00078	Co-op	686 Chigwell Road, Woodford Green, IG8 8AQ	Retailers (FOOD)	Supermarkets	Bridge	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
L00081	The Eva Hart Public House	1128 High Road, Chadwell Heath, Romford, RM6 4AH	Restaurants/Caterers	Public House	Chadwell	On and Off Premises	Mon 09:00-00:30 Tue 09:00-00:30 Wed 09:00-00:30 Thu 09:00-00:30 Fri 09:00-01:00 Sat 09:00-01:00 Sun 09:00-00:30	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:30								
L00082	The Cricketers Public House	299-301 High Road, Woodford Green, IG8 9HQ	Restaurants/Caterers	Public House	Churchfields	On and Off Premises	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-00:00		Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 10:00-23:00	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 10:00-23:00		Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 10:00-23:00
L00083	The Great Spoon Of Ilford	114 Cranbrook Road, Ilford, IG1 4LZ	Restaurants/Caterers	Public House	Valentines	On and Off Premises	Mon 09:00-00:30 Tue 09:00-00:30 Wed 09:00-00:30 Thu 09:00-00:30 Fri 09:00-01:00 Sat 09:00-01:00 Sun 09:00-00:30	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:30						Mon 07:00-01:30 Tue 07:00-01:30 Wed 07:00-01:30 Thu 07:00-01:30 Fri 07:00-02:00 Sat 07:00-02:00 Sun 07:00-01:30		
L00085	Stop n Go	572-574 Cranbrook Road, Ilford, IG2 6RF	Retailers (FOOD)	Off Licences	Barkingside	Off Premises	Mon 06:00-02:00 Tue 06:00-02:00 Wed 06:00-02:00 Thu 06:00-02:00 Fri 06:00-02:00 Sat 06:00-02:00 Sun 06:00-02:00									
L00086	Provender	17 High Street, Wanstead, London, E11 2AA	Restaurants/Caterers	Restaurant	Wanstead Village	On Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00					Mon 12:00-22:30 Tue 12:00-22:30 Wed 12:00-22:30 Thu 12:00-22:30 Fri 12:00-22:30 Sat 12:00-22:30 Sun 12:00-22:30			
L00087	Sunshine Food & Wine	92 Belgrave Road, Ilford, IG1 3AL	Retailers (FOOD)	Grocers	Valentines	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00088	A T V Stores	714 Eastern Avenue, Ilford, IG2 6PE	Retailers (FOOD)	Confectioners	Newbury	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00089	General Store	145 Green Lane, Ilford, IG1 1XW	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00090	The Old Maypole Public House	Old Maypole, 105-107 Fencepiece Road, Ilford, IG6 2NG	Restaurants/Caterers	Public House	Fairlop	On and Off Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-23:00	Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00		Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-23:00	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-23:00		Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-23:00		Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-23:00	
L00094	Sainsbury's	176 George Lane, South Woodford, London, E18 1AY	Retailers (FOOD)	Supermarkets	South Woodford	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
L00095	Smiles News	137 Ley Street, Ilford, IG1 4BH	Retailers (FOOD)	Confectioners	Ilford Town	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00096	Gants Hill News	21 Woodford Avenue, Ilford, IG2 6UF	Retailers (FOOD)	Confectioners	Barkingside	Off Premises	Mon 06:00-23:30 Tue 06:00-23:30 Wed 06:00-23:30 Thu 06:00-23:30 Fri 06:00-23:30 Sat 06:00-23:30 Sun 06:00-23:30									
L00097	Ark Fish Restaurant	142 Hermon Hill, London, E18 1QH	Restaurants/Caterers	Restaurant	South Woodford	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 12:00-22:30									
L00098	Majestic Wines	60 High Street, Wanstead, London, E11 2RJ	Retailers (FOOD)	Off Licences	Wanstead Village	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00099	Iceland	23 High Street, Barkingside, Ilford, IG6 2AW	Retailers (FOOD)	Grocers	Fullwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00100	Aaruni's Food & Wine	41 Meads Lane, Seven Kings, Ilford, IG3 8QL	Retailers (FOOD)	Grocers	Seven Kings	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00101	Yen Lin Chinese Restaurant	108 Goodmayes Road, Goodmayes, Ilford, IG3 9UZ	Restaurants/Caterers	Restaurant	Goodmayes	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00102	Justdrinks4ukltd	1217 High Road, Chadwell Heath, Romford, RM6 4AL	Retailers (FOOD)	Off Licences	Chadwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									

L00104	Spice Hut	198 Ilford Lane, Ilford, IG1 2LJ	Restaurants/Caterers	Takeaway Food	Loxford			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00									
L00105	Jaipur of Chigwell Indian Restaurant	734 Chigwell Road, Woodford Green, IG8 8AL	Restaurants/Caterers	Restaurant	Bridge	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30										
L00108	Wine Plus	94 Aldersbrook Road, Wanstead, London, E12 5DG	Retailers (FOOD)	Grocers	Wanstead Park	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00109	Eddies	845 High Road, Goodmayes, Ilford, IG3 8TG	Retailers (FOOD)	Confectioners	Seven Kings	Off Premises	Mon 05:00-23:00 Tue 05:00-23:00 Wed 05:00-23:00 Thu 05:00-23:00 Fri 05:00-23:00 Sat 05:00-23:00 Sun 05:00-23:00										
L00110	The Woodford	184 George Lane, South Woodford, London, E18 1AY	Restaurants/Caterers	Public House	South Woodford	On and Off Premises	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 12:00-23:00	Mon 10:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-01:30 Sat 23:00-01:30		Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 12:00-23:00	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 12:00-23:00		Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 12:00-23:00	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 12:00-23:00	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 12:00-23:00	
L00111	New Fairtop Oak Public House	The New Fairtop Oak, Fencepiece Road, Ilford, IG6 2JP	Restaurants/Caterers	Public House	Fairtop	On and Off Premises	Mon 09:00-00:30 Tue 09:00-00:30 Wed 09:00-00:30 Thu 09:00-00:30 Fri 09:00-01:00 Sat 09:00-01:00 Sun 09:00-00:30	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:30						Mon 09:00-00:30 Tue 09:00-00:30 Wed 09:00-00:30 Thu 09:00-00:30 Fri 09:00-01:00 Sat 09:00-01:00 Sun 09:00-00:30		
L00112	Miller & Carter	393-395 High Road, Woodford Green, IG8 0XG	Restaurants/Caterers	with Restaurant	Monkhams	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00							
L00113	The George Public House	The George, 159 High Street, Wanstead, London, E11 2RL	Restaurants/Caterers	Public House	Wanstead Village	On and Off Premises	Mon 08:00-00:00 Tue 08:00-00:00 Wed 08:00-00:00 Thu 08:00-00:00 Fri 08:00-00:30 Sat 08:00-00:30 Sun 08:00-00:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:30 Sat 23:00-00:30 Sun 08:00-00:00						Mon 07:00-00:45 Tue 07:00-00:45 Wed 07:00-00:45 Thu 07:00-00:45 Fri 07:00-01:15 Sat 07:00-01:15 Sun 07:00-00:45		
L00114	The Cuckfield Public House	31 High Street, Wanstead, London, E11 2AA	Restaurants/Caterers	Public House	Wanstead Village	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00			
L00115	Tesco Stores Ltd (Store)	822 High Road, Chadwell Heath, Romford, RM6 4HY	Retailers (FOOD)	Supermarkets	Goodmayes	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00										
L00116	The Rose & Crown Public House	31 Mill Lane, Woodford Green, IG8 0UG	Restaurants/Caterers	Public House	Monkhams	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-23:00	Fri 23:00-01:00 Sat 23:00-01:00					Mon 18:00-23:00 Tue 18:00-23:00 Wed 18:00-23:00 Thu 18:00-23:00 Fri 18:00-01:00 Sat 18:00-01:00 Sun 18:00-23:00	Mon 18:00-23:00 Tue 18:00-23:00 Wed 18:00-23:00 Thu 18:00-23:00 Fri 18:00-01:00 Sat 18:00-01:00 Sun 18:00-23:00		Mon 18:00-23:00 Tue 18:00-23:00 Wed 18:00-23:00 Thu 18:00-23:00 Fri 18:00-01:00 Sat 18:00-01:00 Sun 18:00-23:00
L00117	Lavin Food and Wine	117 Aldborough Road South, Seven Kings, Ilford, IG3 8HS	Retailers (FOOD)	Grocers	Newbury	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00122	Enish Restaurant and Bar	Ground Floor, 291-293 High Road, Ilford, IG1 1NR	Restaurants/Caterers	Restaurant	Ilford Town	On Premises	Mon 18:00-02:00 Tue 18:00-02:00 Wed 18:00-02:00 Thu 18:00-02:00 Fri 18:00-03:00 Sat 18:00-03:00 Sun 18:00-01:00	Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-01:00					Mon 18:00-02:00 Tue 18:00-02:00 Wed 18:00-02:00 Thu 18:00-02:00 Fri 18:00-03:00 Sat 18:00-03:00 Sun 18:00-01:00	Mon 18:00-02:00 Tue 18:00-02:00 Wed 18:00-02:00 Thu 18:00-02:00 Fri 18:00-03:00 Sat 18:00-03:00 Sun 18:00-01:00	Mon 18:00-02:00 Tue 18:00-02:00 Wed 18:00-02:00 Thu 18:00-02:00 Fri 18:00-03:00 Sat 18:00-03:00 Sun 18:00-01:00	
L00124	Woodford Food & Wine	16 High Road, South Woodford, London, E18 2QL	Retailers (FOOD)	Off Licences	South Woodford	Off Premises	Mon 08:00-00:30 Tue 08:00-00:30 Wed 08:00-00:30 Thu 08:00-00:30 Fri 08:00-00:30 Sat 08:00-00:30 Sun 09:00-00:00										
L00125	Pizza Express	76-78 High Road, South Woodford, London, E18 2NA	Restaurants/Caterers	Restaurant	South Woodford	On and Off Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-00:00		Mon 11:00-00:30 Tue 11:00-00:30 Wed 11:00-00:30 Thu 11:00-00:30 Fri 11:00-00:30 Sat 11:00-00:30 Sun 12:00-00:00				Mon 11:00-00:30 Tue 11:00-00:30 Wed 11:00-00:30 Thu 11:00-00:30 Fri 11:00-00:30 Sat 11:00-00:30 Sun 12:00-00:00		
L00126	Aldi	700 High Road, Seven Kings, Ilford, IG3 8RS	Retailers (FOOD)	Supermarkets	Goodmayes	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00										
L00127	Food & Wine Store	133 Woodlands Road, Ilford, IG1 1JR	Retailers (FOOD)	Grocers	Clementswood	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00129	Oriental Pearl	78 Snakes Lane East, Woodford Green, IG8 7QQ	Restaurants/Caterers	Restaurant	Bridge	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30										
L00132	Coliseum Banqueting Suite	300-310 High Road, Ilford, IG1 1QW	Hire/Rental	Function Rooms	Ilford Town	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 12:00-22:30	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-01:00 Fri 23:00-02:00 Sat 23:00-02:30 Sun 23:00-23:30									
L00133	Empire Banqueting Suite	300-310 High Road, Ilford, IG1 1QW	Hire/Rental	Function Rooms	Ilford Town	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 12:00-22:30	Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:30 Fri 23:00-02:30 Sat 23:00-03:00 Sun 23:00-23:30									
L00134	Tabla Bar & Indian Restaurant	300-310 High Road, Ilford, IG1 1QW	Restaurants/Caterers	Restaurant	Ilford Town	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-23:30					Mon 11:00-23:30 Tue 11:00-23:30 Wed 11:00-23:30 Thu 11:00-23:30 Fri 11:00-23:30 Sat 11:00-23:30 Sun 12:00-23:30	Mon 11:00-23:30 Tue 11:00-23:30 Wed 11:00-23:30 Thu 11:00-23:30 Fri 11:00-23:30 Sat 11:00-23:30 Sun 12:00-23:30		

L00135	Sainsbury's	92-100 Tanners Lane, Barkingside, Ilford, IG6 1QE	Retailers (FOOD)	Supermarkets	Fairlop	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
L00137	Redbridge Superstore	220 Redbridge Lane East, Ilford, IG4 5BQ	Retailers (FOOD)	Grocers	Clayhall	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00138	Co-op	87 High Street, Wanstead, London, E11 2AE	Retailers (FOOD)	Supermarkets	Wanstead Village	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00139	Londis Supermarket	5 Redbridge Lane East, Ilford, IG4 5ET	Retailers (FOOD)	Off Licences	Barkingside	Off Premises	Mon 08:00-00:00 Tue 08:00-00:00 Wed 08:00-00:00 Thu 08:00-00:00 Fri 08:00-00:00 Sat 08:00-00:00 Sun 08:00-00:00									
L00141	Trade Beers	19 Green Lane, Ilford, IG1 1XG	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 08:30-23:00 Tue 08:30-23:00 Wed 08:30-23:00 Thu 08:30-23:00 Fri 08:30-23:00 Sat 08:30-23:00 Sun 10:00-23:00									
L00143	Ashleys News	110 Beehive Lane, Gants Hill, Ilford, IG4 5EF	Retailers (FOOD)	Confectioners	Barkingside	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00145	G M Grocers	279 Hampton Road, Ilford, IG1 1PL	Retailers (FOOD)	Grocers	Mayfield	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00146	The Beehive Harvester	Beehive Lane, Gants Hill, Ilford, IG4 5DR	Restaurants/Caterers	with Restaurant	Barkingside	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-00:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-00:00 Sun 23:00-00:00								
L00147	Chicken Express	212 High Road, Ilford, IG1 1QB	Restaurants/Caterers	Food Restaurant	Ilford Town			Mon 23:00-03:00 Tue 23:00-03:00 Wed 23:00-03:00 Thu 23:00-03:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-03:00								
L00148	Tharvins News	129 Eastern Avenue, Ilford, IG4 5AN	Retailers (FOOD)	Confectioners	Clayhall	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00149	Odeon Cinema	58-66 High Road, South Woodford, E18 2QL	Retailers (FOOD)	Cinema	South Woodford	On and Off Premises	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00	Mon 23:00-03:00 Tue 23:00-03:00 Wed 23:00-03:00 Thu 23:00-03:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-03:00	Mon 09:00-03:00 Tue 09:00-03:00 Wed 09:00-03:00 Thu 09:00-03:00 Fri 09:00-03:00 Sat 09:00-03:00 Sun 09:00-03:00	Mon 09:00-03:00 Tue 09:00-03:00 Wed 09:00-03:00 Thu 09:00-03:00 Fri 09:00-03:00 Sat 09:00-03:00 Sun 09:00-03:00			Mon 09:00-03:00 Tue 09:00-03:00 Wed 09:00-03:00 Thu 09:00-03:00 Fri 09:00-03:00 Sat 09:00-03:00 Sun 09:00-03:00	Mon 09:00-03:00 Tue 09:00-03:00 Wed 09:00-03:00 Thu 09:00-03:00 Fri 09:00-03:00 Sat 09:00-03:00 Sun 09:00-03:00	Mon 09:00-03:00 Tue 09:00-03:00 Wed 09:00-03:00 Thu 09:00-03:00 Fri 09:00-03:00 Sat 09:00-03:00 Sun 09:00-03:00	Mon 09:00-03:00 Tue 09:00-03:00 Wed 09:00-03:00 Thu 09:00-03:00 Fri 09:00-03:00 Sat 09:00-03:00 Sun 09:00-03:00
L00150	Resul's Food and Wine	3 Jubilee Parade, Snakes Lane East, Woodford Green, IG8 7QG	Retailers (FOOD)	Supermarkets	Bridge	Off Premises	Mon 07:00-01:00 Tue 07:00-01:00 Wed 07:00-01:00 Thu 07:00-01:00 Fri 07:00-01:00 Sat 07:00-01:00 Sun 07:00-01:00									
L00151	Margarets Florist	1108 High Road, Chadwell Heath, Romford, RM6 4AD	Restaurants/Caterers	Takeaway Food	Chadwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00152	Vintage Wines	524 Chigwell Road, Woodford Green, IG8 8PA			Bridge	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00154	Hainault BBQ	210 New North Road, Hainault, Ilford, IG6 3BS	Restaurants/Caterers	Takeaway Food	Fairlop			Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-23:30								
L00155	Glades Food & Wine	53 Atherton Road, Clayhall, Ilford, IG5 0PQ	Retailers (FOOD)	Grocers	Fullwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00156	Raja Food and Wine	85 Barley Lane, Ilford, IG3 8XG	Owned Rented	Mandatory (Licenced)	Seven Kings	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00157	Kim Wah Take Away	96 Beehive Lane, Gants Hill, Ilford, IG4 5EG	Restaurants/Caterers	Takeaway Food	Barkingside			Mon 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-23:30								
L00158	Beehive Wine Store	243 Beehive Lane, Gants Hill, Ilford, IG4 5ED	Retailers (FOOD)	Off Licences	Barkingside	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00162	Cineworld Cinemas	Cineworld, Iscene Leisure Complex, Clements Road, Ilford, IG1 1BP	Retailers (FOOD)	Cinema	Ilford Town	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 12:00-22:30	Mon 23:00-03:00 Tue 23:00-03:00 Wed 23:00-03:00 Thu 23:00-03:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-03:00		Mon 08:00-03:00 Tue 08:00-03:00 Wed 08:00-03:00 Thu 08:00-03:00 Fri 08:00-03:00 Sat 08:00-03:00 Sun 08:00-03:00			Mon 08:00-03:00 Tue 08:00-03:00 Wed 08:00-03:00 Thu 08:00-03:00 Fri 08:00-03:00 Sat 08:00-03:00 Sun 08:00-03:00	Mon 08:00-03:00 Tue 08:00-03:00 Wed 08:00-03:00 Thu 08:00-03:00 Fri 08:00-03:00 Sat 08:00-03:00 Sun 08:00-03:00		
L00163	The Crown Banqueting Suite	Cranbrook Banqueting Suite, 182 Cranbrook Road, Ilford, IG1 4LX	Restaurants/Caterers	Function Rooms	Valentines	On and Off Premises	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00						Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00	Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00		

L00167	Saray Sofrasi	376-378 Cranbrook Road, Ilford, IG2 6HW	Restaurants/Caterers	Restaurant	Cranbrook	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
L00170	Don Pietro	448-450 Cranbrook Road, Ilford, IG2 6LL	Restaurants/Caterers	Restaurant	Barkingside	On Premises	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 12:00-23:30	Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-23:30					Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 12:00-23:30	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 12:00-23:30		
L00171	Greengate SF Connect	709 Eastern Avenue, Ilford, IG2 7RH	Retailers (FOOD)	Grocers	Aldborough	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00	Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
L00172	Mirage Turkish Restaurant	738-740 Eastern Avenue, Ilford, IG2 7HU	Restaurants/Caterers	Restaurant	Newbury	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30	Fri 23:00-00:00 Sat 23:00-00:00						Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30		
L00173	Decanteur	17 Electric Parade, George Lane, South Woodford, London, E18 2LY	Restaurants/Caterers	Restaurant	South Woodford	On and Off Premises	Mon 11:00-03:30 Tue 11:00-03:30 Wed 11:00-03:30 Thu 11:00-03:30 Fri 11:00-03:30 Sat 11:00-03:30 Sun 11:00-03:30	Mon 23:00-04:00 Tue 23:00-04:00 Wed 23:00-04:00 Thu 23:00-04:00 Fri 23:00-04:00 Sat 23:00-04:00 Sun 23:00-04:00								
L00174	Fairlop Waters Bar & Marquee	Fairlop Waters Country Park, Forest Road, Hainault, Ilford, IG6 3HN	Restaurants/Caterers	Public House	Aldborough	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-22:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00		Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-23:00			Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-23:00	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-23:00		
L00175	Marks & Spencer Simply Foods	178 George Lane, South Woodford, London, E18 1AY	Retailers (FOOD)	Supermarkets	South Woodford	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00177	Costcutter	129 Gordon Road, Ilford, IG1 2XT	Retailers (FOOD)	Grocers	Mayfield	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00178	Johal Supermarket	339-341 Green Lane, Seven Kings, Ilford, IG3 9TH	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00180	Iceland	60 High Road, Ilford, IG1 1DL	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00182	The Canteen Cafe	127 High Road, South Woodford, London, E18 2PA	Restaurants/Caterers	Cafe	Churchfields	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00184	Ali Curry House Limited	303 High Road, Ilford, IG1 1NR	Restaurants/Caterers	Restaurant	Ilford Town			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-01:00								
L00187	Dixy Chicken	79 Ilford Hill, Ilford, IG1 2DG	Restaurants/Caterers	Takeaway Food	Ilford Town			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-02:00								
L00189	Sai Supermarket	330 Ley Street, Ilford, IG1 4AF	(NON FOOD)	Off Licences	Newbury	Off Premises	Mon 07:00-01:00 Tue 07:00-01:00 Wed 07:00-01:00 Thu 07:00-01:00 Fri 07:00-02:00 Sat 07:00-02:00 Sun 09:00-01:00									
L00191	Kenneth More Theatre	7-19 Oakfield Road, Ilford, IG1 1BT	Restaurants/Caterers	Theatre	Ilford Town	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 12:00-22:30									
L00193	Sainsbury's	55 Roden Street, Ilford, IG1 2AA	Retailers (FOOD)	Supermarkets	Loxford	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
L00194	The Papermakers Arms Public House	57 Roden Street, Ilford, IG1 2AA	Restaurants/Caterers	Public House	Loxford	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00		Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-23:30 Sat 10:00-23:30 Sun 10:00-23:30	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-23:30 Sat 10:00-23:30 Sun 10:00-23:30		Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-23:30 Sat 10:00-23:30 Sun 10:00-23:30	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-23:30 Sat 10:00-23:30 Sun 10:00-23:30		Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-23:30 Sat 10:00-23:30 Sun 10:00-23:30
L00196	Gaks Wines	126 Hermon Hill, London, E18 1QB	Retailers (FOOD)	Off Licences	South Woodford	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
L00197	The Broadway Fish House	7 The Broadway, Woodford Green, IG8 0HL	Restaurants/Caterers	Takeaway Food	Monkhams	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00198	Krishna Stores	9 High View Parade, Woodford Avenue, Ilford, IG4 5EP		Grocers	Clayhall	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00199	Unicorn Public House	225 Clayhall Avenue, Clayhall, Ilford, IG5 0NY	Restaurants/Caterers	Public House	Fullwell	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-23:00	Fri 23:00-01:00 Sat 23:00-01:00					Mon 18:00-23:00 Tue 18:00-23:00 Wed 18:00-23:00 Thu 18:00-23:00 Fri 18:00-01:00 Sat 18:00-01:00 Sun 18:00-23:00	Mon 18:00-23:00 Tue 18:00-23:00 Wed 18:00-23:00 Thu 18:00-23:00 Fri 18:00-01:00 Sat 18:00-01:00 Sun 18:00-23:00		Mon 18:00-23:00 Tue 18:00-23:00 Wed 18:00-23:00 Thu 18:00-23:00 Fri 18:00-01:00 Sat 18:00-01:00 Sun 18:00-23:00

L00201	Loxford Service Station	433 Ilford Lane, Ilford, IG1 2PG	Retailers (FOOD)	Grocers	Loxford	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00	Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
L00202	Super Fags & Mags	Shop, 21 Broadway Market, Fencepiece Road, Ilford, IG6 2JR	Retailers (FOOD)	Confectioners	Fairlop	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00203	Virgin Active	Repton Park, The Boulevard, Woodford Green, IG8 8GN	Restaurants/Caterers	Fitness Centre	Bridge	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 12:00-22:30	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-23:30 Sat 23:00-23:30								
L00205	Venu Food and Wine	658 Green Lane, Seven Kings, Ilford, IG3 9RY	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00206	Food Park	68 Snakes Lane East, Woodford Green, IG8 7QQ	Retailers (FOOD)	Supermarkets	Bridge	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
L00207	Abshar Indian Cuisine	43 High Street, Barkingside, Ilford, IG6 2AD	Restaurants/Caterers	Restaurant	Fullwell	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-00:00								
L00210	Hainault Food & Wine	597-599 New North Road, Hainault, Ilford, IG6 3XS	Retailers (FOOD)	Grocers	Hainault	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
L00213	Kebabland	133 High Road, South Woodford, London, E18 2PA	Restaurants/Caterers	Takeaway Food	Churchfields			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-02:30 Sat 23:00-02:30 Sun 23:00-01:00								
L00214	Hi Tide	107 High Street, Barkingside, Ilford, IG6 2AH	Restaurants/Caterers	Chip Shop	Fullwell	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00216	Orchard Food Store	154 Broadmead Road, Woodford Green, IG8 0AG	Retailers (FOOD)	Grocers	Churchfields	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00217	Mojos Brasserie	421-423 High Road, Woodford Green, IG8 0XG	Restaurants/Caterers	Restaurant	Monkhams	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00221	Tesco Supermarket	796 Cranbrook Road, Ilford, IG6 1HZ	Retailers (FOOD)	Supermarkets	Aldborough	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00224	The Chequers Public House	The Chequers, 2 High Street, Barkingside, Ilford, IG6 2DD	Restaurants/Caterers	Public House	Fairlop	On and Off Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-00:00						Fri 20:00-00:00 Sat 20:00-00:00	Fri 20:00-00:00 Sat 20:00-00:00		
L00225	Cranbrooks	5 Cranbrook Road, Ilford, IG1 4DU	Retailers (FOOD)	Off Licences	Ilford Town	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:30-00:00									
L00227	Jono's Freehouse	37 Cranbrook Road, Ilford, IG1 4PA	Restaurants/Caterers	Public House	Valentines	On and Off Premises	Mon 11:00-00:30 Tue 11:00-00:30 Wed 11:00-00:30 Thu 11:00-02:30 Fri 11:00-02:30 Sat 11:00-02:30 Sun 11:00-22:30	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-02:30 Fri 23:00-02:30 Sat 23:00-02:30 Sun 23:00-23:30					Thu 21:00-02:00 Fri 21:00-02:00 Sat 21:00-02:00 Sun 21:00-02:00	Mon 11:00-00:30 Tue 11:00-00:30 Wed 11:00-00:30 Thu 11:00-02:30 Fri 11:00-02:30 Sat 11:00-02:30 Sun 11:00-23:30		Thu 20:00-23:30 Fri 20:00-23:30 Sat 20:00-23:30
L00228	Nando's	Iscene Leisure Complex, Clements Road, Ilford, IG1 1BP	Restaurants/Caterers	Restaurant	Ilford Town	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 12:00-22:30									
L00230	Co-op	111-113 Fencepiece Road, Ilford, IG6 2LD	Retailers (FOOD)	Supermarkets	Fairlop	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
L00232	Tesco	229 Green Lane, Ilford, IG1 1XR	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
L00233	Temple Bar and Restaurant	The Old Parcels Office, Jubilee Parade, Snakes Lane East, Woodford Green, IG8 7QG	Restaurants/Caterers	Restaurant	Bridge	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00235	Russells Wine Bar	44 High Street, Wanstead, London, E11 2RJ	Restaurants/Caterers	Restaurant	Wanstead Village	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 12:00-22:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-23:30								
L00237	Mandarin Palace Restaurant	559-561 Cranbrook Road, Ilford, IG2 6JZ	Restaurants/Caterers	Restaurant	Barkingside	On and Off Premises	Mon 12:00-02:00 Tue 12:00-02:00 Wed 12:00-02:00 Thu 12:00-02:00 Fri 12:00-02:00 Sat 12:00-02:00 Sun 12:00-00:00	Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:00					Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-02:00 Sat 12:00-02:00 Sun 12:00-00:00		Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-02:00 Sat 12:00-02:00 Sun 12:00-00:00	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-02:00 Sat 12:00-02:00 Sun 12:00-00:00

L00238	Zainab Restaurant	17 Cambridge Park, Wanstead, London, E11 2PU	Restaurants/Caterers	Restaurant	Wanstead Village	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00239	Nando's	88-90 High Road, South Woodford, London, E18 2NA	Restaurants/Caterers	Restaurant	South Woodford	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 11:00-00:00	Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00					Mon 18:00-02:00 Tue 18:00-02:00 Wed 18:00-02:00 Thu 18:00-02:00 Fri 18:00-02:00 Sat 18:00-02:00 Sun 16:00-02:00	Mon 18:00-02:00 Tue 18:00-02:00 Wed 18:00-02:00 Thu 18:00-02:00 Fri 18:00-02:00 Sat 18:00-02:00 Sun 16:00-02:00	Tue 18:00-02:00 Wed 18:00-02:00 Thu 18:00-02:00 Fri 18:00-02:00 Sat 18:00-02:00 Sun 16:00-02:00	
L00240	Mayfield Service Station	Petrol Filling Station, 660c Green Lane, Seven Kings, Ilford, IG3 8RY	(NON FOOD)	Petrol Station	Goodmayes	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00	Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
L00241	Hainault Forest Golf Complex	Romford Road, Chigwell,	Non FSA	Other Leisure	Hainault	On Premises	Mon 09:00-00:00 Tue 09:00-00:00 Wed 09:00-00:00 Thu 09:00-00:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 09:00-00:00	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-00:30					Mon 09:00-00:30 Tue 09:00-00:30 Wed 09:00-00:30 Thu 09:00-00:30 Fri 09:00-00:30 Sat 09:00-00:30 Sun 09:00-00:30	Mon 05:30-00:30 Tue 05:30-00:30 Wed 05:30-00:30 Thu 05:30-00:30 Fri 05:30-00:30 Sat 05:30-00:30 Sun 05:30-00:30	Mon 09:00-00:30 Tue 09:00-00:30 Wed 09:00-00:30 Thu 09:00-00:30 Fri 09:00-00:30 Sat 09:00-00:30 Sun 09:00-00:30	Mon 09:00-00:30 Tue 09:00-00:30 Wed 09:00-00:30 Thu 09:00-00:30 Fri 09:00-00:30 Sat 09:00-00:30 Sun 09:00-00:30
L00242	Woodford Green Food & Wine Stores & Post Office	471 High Road, Woodford Green, IG8 0XE		Confectioners	Monkhams	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00243	Sellan Food and Wine	123 Fencepiece Road, Ilford, IG6 2LD	Retailers (FOOD)	Grocers	Fairlop	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00244	Tesco Express (02603)	476-478 Cranbrook Road, Ilford, IG2 6LE	Retailers (FOOD)	Supermarkets	Barkingside	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
L00245	The London Playing Fields Foundation	Forest Road, Hainault, Ilford,	Non FSA	Licensed Club	Fairlop	On and Off Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-02:00 Sat 09:00-02:00 Sun 09:00-01:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00		Mon 19:00-00:00 Tue 19:00-00:00 Wed 19:00-00:00 Thu 19:00-00:00 Fri 19:00-02:00 Sat 19:00-02:00 Sun 19:00-01:00	Mon 19:00-00:00 Tue 19:00-00:00 Wed 19:00-00:00 Thu 19:00-00:00 Fri 19:00-02:00 Sat 19:00-02:00 Sun 19:00-01:00		Fri 19:00-02:00 Sat 19:00-02:00 Sun 19:00-01:00	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-02:00 Sat 09:00-02:00 Sun 09:00-01:00		
L00246	The Alan's	231 Clayhall Avenue, Clayhall, Ilford, IG5 0NY	Retailers (FOOD)	Confectioners	Fullwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00249	Iceland	531-533 Cranbrook Road, Ilford, IG2 6HA	Retailers (FOOD)	Grocers	Cranbrook	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00250	B&B CASH AND CARRY LIMITED	195 Ilford Lane, Ilford, IG1 2RU	Retailers (FOOD)	Grocers	Clementswood	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00251	Redbridge College of Further Education	Redbridge College, Little Heath, Chadwell Heath, Romford, RM6 4XT	Restaurants/Caterers	School/College/University	Chadwell	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00						Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00	
L00252	Chicken & Pizza 4 U	409 Ilford Lane, Ilford, IG1 2SN	Restaurants/Caterers	Takeaway Food	Loxford			Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-00:30								
L00256	Nisa Local	284a Clayhall Avenue, Clayhall, Ilford, IG5 0SH	Retailers (FOOD)	Supermarkets	Fullwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00257	Toms Convenience Store	1-2 Shenfield Road, Woodford Green, IG8 9AS		Confectioners	Church End	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00261	Thind Off Licence & Grocery Store	1 Brooks Parade, Green Lane, Ilford, IG3 9RT	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00262	Dama De Elche	7 Cambridge Park, Wanstead, London, E11 2PU	Restaurants/Caterers	Restaurant	Wanstead Village	Off Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00264	Central Restaurant and Lounge	The Ashgrove, 271 Green Lane, Ilford, IG3 9TN	Restaurants/Caterers	with Restaurant	Goodmayes	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 11:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 11:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 11:00-00:00		Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 11:00-22:30	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 11:00-00:00		
L00265	Powerleague	Forest Road, Hainault, Ilford, IG6 3HJ	Restaurants/Caterers	Leisure Centre	Fairlop	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 12:00-22:30	Fri 23:00-01:00 Sat 23:00-01:00	Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-01:00 Sat 09:00-01:00 Sun 09:00-22:30				Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 12:00-22:30	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 12:00-22:30		
L00266	Toby Carvery (Eagle)	73 Hollybush Hill, Wanstead, London, E11 1PE	Restaurants/Caterers	with Restaurant	Wanstead Village	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00								
L00267	London Darbar	198 Cranbrook Road, Ilford, IG1 4LU	Restaurants/Caterers	Restaurant	Valentines	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-01:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00					Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	

L00268	Rossmore Hotel	301-309 Cranbrook Road, Ilford, IG1 4UA	Other Residential/Unknown	Guesthouse/Boarding House	Valentines	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00271	Londis	237 Clayhall Avenue, Clayhall, Ilford, IG5 0NY	Retailers (FOOD)	Grocers	Fullwell	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-00:00 Sat 07:00-00:00 Sun 07:00-22:30									
L00273	The Forester Public House	105-107 Burrow Road, Chigwell, IG7 4NH	Restaurants/Caterers	Public House	Hainault	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-01:30 Sat 11:00-01:30 Sun 12:00-23:30	Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-23:30		Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-01:30 Sat 11:00-01:30 Sun 12:00-23:30	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-01:30 Sat 11:00-01:30 Sun 12:00-23:30		Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-01:30 Sat 11:00-01:30 Sun 12:00-23:30	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-01:30 Sat 11:00-01:30 Sun 12:00-23:30		Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-01:30 Sat 11:00-01:30 Sun 12:00-23:30
L00275	Wah Do	17 Broadway Market, Fencepiece Road, Ilford, IG6 2JR	Restaurants/Caterers	Takeaway Food	Fairlop			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-00:00								
L00277	Wing Sing Chinese Restaurant	78 George Lane, South Woodford, London, E18 1JJ	Restaurants/Caterers	Takeaway Food	South Woodford			Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-23:30								
L00278	Torino Pizzas	776 High Road, Goodmayes, Ilford, IG3 8SY	Restaurants/Caterers	Food Restaurant	Goodmayes			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-04:00 Sat 23:00-04:00 Sun 23:00-02:00								
L00279	Pizza Go Go	51 Perth Road, Gants Hill, Ilford, IG2 6BX	Restaurants/Caterers	Takeaway Food	Cranbrook			Mon 23:00-01:30 Tue 23:00-01:30 Wed 23:00-01:30 Thu 23:00-01:30 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-01:30								
L00284	Kanchans	53-55 Perth Road, Gants Hill, Ilford, IG2 6BZ	Restaurants/Caterers	Restaurant	Cranbrook	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00286	Lidl	261-275 High Road, Ilford, IG1 1NJ	Retailers (FOOD)	Supermarkets	Ilford Town	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00287	Sainsbury's	Units 1 And 2, King George Avenue, Newbury Park, Ilford, IG2 7SH	Retailers (FOOD)	Supermarkets	Aldborough	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
L00288	Bupa Roding Hospital	Roding Lane South, Ilford, IG4 5PZ	Restaurants/Caterers	Hospital	Clayhall	On and Off Premises	Mon 09:00-00:00 Tue 09:00-00:00 Wed 09:00-00:00 Thu 09:00-00:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 09:00-00:00	Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00			Mon 09:00-00:00 Tue 09:00-00:00 Wed 09:00-00:00 Thu 09:00-00:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 09:00-00:00		Mon 09:00-00:00 Tue 09:00-00:00 Wed 09:00-00:00 Thu 09:00-00:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 09:00-00:00	Mon 09:00-00:00 Tue 09:00-00:00 Wed 09:00-00:00 Thu 09:00-00:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 09:00-00:00		Mon 09:00-00:00 Tue 09:00-00:00 Wed 09:00-00:00 Thu 09:00-00:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 09:00-00:00
L00290	White Swan	30 The Broadway, Woodford Green, IG8 0HQ	Restaurants/Caterers	Restaurant	Monkhams	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00291	Rosso Restaurant	1 The Broadway, Woodford Green, IG8 0HL	Restaurants/Caterers	Restaurant	Monkhams	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-22:30						Tue 19:00-22:30 Wed 19:00-22:30 Thu 19:00-22:30 Fri 19:00-22:30 Sat 19:00-22:30 Sun 12:30-21:30	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-22:30		Tue 12:00-21:00 Wed 12:00-21:00 Thu 12:00-21:00 Fri 12:00-21:00 Sat 12:00-21:00 Sun 12:30-21:00
L00292	Miller & Carter at the Dick Turpin	Aldborough Road North, Newbury Park, Ilford, IG2 7TD	Restaurants/Caterers	with Restaurant	Aldborough	On and Off Premises	Mon 10:00-00:30 Tue 10:00-00:30 Wed 10:00-00:30 Thu 10:00-00:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-00:30	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-00:30		Mon 10:00-00:30 Tue 10:00-00:30 Wed 10:00-00:30 Thu 10:00-00:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-00:30	Mon 10:00-00:30 Tue 10:00-00:30 Wed 10:00-00:30 Thu 10:00-00:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-00:30		Mon 10:00-00:30 Tue 10:00-00:30 Wed 10:00-00:30 Thu 10:00-00:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-00:30	Mon 10:00-00:30 Tue 10:00-00:30 Wed 10:00-00:30 Thu 10:00-00:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-00:30	Mon 10:00-00:30 Tue 10:00-00:30 Wed 10:00-00:30 Thu 10:00-00:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-00:30	Mon 10:00-00:30 Tue 10:00-00:30 Wed 10:00-00:30 Thu 10:00-00:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-00:30
L00293	Barkingside Buzz Bingo	Fairlop Road, Barkingside, Ilford, IG6 2EF	Restaurants/Caterers	Bingo Hall	Fullwell	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 12:00-00:00	Mon 23:00-03:00 Tue 23:00-03:00 Wed 23:00-03:00 Thu 23:00-03:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-03:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 12:00-00:00			Mon 09:00-03:00 Tue 09:00-03:00 Wed 09:00-03:00 Thu 09:00-03:00 Fri 09:00-03:00 Sat 09:00-03:00 Sun 09:00-03:00	Mon 09:00-03:00 Tue 09:00-03:00 Wed 09:00-03:00 Thu 09:00-03:00 Fri 09:00-03:00 Sat 09:00-03:00 Sun 09:00-03:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 12:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 12:00-00:00
L00295	Salami's Kebab House	Unit 2, 402 Cranbrook Road, Ilford, IG2 6HW	Restaurants/Caterers	Restaurant	Cranbrook			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-02:30 Sat 23:00-02:30 Sun 23:00-01:00								
L00297	Golden Curry Restaurant	14 Clements Road, Ilford, IG1 1BA	Restaurants/Caterers	Restaurant	Ilford Town	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00298	King George V Public House	645 Cranbrook Road, Ilford, IG2 6SX	Restaurants/Caterers	Public House	Barkingside	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-00:30	Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-02:00 Fri 23:00-02:30 Sat 23:00-02:30 Sun 23:00-01:30					Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-00:30	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-00:30		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-00:30
L00301	Sai Supermarket	735 Eastern Avenue, Ilford, IG2 7RT	Retailers (FOOD)	Grocers	Aldborough	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00302	Costcutter	194-196 New North Road, Hainault, Ilford, IG6 3BD	Retailers (FOOD)	Supermarkets	Fairlop	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00303	India Garden	12 Nightingale Lane, Wanstead, London, E11 2HE	Restaurants/Caterers	Restaurant	Wanstead Village	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									

L00327	Anns News & Off Licence	86 Nightingale Lane, Wanstead, London, E11 2EZ	Retailers (FOOD)	Confectioners	Wanstead Village	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00328	Pizzeria Belsit	439-443 High Road, Woodford Green, IG8 0XE	Restaurants/Caterers	Restaurant	Monkhams	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00333	The Prince Of Wales Public House	63 Green Lane, Ilford, IG1 1XJ	Restaurants/Caterers	Public House	Ilford Town	On and Off Premises	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-02:30 Sat 11:00-02:30 Sun 11:00-01:00						Fri 19:00-00:00 Sat 19:00-00:00	Fri 19:00-00:00 Sat 19:00-00:00		
L00337	Griller	649 High Road, Seven Kings, Ilford, IG3 8RA	Restaurants/Caterers	Food Restaurant	Seven Kings			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00								
L00338	Faces Nightclub	Faces, 458-462 Cranbrook Road, Ilford, IG2 6LE	Restaurants/Caterers	Licensed Club	Barkingside	On and Off Premises	Mon 10:00-01:00 Tue 10:00-01:00 Wed 10:00-02:00 Thu 10:00-02:00 Fri 10:00-03:00 Sat 10:00-03:00 Sun 10:00-02:00	Mon 23:00-01:30 Tue 23:00-01:30 Wed 23:00-02:30 Thu 23:00-02:30 Fri 23:00-03:30 Sat 23:00-03:30 Sun 23:00-02:30					Mon 10:00-01:00 Tue 10:00-01:00 Wed 10:00-02:00 Thu 10:00-02:00 Fri 10:00-03:00 Sat 10:00-03:00 Sun 10:00-02:00	Mon 10:00-01:00 Tue 10:00-01:00 Wed 10:00-02:00 Thu 10:00-02:00 Fri 10:00-03:00 Sat 10:00-03:00 Sun 10:00-02:00	Mon 10:00-01:00 Tue 10:00-01:00 Wed 10:00-02:00 Thu 10:00-02:00 Fri 10:00-03:00 Sat 10:00-03:00 Sun 10:00-02:00	Mon 10:00-01:00 Tue 10:00-01:00 Wed 10:00-02:00 Thu 10:00-02:00 Fri 10:00-03:00 Sat 10:00-03:00 Sun 10:00-02:00
L00339	The Duke	79 Nightingale Lane, Wanstead, London, E11 2EY	Restaurants/Caterers	with Restaurant	Wanstead Village	On and Off Premises	Mon 11:00-23:30 Tue 11:00-23:30 Wed 11:00-23:30 Thu 11:00-23:30 Fri 11:00-00:30 Sat 11:00-00:30 Sun 12:00-23:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-23:30		Mon 09:00-00:00 Tue 09:00-00:00 Wed 09:00-00:00 Thu 09:00-00:00 Fri 09:00-01:00 Sat 09:00-01:00 Sun 09:00-23:00			Mon 11:00-23:30 Tue 11:00-23:30 Wed 11:00-23:30 Thu 11:00-23:30 Fri 11:00-00:30 Sat 11:00-00:30 Sun 12:00-23:00	Mon 11:00-23:30 Tue 11:00-23:30 Wed 11:00-23:30 Thu 11:00-23:30 Fri 11:00-00:30 Sat 11:00-00:30 Sun 12:00-23:00		Mon 11:00-23:30 Tue 11:00-23:30 Wed 11:00-23:30 Thu 11:00-23:30 Fri 11:00-00:30 Sat 11:00-00:30 Sun 12:00-23:00
L00341	Seven Kings Fruiterers	18 Cameron Road, Seven Kings, Ilford, IG3 8LB	Retailers (FOOD)	Grocers	Seven Kings	Off Premises	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00									
L00343	Grove Hill Hotel	38 Grove Hill, South Woodford, London, E18 2JG			South Woodford	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00345	A1 News & Wine	221 Ilford Lane, Ilford, IG1 2RZ	Retailers (FOOD)	Confectioners	Clementswood	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00347	Tesco Stores (03422)	Southend Road, Woodford Green, IG8 8GE	Retailers (FOOD)	Supermarkets	Clayhall	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00									
L00348	One Stop Food and Wine	305 High Road, Ilford, IG1 1NR	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 10:00-02:00									
L00349	TRSK Superstore	126 Woodlands Road, Ilford, IG1 1JP	Retailers (FOOD)	Grocers	Clementswood	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00350	Chicken House	661 High Road, Seven Kings, Ilford, IG3 8RG	Restaurants/Caterers	Food Restaurant	Seven Kings			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
L00351	The Horse & Well Public House	566-568 High Road, Woodford Green, IG8 0PS	Restaurants/Caterers	Public House	Monkhams	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00	Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00					Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00
L00352	Delta Wine	219 Aldborough Road South, Seven Kings, Ilford, IG3 8HZ	Retailers (FOOD)	Off Licences	Newbury	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00353	Ley Street Food & Wine	317 Ley Street, Ilford, IG1 4AA	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 07:00-00:00 Tue 07:00-00:00 Wed 07:00-00:00 Thu 07:00-00:00 Fri 07:00-00:00 Sat 07:00-00:00 Sun 07:00-00:00									
L00354	Chadwell Food and Wine	967 High Road, Chadwell Heath, Romford, RM6 4HB	Retailers (FOOD)	Off Licences	Chadwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00355	Geetham Late Night Food & Wine	315 Ley Street, Ilford, IG1 4AA	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00356	The Co-Operative food	109 Snakes Lane West, Woodford Green, IG8 0DY	Retailers (FOOD)	Grocers	Monkhams	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00359	The Railway Bell Public House	87 George Lane, South Woodford, London, E18 1JJ	Restaurants/Caterers	Public House	South Woodford	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00	Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00					Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-00:00
L00362	Chadwell Supermarket	105 Chadwell Heath Lane, Chadwell Heath, Romford, RM6 4NP	Retailers (FOOD)	Grocers	Chadwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									

L00363	Chandra Stores	32 Woodford Avenue, Ilford, IG2 6XQ	Retailers (FOOD)	Grocers	Barkingside	Off Premises	Mon 06:00-03:00 Tue 06:00-03:00 Wed 06:00-03:00 Thu 06:00-03:00 Fri 06:00-03:00 Sat 06:00-03:00 Sun 06:00-03:00									
L00367	Gezi Park Restaurant	27 High Street, Wanstead, London, E11 2AA	Restaurants/Caterers	Restaurant	Wanstead Village	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00368	Fried Chicken Pizza Hot	311 High Road, Ilford, IG1 1NR	Restaurants/Caterers	Takeaway Food	Ilford Town			Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
L00369	Rey	562 Cranbrook Road, Ilford, IG2 6RE	Retailers (FOOD)	Grocers	Barkingside	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00371	Eatalian	536 Chigwell Road, Woodford Green, IG8 8PA	Restaurants/Caterers	Restaurant	Bridge	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00374	Carlo's Wines & Spirits	121 Eastern Avenue, Ilford, IG4 5AN	Retailers (FOOD)	Off Licences	Clayhall	Off Premises	Mon 07:00-01:30 Tue 07:00-01:30 Wed 07:00-01:30 Thu 07:00-01:30 Fri 07:00-01:30 Sat 07:00-01:30 Sun 07:00-01:30									
L00376	Luppolo	34-38 High Street, Wanstead, London, E11 2RJ	Restaurants/Caterers	Restaurant	Wanstead Village	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-01:30	Thu 23:00-00:30 Fri 23:00-01:30 Sat 23:00-01:30					Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-00:00
L00378	Gerry's Food & Wine	336 Ilford Lane, Ilford, IG1 2LT	Retailers (FOOD)	Confectioners	Loxford	Off Premises	Mon 07:00-00:00 Tue 07:00-00:00 Wed 07:00-00:00 Thu 07:00-00:00 Fri 07:00-00:00 Sat 07:00-00:00 Sun 07:00-00:00									
L00383	Champs Sports Bar & Grill	19-21 Chapel Road, Ilford, IG1 2AF	Restaurants/Caterers	Public House	Ilford Town	On and Off Premises	Mon 09:00-00:30 Tue 09:00-00:30 Wed 09:00-00:30 Thu 09:00-03:00 Fri 09:00-03:00 Sat 09:00-03:00 Sun 09:00-00:30	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-03:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-00:30					Mon 20:00-00:30 Tue 20:00-00:30 Wed 20:00-00:30 Thu 20:00-03:00 Fri 20:00-03:00 Sat 20:00-03:00 Sun 20:00-00:30	Mon 09:00-00:30 Tue 09:00-00:30 Wed 09:00-00:30 Thu 09:00-03:00 Fri 09:00-03:00 Sat 09:00-03:00 Sun 09:00-00:30		Mon 09:00-00:30 Tue 09:00-00:30 Wed 09:00-00:30 Thu 09:00-03:00 Fri 09:00-03:00 Sat 09:00-03:00 Sun 09:00-00:30
L00385	Gants Hill Superfoods	17 Seven Ways Parade, Woodford Avenue, Ilford, IG2 6JX	Retailers (FOOD)	Off Licences	Barkingside	Off Premises	Mon 07:00-00:00 Tue 07:00-00:00 Wed 07:00-00:00 Thu 07:00-00:00 Fri 07:00-00:00 Sat 07:00-00:00 Sun 07:00-00:00									
L00388	Hallmark London Chigwell Prince Regent Hotel	Manor Road, Woodford Green, IG8 8AE	Restaurants/Caterers	Hotel	Bridge	On and Off Premises	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00	Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00			Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00	
L00389	The Bar	19 Seven Ways Parade, Woodford Avenue, Ilford, IG2 6JX	Restaurants/Caterers	Wine Bar	Barkingside	On and Off Premises	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-01:00	Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00			Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-01:00		Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-01:00	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-01:00	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-01:00	
L00393	Aldersbrook Bowls Club	34 Aldersbrook Road, Wanstead, London, E12 5DY	Restaurants/Caterers	Club	Wanstead Park	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 12:00-22:30		Sat 0.833333333333333-0.958333333333333		Fri 0.75-0.875		Thu 20:00-22:00 Fri 20:00-00:00 Sat 20:00-00:00	Thu 20:00-22:00 Fri 20:00-00:00 Sat 20:00-00:00		
L00396	Roosters Piri Piri	41 Cranbrook Road, Ilford, IG1 4PA	Restaurants/Caterers	Restaurant	Valentines			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
L00399	From India	148 High Road, Woodford Green, IG8 9EF	Restaurants/Caterers	Restaurant	Churchfields	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30									
L00402	Fondkouliirou Food & Wine	130 Brading Crescent, Wanstead, London, E11 3RS	Retailers (FOOD)	Grocers	Wanstead Park	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-22:00									
L00404	Dragon House	584 Cranbrook Road, Ilford, IG2 6RF	Restaurants/Caterers	Takeaway Food	Barkingside			Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-23:30 Sat 23:00-23:30								
L00405	From China	693 High Road, Seven Kings, Ilford, IG3 8RH	Restaurants/Caterers	Restaurant	Seven Kings			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:00								
L00407	Tesco Express (05191)	185 Manford Way, Chigwell, IG7 4DN	Retailers (FOOD)	Supermarkets	Hainault	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00408	Gandhi Tandoori	712 Chigwell Road, Woodford Green, IG8 8AL	Restaurants/Caterers	Restaurant	Bridge	On Premises	Mon 11:00-14:30 Mon 18:00-00:00 Tue 11:00-14:30 Tue 18:00-00:00 Wed 11:00-14:30 Wed 18:00-00:00 Thu 11:00-14:30 Thu 18:00-00:00 Fri 11:00-14:30 Fri 18:00-00:00 Sat 11:00-14:30 Sat 18:00-00:00 Sun 11:00-14:30 Sun 18:00-00:00									

L00409	Shalom Hot Bagel Bakery	35 Woodford Avenue, Ilford, IG2 6UF	Manuf./Mainly Retail	Bakehouse/Bakery	Barkingside			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Sat 23:00-02:30 Sun 23:00-00:00								
L00410	Taj Grill	72 Ilford Lane, Ilford, IG1 2LA	Restaurants/Caterers	Takeaway Food	Loxford			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
L00411	Domino's Pizza	34 Woodford Avenue, Ilford, IG2 6XQ	Restaurants/Caterers	Food Restaurant	Barkingside			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
L00412	Scuzi	8 Johnston Road, Woodford Green, IG8 0XA	Restaurants/Caterers	Restaurant	Monkhams	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-22:30	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-23:30 Sat 23:00-23:30						Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-22:30		
L00413	News & Booze	567 Longbridge Road, Barking, IG11 9BZ	Retailers (FOOD)	Confectioners	Mayfield	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00									
L00414	Monsoon Restaurant	55 New North Road, Hainault, Ilford, IG6 2UE	Restaurants/Caterers	Restaurant	Fairlop	On Premises	Mon 16:00-00:00 Tue 16:00-00:00 Wed 16:00-00:00 Thu 16:00-00:00 Fri 16:00-00:00 Sat 16:00-00:00 Sun 16:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
L00417	Curry Emporium	597 Cranbrook Road, Ilford, IG2 6JZ	Restaurants/Caterers	Restaurant	Barkingside	On Premises	Mon 17:30-00:00 Tue 17:30-00:00 Wed 17:30-00:00 Thu 17:30-00:00 Fri 17:30-00:00 Sat 17:30-00:00 Sun 12:00-15:00 Sun 17:30-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
L00420	Jakes Burgers	631 High Road, Seven Kings, Ilford, IG3 8RA	Restaurants/Caterers	Takeaway Food	Seven Kings			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
L00422	Thai Royale	11 High View Parade, Woodford Avenue, Ilford, IG4 5EP	Restaurants/Caterers	Restaurant	Clayhall	On Premises	Mon 12:00-14:30 Mon 18:00-23:00 Tue 12:00-14:30 Tue 18:00-23:00 Wed 12:00-14:30 Wed 18:00-23:00 Thu 12:00-14:30 Thu 18:00-23:00 Fri 12:00-14:30 Fri 18:00-23:00 Sat 12:00-14:30 Sat 18:00-23:00 Sun 12:00-14:30 Sun 18:00-22:30							Mon 12:00-14:30 Mon 18:00-23:00 Tue 12:00-14:30 Tue 18:00-23:00 Wed 12:00-14:30 Wed 18:00-23:00 Thu 12:00-14:30 Thu 18:00-23:00 Fri 12:00-14:30 Fri 18:00-23:00 Sat 12:00-14:30 Sat 18:00-23:00 Sun 12:00-14:30 Sun 18:00-22:30		
L00423	Silver Sea Chinese Restaurant	543 Green Lane, Seven Kings, Ilford, IG3 9RJ	Restaurants/Caterers	Takeaway Food	Goodmayes			Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-23:30								
L00425	Meads Lane Supermarket	59 Meads Lane, Seven Kings, Ilford, IG3 8QL	Retailers (FOOD)	Grocers	Seven Kings	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 07:00-23:00									
L00426	Ilford Service Station (Petrol)	130 Eastern Avenue, Ilford, IG4 5AQ	(NON FOOD)	Petrol Station	Cranbrook	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00	Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
L00427	Pizza Hut	4 High Street, Barkingside, Ilford, IG6 2DF	Restaurants/Caterers	Restaurant	Fairlop			Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-00:30								
L00428	The Lizard Lounge	186-188 George Lane, South Woodford, London, E18 1AY	Restaurants/Caterers	Public House	South Woodford	On Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-01:00 Fri 12:00-02:00 Sat 12:00-02:00 Sun 12:00-01:00	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-01:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00				Mon 19:00-23:00 Tue 19:00-23:00 Wed 19:00-23:00 Thu 19:00-23:00 Fri 19:00-00:00 Sat 12:00-00:00 Sun 12:00-23:00	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-01:00 Fri 12:00-02:30 Sat 12:00-02:30 Sun 12:00-01:00		Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-23:00
L00431	Pizza Hut	25 Electric Parade, George Lane, South Woodford, London, E18 2LY	Restaurants/Caterers	Food Restaurant	South Woodford			Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-00:30								
L00432	Mezze	24 The Broadway, Woodford Green, IG8 0HQ	Restaurants/Caterers	Restaurant	Monkhams	On and Off Premises	Mon 11:00-00:30 Tue 11:00-00:30 Wed 11:00-00:30 Thu 11:00-00:30 Fri 11:00-00:30 Sat 11:00-00:30 Sun 11:00-21:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00				Mon 19:00-23:00 Tue 19:00-23:00 Wed 19:00-23:00 Thu 19:00-23:00 Fri 19:00-23:00 Sat 19:00-23:00 Sun 19:00-21:00	Mon 19:00-23:00 Tue 19:00-23:00 Wed 19:00-23:00 Thu 19:00-23:00 Fri 19:00-23:00 Sat 19:00-23:00 Sun 19:00-21:00	Mon 19:00-23:00 Tue 19:00-23:00 Wed 19:00-23:00 Thu 19:00-23:00 Fri 19:00-23:00 Sat 19:00-23:00 Sun 19:00-21:00	
L00472	Shreeji Food Store	5 Fullwell Parade, Clayhall, Ilford, IG5 0RF	Retailers (FOOD)	Grocers	Fullwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00002	Ninos Cucina Italiana	18 Electric Parade, George Lane, South Woodford, London, E18 2LY	Restaurants/Caterers	Restaurant	South Woodford	On Premises	Mon 11:00-04:00 Tue 11:00-04:00 Wed 11:00-04:00 Thu 11:00-04:00 Fri 11:00-04:00 Sat 11:00-04:00 Sun 11:00-04:00	Mon 23:00-04:00 Tue 23:00-04:00 Wed 23:00-04:00 Thu 23:00-04:00 Fri 23:00-04:00 Sat 23:00-04:00 Sun 23:00-04:00								
L00003	Moldova Restaurant	391 Eastern Avenue, Ilford, IG2 6LR	Restaurants/Caterers	Restaurant	Barkingside	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30					Mon 11:00-02:00 Tue 11:00-02:00 Wed 11:00-02:00 Thu 11:00-02:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 12:00-23:00	Mon 11:00-02:00 Tue 11:00-02:00 Wed 11:00-02:00 Thu 11:00-02:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 12:00-23:00	Mon 11:00-02:00 Tue 11:00-02:00 Wed 11:00-02:00 Thu 11:00-02:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 12:00-23:00	
L00006	Sir James Hawkey Hall	Broomhill Road, Woodford Green, IG8 0BG	Restaurants/Caterers	Community Hall	Monkhams				Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00 Sun 00:00-23:00			Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00 Sun 00:00-23:00	Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00 Sun 00:00-23:00	Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00	

L00007	L.B.R.Town Hall-Concert Hall	Redbridge Town Hall, 128-142 High Road, Ilford, IG1 1DD		Theatre	Ilford Town				Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00 Sun 00:00-23:00				Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00 Sun 00:00-23:00	Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00 Sun 00:00-23:00	Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00	
L00008	L.B.R.Town Hall-Lambourne Room	Redbridge Town Hall, 128-142 High Road, Ilford, IG1 1DD		Function Rooms	Ilford Town								Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00 Sun 00:00-23:00	Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00 Sun 00:00-23:00	Mon 00:00-23:00 Tue 00:00-23:00 Wed 00:00-23:00 Thu 00:00-23:00 Fri 00:00-23:00 Sat 00:00-23:00	
L00009	Ella Supermarket	604 Chigwell Road, Woodford Green, IG8 8AA	Retailers (FOOD)	Grocers	Bridge	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00011	Cranbrook Supermarket	783 Cranbrook Road, Ilford, IG6 1HT	Retailers (FOOD)	Grocers	Barkingside	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00012	York Supermarket	51 York Road, Ilford, IG1 3AD	Retailers (FOOD)	Grocers	Valentines	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00013	Vijay's Virasat	2 Greengate Parade, Horns Road, Barkingside, Ilford, IG2 6BE	Restaurants/Caterers	Restaurant	Aldborough	On Premises	Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-02:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-00:30	Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:00					Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:00	Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:00		
L00014	Peters Food Market (Londis)	128 Snakes Lane East, Woodford Green, IG8 7HZ	Retailers (FOOD)	Grocers	Bridge	On Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00017	Bancroft Rugby Football Club	Bancroft Rugby Football Club, Buckhurst Way, Buckhurst Hill, IG9 6JD	Restaurants/Caterers	Club	Bridge	On and Off Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 12:00-00:00	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-00:30					Mon 11:00-00:30 Tue 11:00-00:30 Wed 11:00-00:30 Thu 11:00-00:30 Fri 11:00-01:30 Sat 11:00-01:30 Sun 12:00-00:30	Mon 11:00-00:30 Tue 11:00-00:30 Wed 11:00-00:30 Thu 11:00-00:30 Fri 11:00-01:30 Sat 11:00-01:30 Sun 12:00-00:30		
L00019	Premier Green's Local Store	378 High Road, Woodford Green, IG8 0XQ	Retailers (FOOD)	Supermarkets	Monkhams	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00311	Halal Kebab Hut	691a High Road, Seven Kings, Ilford, IG3 8RH	Restaurants/Caterers	Takeaway Food	Seven Kings			Fri 23:00-02:00 Sat 23:00-02:00									
L00313	Eagle Supermarket	88 Ilford Lane, Ilford, IG1 2LD	Retailers (FOOD)	Grocers	Loxford	Off Premises	Mon 08:00-00:00 Tue 08:00-00:00 Wed 08:00-00:00 Thu 08:00-00:00 Fri 08:00-00:00 Sat 08:00-00:00 Sun 10:00-22:30										
L00317	Gymkhana Restaurant	298-310 Green Lane, Ilford, IG1 1LQ	Restaurants/Caterers	Restaurant	Mayfield	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 12:00-22:30										
L00318	Goodmayes Service Station(Petrol)	674-678 High Road, Seven Kings, Ilford, IG3 8RU	(NON FOOD)	Petrol Station	Goodmayes	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00	Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00									
L00319	Barley Wines Supermarket	169 Barley Lane, Ilford, IG3 8XU	Retailers (FOOD)	Off Licences	Seven Kings	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
L00320	Serene Fish and Chips	27 Woodford Avenue, Ilford, IG2 6UF	Restaurants/Caterers	Chip Shop	Barkingside			Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-01:30 Sat 23:00-01:30									
L00324	The Cauliflower Public House	553 High Road, Ilford, IG1 1TZ	Restaurants/Caterers	Public House	Ilford Town	On and Off Premises	Mon 11:00-03:00 Tue 11:00-03:00 Wed 11:00-03:00 Thu 11:00-03:00 Fri 11:00-03:00 Sat 11:00-03:00 Sun 11:00-03:00	Mon 23:00-03:00 Tue 23:00-03:00 Wed 23:00-03:00 Thu 23:00-03:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-03:00					Mon 11:00-03:00 Tue 11:00-03:00 Wed 11:00-03:00 Thu 11:00-03:00 Fri 11:00-03:00 Sat 11:00-03:00 Sun 11:00-03:00	Mon 11:00-03:00 Tue 11:00-03:00 Wed 11:00-03:00 Thu 11:00-03:00 Fri 11:00-03:00 Sat 11:00-03:00 Sun 11:00-03:00		
L00325	Namak	219 High Road, South Woodford, London, E18 2PB	Restaurants/Caterers	Restaurant	Churchfields	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-23:30									
L00435	K F C	155-157 High Street, Barkingside, Ilford, IG6 2AJ	Restaurants/Caterers	Takeaway Food	Fullwell			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00									
L00436	Black Moon Lounge	20-21 Seven Ways Parade, Woodford Avenue, Ilford, IG2 6JX	Restaurants/Caterers	Restaurant	Barkingside	On Premises	Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-23:00 Sat 12:00-23:00 Sun 12:00-23:00										
L00440	Caraway	513-519 Cranbrook Road, Ilford, IG2 6HA	Restaurants/Caterers	Restaurant	Cranbrook	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-01:30 Sat 11:00-01:30 Sun 12:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-00:00					Mon 19:00-00:00 Tue 19:00-00:00 Wed 19:00-00:00 Thu 19:00-00:00 Fri 19:00-01:00 Sat 19:00-01:00 Sun 19:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-00:00		
L00445	Variety Food & Wine	8 Electric Parade, Seven Kings Road, Seven Kings, Ilford, IG3 8BY	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00										
L00449	The Bridge House Public House	62-64 Goodmayes Road, Goodmayes, Ilford, IG3 9UR	Restaurants/Caterers	Public House	Goodmayes	On and Off Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00				Mon 17:00-23:00 Tue 17:00-23:00 Wed 17:00-23:00 Thu 17:00-23:00 Fri 17:00-23:00 Sat 17:00-23:00 Sun 17:00-23:00		Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00		

L00454	Best Kebab House Pizza Place	237 Cranbrook Road, Ilford, IG1 4TD	Restaurants/Caterers	Food Restaurant	Valentines			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
L00455	Sahara Grill	408 Cranbrook Road, Ilford, IG2 6HW	Restaurants/Caterers	Restaurant	Cranbrook			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
L00456	Cost Effective	96-98 Green Lane, Ilford, IG1 1YQ	Retailers (FOOD)	Grocers	Mayfield	Off Premises	Mon 07:00-02:00 Tue 07:00-02:00 Wed 07:00-02:00 Thu 07:00-02:00 Fri 07:00-02:00 Sat 07:00-02:00 Sun 07:00-01:00									
L00459	Ilford Cricket Club	Valentines Park, Cranbrook Road, Ilford, IG1 4LX	Restaurants/Caterers	Club	Valentines	On Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-01:00 Sat 12:00-01:00 Sun 12:00-01:00									
L00460	Tasty Chicken	619 High Road, Seven Kings, Ilford, IG3 8RE	Restaurants/Caterers	Takeaway Food	Seven Kings			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-01:00								
L00461	V & S Food and Wine	103 Goodmayes Lane, Goodmayes, Ilford, IG3 9PL	Retailers (FOOD)	Confectioners	Goodmayes	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
L00462	Zu's Grill	815 High Road, Goodmayes, Ilford, IG3 8TD	Restaurants/Caterers	Takeaway Food	Seven Kings			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-04:00 Sat 23:00-04:00 Sun 23:00-02:00								
L00465	China House	45 Green Lane, Ilford, IG1 1XG	Restaurants/Caterers	Food Restaurant	Ilford Town			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
L00466	Domino's Pizza	1 Jubilee Parade, Snakes Lane East, Woodford Green, IG8 7QF	Restaurants/Caterers	Takeaway Food	Bridge			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
L00467	Pizza Hut	3 Rex Parade, Snakes Lane East, Woodford Green, IG8 7HU	Restaurants/Caterers	Takeaway Food	Bridge			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
L00470	Chesters	705 High Road, Seven Kings, Ilford, IG3 8RH	Restaurants/Caterers	Takeaway Food	Seven Kings			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00								
L00475	Barnardos Church	Barnardos Head Off, Barnardo's Village, Tanners Lane, Barkingside, Essex, IG6 1GC	Non FSA	Function Rooms	Aldborough				Sat 19:00-23:30 Sun 19:00-23:30				Sat 19:00-23:30 Sun 19:00-23:30	Sat 19:00-23:30 Sun 19:00-23:30		
L00477	Filika Restaurant	62 High Street, Wanstead, London, E11 2RJ	Restaurants/Caterers	Restaurant	Wanstead Village	On Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-22:00									
L00479	Devonshire Stores	261 Aldborough Road South, Seven Kings, Ilford, IG3 8JA	Retailers (FOOD)	Grocers	Newbury	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00483	Smade lounge	284-294 Ley Street, Ilford, IG1 4BP	Restaurants/Caterers	Club	Ilford Town	On Premises	Mon 10:00-02:00 Tue 10:00-02:00 Wed 10:00-02:00 Thu 10:00-02:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-02:00	Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
L00484	Judiya Enterprises	171 Longwood Gardens, Ilford, IG5 0EN	Retailers (FOOD)	Supermarkets	Clayhall	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
L00488	Vipk – 21 Mini Supermarket	207 Barley Lane, Chadwell Heath, Romford, RM6 4XU	Retailers (FOOD)	Off Licences	Seven Kings	Off Premises	Mon 06:00-21:00 Tue 06:00-21:00 Wed 06:00-21:00 Thu 06:00-21:00 Fri 06:00-21:00 Sat 06:00-21:00 Sun 06:00-21:00									
L00489	Best One Express	1 Cameron Road, Seven Kings, Ilford, IG3 8LG	Retailers (FOOD)	Confectioners	Seven Kings	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 10:30-22:30									
L00490	Clarks Garage	300 Chigwell Road, Woodford Green, IG8 8PN	Retailers (FOOD)	Grocers	Churchfields	Off Premises	Mon 06:00-22:00 Tue 06:00-22:00 Wed 06:00-22:00 Thu 06:00-22:00 Fri 06:00-22:00 Sat 06:00-22:00 Sun 06:00-22:00									
L00491	Devrim Corner Supermarket	439 Cranbrook Road, Ilford, IG2 6EW	Retailers (FOOD)	Grocers	Cranbrook	Off Premises	Mon 08:30-23:00 Tue 08:30-23:00 Wed 08:30-23:00 Thu 08:30-23:00 Fri 08:30-23:00 Sat 08:30-23:00 Sun 10:00-22:30									
L00492	Zizzi	198 George Lane, South Woodford, London, E18 1GN	Restaurants/Caterers	Restaurant	South Woodford	On Premises	Mon 11:00-23:30 Tue 11:00-23:30 Wed 11:00-23:30 Thu 11:00-23:30 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-23:30						Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 12:00-23:00		
L00494	Cranbrook Food & Wine	177-185 Cranbrook Road, Ilford, IG1 4TA	Retailers (FOOD)	Grocers	Valentines	Off Premises	Mon 06:00-02:00 Tue 06:00-02:00 Wed 06:00-02:00 Thu 06:00-02:00 Fri 06:00-02:00 Sat 06:00-02:00 Sun 06:00-02:00									

L00495	NDD Trading Ltd	720 Eastern Avenue, Ilford, IG2 6PE		Home Caterer	Newbury	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 09:00-22:30									
L00496	Luigi's Ristorante	1-5 Beehive Lane, Ilford, IG1 3RG	Restaurants/Caterers	Restaurant	Cranbrook	On Premises	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00	Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-01:00								
L00498	GB Supermarket	225-227 Ley Street, Ilford, IG1 4BL	Retailers (FOOD)	Supermarkets	Ilford Town	Off Premises	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00									
L00500	Judiya Enterprises	96 Cranbrook Road, Ilford, IG1 4NH	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
L00501	Parlay E18	18 High Road, South Woodford, London, E18 2QL	Restaurants/Caterers	Restaurant	South Woodford	On Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-00:30 Sat 12:00-00:30 Sun 12:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-00:00		Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-00:30 Sat 12:00-00:30 Sun 12:00-00:00			Mon 12:00-23:30 Tue 12:00-23:30 Wed 12:00-23:30 Thu 12:00-23:30 Fri 12:00-23:30 Sat 12:00-23:30 Sun 12:00-23:30	Mon 12:00-23:30 Tue 12:00-23:30 Wed 12:00-23:30 Thu 12:00-23:30 Fri 12:00-23:30 Sat 12:00-23:30 Sun 12:00-23:30		Mon 12:00-23:30 Tue 12:00-23:30 Wed 12:00-23:30 Thu 12:00-23:30 Fri 12:00-23:30 Sat 12:00-23:30
L00502	Day 1 (One)	8-9 Central Parade, Ley Street, Ilford, IG2 7DE	Retailers (FOOD)	Off Licences	Newbury	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-22:30									
L00505	London Pizza Depot	892-894 Eastern Avenue, Ilford, IG2 7JD	Restaurants/Caterers	Food Restaurant	Newbury	On Premises	Mon 18:00-23:30 Tue 18:00-23:30 Wed 18:00-23:30 Thu 18:00-23:30 Fri 18:00-00:30 Sat 18:00-00:30 Sun 18:00-23:30	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-23:30						Mon 18:00-23:30 Tue 18:00-23:30 Wed 18:00-23:30 Thu 18:00-23:30 Fri 18:00-00:30 Sat 18:00-00:30 Sun 18:00-23:30		
L00507	K F C	687 High Road, Seven Kings, Ilford, IG3 8RQ	Restaurants/Caterers	Takeaway Food	Seven Kings			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00								
L00508	The Temple	Wanstead Park, Warren Road, Wanstead, London,		& Educational	Wanstead Park	Off Premises	Sat 14:00 until 23:00						Sat 14:00 until 23:00			Sat 14:00 until 23:00
L00512	Kebab House	12 Woodbine Place, Wanstead, London, E11 2RH	Restaurants/Caterers	Takeaway Food	Wanstead Village			Mon 23:00-01:30 Tue 23:00-01:30 Wed 23:00-01:30 Thu 23:00-01:30 Fri 23:00-02:15 Sat 23:00-02:15 Sun 23:00-01:30								
L00513	Hainault Forest Country Park	Hainault Forest Country Park, Romford Road, Chigwell, IG7 4QN	Non FSA	Park/Playing Field	Hainault	On and Off Premises	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00		Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00			Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00	Mon 08:00-02:00 Tue 08:00-02:00 Wed 08:00-02:00 Thu 08:00-02:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-02:00
L00509	Valentines Park	Valentines Park, Cranbrook Road, Ilford,	or Site	Park/Playing Field	Valentines				Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-22:00				Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-22:00	Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-22:00	Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-22:00	Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-22:00
L00514	Horns Supermarket	128-130 Horns Road, Barkingside, Ilford, IG2 6BL	Retailers (FOOD)	Grocers	Aldborough	Off Premises	Mon 05:00-23:00 Tue 05:00-23:00 Wed 05:00-23:00 Thu 05:00-23:00 Fri 05:00-23:00 Sat 05:00-23:00 Sun 05:00-23:00									
L00515	The Platinum Lounge	Bury Social Club, 463 Aldborough Road South, Seven Kings, Ilford, IG3 8JW	Restaurants/Caterers	Club	Newbury	On Premises	Mon 09:00-00:00 Tue 09:00-00:00 Wed 09:00-00:00 Thu 09:00-00:00 Fri 09:00-01:00 Sat 09:00-01:00 Sun 09:00-00:00	Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-00:00			Mon 09:00-18:00 Mon 19:00-22:00 Tue 09:00-18:00 Tue 19:00-22:00 Wed 09:00-18:00 Wed 19:00-22:00 Thu 09:00-18:00 Thu 19:00-22:00		Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-00:00	Mon 09:00-00:00 Tue 09:00-00:00 Wed 09:00-00:00 Thu 09:00-00:00 Fri 09:00-01:00 Sat 09:00-01:00 Sun 09:00-00:00		
L00516	Christchurch Green	Christchurch Green, High Street, Wanstead, London,	or Site	Park/Playing Field	Wanstead Village				Mon 10:00-20:00 Tue 10:00-20:00 Wed 10:00-20:00 Thu 10:00-20:00 Fri 10:00-20:00 Sat 10:00-20:00 Sun 10:00-20:00				Mon 10:00-20:00 Tue 10:00-20:00 Wed 10:00-20:00 Thu 10:00-20:00 Fri 10:00-20:00 Sat 10:00-20:00 Sun 10:00-20:00	Mon 10:00-20:00 Tue 10:00-20:00 Wed 10:00-20:00 Thu 10:00-20:00 Fri 10:00-20:00 Sat 10:00-20:00 Sun 10:00-20:00	Mon 10:00-20:00 Tue 10:00-20:00 Wed 10:00-20:00 Thu 10:00-20:00 Fri 10:00-20:00 Sat 10:00-20:00 Sun 10:00-20:00	Mon 10:00-20:00 Tue 10:00-20:00 Wed 10:00-20:00 Thu 10:00-20:00 Fri 10:00-20:00 Sat 10:00-20:00 Sun 10:00-20:00
L00517	Valentine Cafe	217 Cranbrook Road, Ilford, IG1 4TD	Restaurants/Caterers	Cafe	Valentines	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-23:00						Fri 20:00-23:00 Sat 20:00-23:00	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-23:00		
L00518	Nightingale Primary School	Ashbourne Avenue, South Woodford, London, E18 1PL	Restaurants/Caterers	School/College/University	Wanstead											Sun 0.354166666666667-0.75
L00519	Papa Johns	35 High Street, Wanstead, London, E11 2AA	Restaurants/Caterers	Takeaway Food	Wanstead Village			Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-00:30								
L00521	Kebabish Original	683-685 High Road, Seven Kings, Ilford, IG3 8RQ	Restaurants/Caterers	Food Restaurant	Seven Kings			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00								
L00526	S.S. Supermarket	243-245 Ilford Lane, Ilford, IG1 2SB	Retailers (FOOD)	Grocers	Clementswood	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 09:00-23:00									
L00529	Swaminarayan Sports World	Blake Hall Sports Ground, Blake Hall Road, Wanstead, London, E11 2QW	(NON FOOD)	Club	Wanstead Park	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-23:00	Fri 23:00-02:00 Sat 23:00-02:00						Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-23:00		
L00533	Lifestyle Express	411 Ilford Lane, Ilford, IG1 2SN	Retailers (FOOD)	Off Licences	Loxford	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
L00535	Kebabish Original	349 Eastern Avenue, Ilford, IG2 6NE	Restaurants/Caterers	Takeaway Food	Barkingside			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								

L00537	BNR Convenience Store	772 High Road, Goodmayes, Ilford, IG3 8SY	Retailers (FOOD)	Grocers	Seven Kings	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
L00538	M K Food & Wine	653 High Road, Seven Kings, Ilford, IG3 8RA	Retailers (FOOD)	Grocers	Seven Kings	Off Premises	Mon 05:00-02:00 Tue 05:00-02:00 Wed 05:00-02:00 Thu 05:00-02:00 Fri 05:00-02:00 Sat 05:00-02:00 Sun 05:00-02:00									
L00540	Mehak Restaurant	786 High Road, Goodmayes, Ilford, IG3 8TH	Restaurants/Caterers	Takeaway Food	Goodmayes			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-04:00 Sat 23:00-04:00 Sun 23:00-02:00								
L00541	Redbridge Drama Centre	Redbridge Drama Centre, Churchfields, South Woodford, London, E18 2RB	Non FSA	Community Hall	Church End	On Premises	Mon 12:00-22:30 Tue 12:00-22:30 Wed 12:00-22:30 Thu 12:00-22:30 Fri 12:00-22:30 Sat 12:00-22:30 Sun 12:00-22:30		Mon 18:00-23:00 Tue 18:00-23:00 Wed 18:00-23:00 Thu 18:00-23:00 Fri 18:00-23:00 Sat 18:00-23:00 Sun 18:00-23:00	Mon 18:00-23:00 Tue 18:00-23:00 Wed 18:00-23:00 Thu 18:00-23:00 Fri 18:00-23:00 Sat 18:00-23:00 Sun 18:00-23:00			Mon 18:00-23:00 Tue 18:00-23:00 Wed 18:00-23:00 Thu 18:00-23:00 Fri 18:00-23:00 Sat 18:00-23:00 Sun 18:00-23:00		Mon 18:00-23:00 Tue 18:00-23:00 Wed 18:00-23:00 Thu 18:00-23:00 Fri 18:00-23:00 Sat 18:00-23:00 Sun 18:00-23:00	
L00542	Chester	173 Ilford Lane, Ilford, IG1 2RT	Restaurants/Caterers	Takeaway Food	Clementswood			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00								
L00545	George's Fish & Souvlaki Bar	164 George Lane, South Woodford, London, E18 1AY	Restaurants/Caterers	Restaurant	South Woodford	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-23:00	Thu 23:00-01:00 Fri 23:00-01:00 Sat 23:00-01:00								
L00546	Holiday Inn Express	713 Eastern Avenue, Ilford, IG2 7RH	Restaurants/Caterers	Hotel	Aldborough	On Premises	Mon 11:00-02:00 Tue 11:00-02:00 Wed 11:00-02:00 Thu 11:00-02:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-00:00	Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00					Mon 11:00-02:00 Tue 11:00-02:00 Wed 11:00-02:00 Thu 11:00-02:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-00:00	Mon 11:00-02:00 Tue 11:00-02:00 Wed 11:00-02:00 Thu 11:00-02:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-00:00		
L00547	The Larder	39 High Street, Wanstead, London, E11 2AA	Restaurants/Caterers	Cafe	Wanstead Village	On and Off Premises	Mon 08:00-22:40 Tue 08:00-22:40 Wed 08:00-22:40 Thu 08:00-22:40 Fri 08:00-22:40 Sat 08:00-22:40 Sun 09:00-21:40			Mon 20:00-22:00 Fri 20:00-22:00						
L00550	Munchies Fried Chicken & Pizza	319 High Road, Ilford, IG1 1NR	Restaurants/Caterers	Takeaway Food	Ilford Town			Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
L00555	Kays Corner Shop	371 Green Lane, Seven Kings, Ilford, IG3 9TQ	Retailers (FOOD)	Confectioners	Goodmayes	Off Premises	Mon 06:00-21:00 Tue 06:00-21:00 Wed 06:00-21:00 Thu 06:00-21:00 Fri 06:00-21:00 Sat 06:00-21:00 Sun 07:00-21:00									
L00557	New Cabin	118 Inglehurst Gardens, Gants Hill, Ilford, IG4 5HA	Retailers (FOOD)	Confectioners	Barkingside	Off Premises	Mon 06:00-22:00 Tue 06:00-22:00 Wed 06:00-22:00 Thu 06:00-22:00 Fri 06:00-22:00 Sat 06:00-22:00 Sun 06:00-22:00									
L00558	Muziris	751-753 High Road, Goodmayes, Ilford, IG3 8RN	Restaurants/Caterers	Restaurant	Seven Kings	On and Off Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
L00561	Chicken Base	1a Goodmayes Lane, Goodmayes, Ilford, IG3 9PB	Owned Rented	2 (Licensed)	Goodmayes			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-04:00 Sat 23:00-04:00 Sun 23:00-03:00								
L00562	Gandhi Express	710 Chigwell Road, Woodford Green, IG8 8AL	Restaurants/Caterers	Takeaway Food	Bridge	On and Off Premises	Mon 17:30-23:30 Tue 17:30-23:30 Wed 17:30-23:30 Thu 17:30-23:30 Fri 17:30-23:30 Sat 17:30-23:30 Sun 17:30-23:30	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-23:30 Sat 23:00-23:30 Sun 23:00-23:30								
L00564	Goodmayes Griller	63 Goodmayes Road, Goodmayes, Ilford, IG3 9UB	Restaurants/Caterers	Takeaway Food	Goodmayes			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
L00568	The Lane	82 Nightingale Lane, Wanstead, London, E11 2EZ	Restaurants/Caterers	Restaurant	Wanstead Village	On Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-23:30								
L00569	Liepa	112 High Street, Barkingside, Ilford, IG6 2DU	Retailers (FOOD)	Grocers	Fairlop	Off Premises	Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-23:00 Sat 09:00-23:00 Sun 09:00-23:00									
L00570	Global Food & Wine	15 Cambridge Park, Wanstead, London, E11 2PU	Retailers (FOOD)	Off Licences	Wanstead Village	Off Premises	Mon 06:00-01:00 Tue 06:00-01:00 Wed 06:00-01:00 Thu 06:00-01:00 Fri 06:00-01:00 Sat 06:00-01:00 Sun 06:00-01:00									
L00571	Noir	190-192 George Lane, South Woodford, London, E18 1AY	Restaurants/Caterers	Restaurant	Church End	On Premises	Mon 12:00-23:30 Tue 12:00-23:30 Wed 12:00-23:30 Thu 12:00-23:30 Fri 12:00-23:30 Sat 12:00-23:30 Sun 12:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00						Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-00:00		
L00572	Banana Leaf	4 Central Parade, Ley Street, Ilford, IG2 7DE	Restaurants/Caterers	Restaurant	Newbury	On Premises	Mon 11:00-23:30 Tue 11:00-23:30 Wed 11:00-23:30 Thu 11:00-23:30 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-23:30	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-23:30					Mon 19:00-22:30 Tue 19:00-22:30 Wed 19:00-22:30 Thu 19:00-22:30 Fri 19:00-22:30 Sat 19:00-22:30 Sun 19:00-22:30	Mon 11:00-23:30 Tue 11:00-23:30 Wed 11:00-23:30 Thu 11:00-23:30 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-23:30	Mon 19:00-22:30 Tue 19:00-22:30 Wed 19:00-22:30 Thu 19:00-22:30 Fri 19:00-22:30 Sat 19:00-22:30 Sun 19:00-22:30	Mon 19:00-22:30 Tue 19:00-22:30 Wed 19:00-22:30 Thu 19:00-22:30 Fri 19:00-22:30 Sat 19:00-22:30 Sun 19:00-22:30
L00573	Cemo Mangal Restaurant	557 High Road, Ilford, IG1 1TZ	Restaurants/Caterers	Restaurant	Clementswood	On Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-02:00 Sat 12:00-02:00 Sun 12:00-02:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								

L00575	Four Brothers	52 Station Road, Chadwell Heath, Romford, RM6 4BU	Retailers (FOOD)	Off Licences	Chadwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
L00577	Longwood Parade Post Office	156-158 Longwood Gardens, Ilford, IG5 0EW	Retailers (FOOD)	Confectioners	Barkingside	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
L00579	Archies	3 Claybury Broadway, Clayhall, Ilford, IG5 0LQ	Restaurants/Caterers	Confectioners	Clayhall	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
L00583	Goodmayes News	33 Goodmayes Road, Goodmayes, Ilford, IG3 9UH	Retailers (FOOD)	Confectioners	Goodmayes	Off Premises	Mon 05:00-01:00 Tue 05:00-01:00 Wed 05:00-01:00 Thu 05:00-01:00 Fri 05:00-01:00 Sat 05:00-01:00 Sun 06:00-01:00									
L00584	Nasza Polska	701 High Road, Seven Kings, Ilford, IG3 8RH	Retailers (FOOD)	Grocers	Seven Kings	Off Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 10:00-18:00									
L00586	Chicken Cottage	71 High Road, South Woodford, London, E18 2QP	Restaurants/Caterers	Takeaway Food	South Woodford			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-01:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
L00587	Winco Supermarket	112 Aldborough Road South, Seven Kings, Ilford, IG3 8EZ	Retailers (FOOD)	Grocers	Newbury	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00									
L00589	Newbury Centre Filling Station	758-768 Eastern Avenue, Ilford, IG2 7HU	Retailers (FOOD)	Grocers	Newbury	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00	Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
L00594	Tesco Express (05727)	Unit 1, 253-269 High Road, Woodford Green, IG8 9FB	Retailers (FOOD)	Supermarkets	Churchfields	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
L00599	Spice	103 High Street, Barkingside, Ilford, IG6 2AH	Restaurants/Caterers	Restaurant	Fullwell	On Premises	Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-23:00 Sat 12:00-23:00 Sun 12:00-23:00							Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-23:00 Sat 12:00-23:00 Sun 12:00-23:00		
L00601	6 till 11	410 Green Lane, Seven Kings, Ilford, IG3 9JX	Retailers (FOOD)	Grocers	Mayfield	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
L00602	AKS Food and Wine	22 Goodmayes Road, Goodmayes, Ilford, IG3 9UN	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 08:00-22:30 Tue 08:00-22:30 Wed 08:00-22:30 Thu 08:00-22:30 Fri 08:00-22:30 Sat 08:00-22:30 Sun 08:00-22:00									
L00605	Vida & Sons	53 New North Road, Hainault, Ilford, IG6 2UE	Retailers (FOOD)	Off Licences	Fairlop	Off Premises	Mon 11:00-20:30 Tue 11:00-20:30 Wed 11:00-20:30 Thu 11:00-20:30 Fri 11:00-20:30 Sat 10:00-19:30 Sun 10:00-19:30									
L00607	Sevenex Stores	15 New Road, Seven Kings, Ilford, IG3 8AS	Retailers (FOOD)	Off Licences	Goodmayes	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
L00606	Ram News	73 George Lane, South Woodford, London, E18 1JJ	Retailers (FOOD)	Confectioners	South Woodford	Off Premises	Mon 08:30-20:00 Tue 08:30-20:00 Wed 08:30-20:00 Thu 08:30-20:00 Fri 08:30-20:00 Sat 08:30-20:00 Sun 08:30-20:00									
L00610	Leyswood Local	80-82 Leyswood Drive, Newbury Park, Ilford, IG2 7JH	Retailers (FOOD)	Grocers	Aldborough	Off Premises	Mon 07:00-23:30 Tue 07:00-23:30 Wed 07:00-23:30 Thu 07:00-23:30 Fri 07:00-23:30 Sat 07:00-23:30 Sun 07:00-23:30									
L00611	Gants Hill Kebab House	438 Cranbrook Road, Ilford, IG2 6LL	Restaurants/Caterers	Restaurant	Barkingside	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:30 Sat 11:00-23:30 Sun 11:00-22:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-01:00 Thu 23:00-02:30 Fri 23:00-03:30 Sat 23:00-03:30 Sun 23:00-02:30								
L00612	Chunky Chicken & Pizza	1 Mulberry Way, South Woodford, London, E18 1EB	Restaurants/Caterers	Takeaway Food	South Woodford			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:00								
L00614	HFC Xpress	214 High Road, Ilford, IG1 1QE	Restaurants/Caterers	Food Restaurant	Ilford Town			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-03:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-00:00								
L00613	RS Chicken & Pizza	22 Cameron Road, Seven Kings, Ilford, IG3 8LB	Restaurants/Caterers	Food Restaurant	Seven Kings			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-02:00								
L00615	Town Shop	6 Cameron Road, Seven Kings, Ilford, IG3 8LA	Retailers (FOOD)	Confectioners	Seven Kings	Off Premises	Mon 05:00-00:00 Tue 05:00-00:00 Wed 05:00-00:00 Thu 05:00-00:00 Fri 05:00-00:00 Sat 05:00-00:00 Sun 05:00-00:00									

L00616	Valentines Mansion	Valentines Mansion, Emerson Road, Ilford, IG1 4XA	Restaurants/Caterers	Community Hall	Valentines	On Premises	Mon 11:00-22:30 Tue 11:00-22:30 Wed 11:00-22:30 Thu 11:00-22:30 Fri 11:00-23:30 Sat 11:00-23:30 Sun 11:00-22:30	Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00	Mon 09:00-22:00 Tue 09:00-22:00 Wed 09:00-22:00 Thu 09:00-22:00 Fri 09:00-22:30 Sat 09:00-22:30 Sun 11:00-22:00	Mon 11:00-23:00 Tue 11:00-23:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 11:00-23:00			Mon 09:00-22:00 Tue 09:00-22:00 Wed 09:00-22:00 Thu 09:00-22:00 Fri 09:00-22:30 Sat 09:00-22:30 Sun 11:00-22:00	Mon 09:00-22:00 Tue 09:00-22:00 Wed 09:00-22:00 Thu 09:00-22:00 Fri 09:00-22:30 Sat 09:00-22:30 Sun 11:00-22:00	Mon 09:00-22:00 Tue 09:00-22:00 Wed 09:00-22:00 Thu 09:00-22:00 Fri 09:00-22:30 Sat 09:00-22:30 Sun 11:00-22:00	
L00618	Tesco	Tesco Express, 74-76 Cranbrook Road, Ilford, IG1 4NH	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
L00619	Barkingside Food Store Ltd	64 High Street, Barkingside, Ilford, IG6 2DJ	Retailers (FOOD)	Grocers	Fairlop	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-00:00 Sat 08:00-00:00 Sun 08:00-23:00									
L00620	Tesco Stores	65-67 High Street, Wanstead, London, E11 2AE	Retailers (FOOD)	Supermarkets	Wanstead Village	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
L00622	Gnanam Food & Wine	968-970 Eastern Avenue, Ilford, IG2 7JD	Retailers (FOOD)	Grocers	Newbury	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 09:00-22:00									
L00623	William Webb News	81 High Road, South Woodford, London, E18 2QP	Retailers (FOOD)	Supermarkets	South Woodford	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
L00625	Cafe on the Lane	Unit 10, 180-182 George Lane, South Woodford, London, E18 1AY	Restaurants/Caterers	Cafe	South Woodford	On Premises	Mon 11:00-22:30 Tue 11:00-22:30 Wed 11:00-22:30 Thu 11:00-22:30 Fri 11:00-22:30 Sat 11:00-22:30 Sun 11:00-22:30						Fri 19:00-22:30 Sat 19:00-22:30	Mon 07:00-22:30 Tue 07:00-22:30 Wed 07:00-22:30 Thu 07:00-22:30 Fri 07:00-22:30 Sat 07:00-22:30 Sun 07:00-22:30		
L00626	Fam'z Peri Peri	396 Cranbrook Road, Ilford, IG2 6HW	Restaurants/Caterers	Takeaway Food	Cranbrook			Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-00:30								
L00628	Taste of Lankians	96 Ley Street, Ilford, IG1 4BX	Restaurants/Caterers	Restaurant	Ilford Town	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 11:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00					Fri 19:00-23:30 Sat 19:00-23:30	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 11:00-00:00	Fri 19:00-23:30 Sat 19:00-23:30	
L00629	Sri Store	396-400 Ilford Lane, Ilford, IG1 2NB	Retailers (FOOD)	Grocers	Loxford	Off Premises	Mon 07:00-02:00 Tue 07:00-02:00 Wed 07:00-02:00 Thu 07:00-02:00 Fri 07:00-02:00 Sat 07:00-02:00 Sun 07:00-02:00									
L00630	Cranbrook Road Post Office & Store	449 Cranbrook Road, Ilford, IG2 6EW	Retailers (FOOD)	Confectioners	Cranbrook	Off Premises	Mon 07:00-22:00 Tue 07:00-22:00 Wed 07:00-22:00 Thu 07:00-22:00 Fri 07:00-22:00 Sat 07:00-22:00 Sun 07:00-22:00									
L00631	Nisa Chigwell	187 Manford Way, Chigwell, IG7 4DN	Retailers (FOOD)	Supermarkets	Hainault	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
L00632	Adas	7 State Parade, High Street, Barkingside, Ilford, IG6 2EY	Retailers (FOOD)	Grocers	Fullwell	Off Premises	Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-20:00									
L00633	Saravana Bhavan	115-127 Cranbrook Road, Ilford, IG1 4PU	Restaurants/Caterers	Restaurant	Valentines	On and Off Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-02:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-02:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-00:00			Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-02:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-02:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-02:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-00:00	
L00635	Banks Hotel	Banks Hotel, 1-9 Park Avenue, Ilford, IG1 4RS	Other Residential/Unknown	Guesthouse/Boarding House	Valentines	On Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00									
L00638	Corner Food Store	Unit 3 To 4, Montague House, 527 Green Lane, Seven Kings, Ilford, IG3 9RH	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 08:00-00:00 Tue 08:00-00:00 Wed 08:00-00:00 Thu 08:00-00:00 Fri 08:00-01:00 Sat 08:00-01:00 Sun 08:00-00:00									
L00640	Wood Oven BBQ and Pizzeria	126 George Lane, South Woodford, London, E18 1AD	Restaurants/Caterers	Restaurant	Church End	On Premises	Mon 11:00-23:30 Tue 11:00-23:30 Wed 11:00-23:30 Thu 11:00-23:30 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:00								
L00642	Woodford Newsagent	66 George Lane, South Woodford, London, E18 1LW	Retailers (FOOD)	Confectioners	South Woodford	Off Premises	Mon 06:00-22:00 Tue 06:00-22:00 Wed 06:00-22:00 Thu 06:00-22:00 Fri 06:00-22:00 Sat 06:00-22:00 Sun 06:00-22:00									
L00647	Sainsbury's	168 High Road, Ilford, IG1 1LL	Retailers (FOOD)	Supermarkets	Clementswood	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00									
L00648	Belgrave News	113 Belgrave Road, Ilford, IG1 3LG	Retailers (FOOD)	Confectioners	Cranbrook	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
L00650	Sainsbury's	555-557 Cranbrook Road, Ilford, IG2 6HE	Retailers (FOOD)	Supermarkets	Cranbrook	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00									

L00655	Woodford Green Minimarket	417 High Road, Woodford Green, IG8 0XG	Retailers (FOOD)	Confectioners	Monkhams	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
L00656	Champagne and Gift Company	8 Claybury Hall, Woodford Green, IG8 8RW	Mail Order	Occupied House	Bridge	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
L00658	McDonalds Restaurants	231-233 High Road, Ilford, IG1 1NE	Restaurants/Caterers	Food Restaurant	Ilford Town			Mon 23:00-03:30 Tue 23:00-03:30 Wed 23:00-03:30 Thu 23:00-03:30 Fri 23:00-03:30 Sat 23:00-03:30 Sun 23:00-03:30								
L00663	Martins	100-102 George Lane, South Woodford, London, E18 1AD	Retailers (FOOD)	Confectioners	South Woodford	Off Premises	Mon 06:00-22:00 Tue 06:00-22:00 Wed 06:00-22:00 Thu 06:00-22:00 Fri 06:00-22:00 Sat 06:00-22:00 Sun 06:00-22:00									
L00670	Cafe At 104	104 Tanners Lane, Barkingside, Ilford, IG6 1QE	Restaurants/Caterers	Cafe	Fairlop	On Premises	Mon 12:00-22:45 Tue 12:00-22:45 Wed 12:00-22:45 Thu 12:00-22:45 Fri 12:00-22:45 Sat 12:00-22:45 Sun 12:00-22:45									
L00671	Richmond Grocers	172 Richmond Road, Ilford, IG1 2XL	Retailers (FOOD)	Grocers	Clementswood	Off Premises	Mon 10:00-22:30 Tue 10:00-22:30 Wed 10:00-22:30 Thu 10:00-22:30 Fri 10:00-22:30 Sat 10:00-22:30 Sun 10:00-21:30									
PREMIN\004\07-2010	Woody Food & Wine	137 High Road, South Woodford, London, E18 2PA	Retailers (FOOD)	Grocers	Churchfields	Off Premises	Mon 08:00-00:00 Tue 08:00-00:00 Wed 08:00-00:00 Thu 08:00-00:00 Fri 08:00-00:00 Sat 08:00-00:00 Sun 08:00-00:00									
L00672	Snaresbrook Primary School	Meadow Walk, South Woodford, London, E18 2EN	Restaurants/Caterers	School/College/University	South Woodford								Sat 12:00-18:00 Sun 12:00-18:00	Sat 12:00-18:00 Sun 12:00-18:00	Sat 12:00-18:00 Sun 12:00-18:00	Sat 12:00-18:00 Sun 12:00-18:00
39057	TGF Pizza	13 Woodford Avenue, Gants Hill, Ilford, IG2 6UF	Restaurants/Caterers	Food Restaurant	Clayhall			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-01:00								
L00674	SSS Chicken & Pizza	825 High Road, Goodmayes, Ilford, IG3 8TD	Restaurants/Caterers	Takeaway Food	Seven Kings			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-04:00 Sat 23:00-04:00 Sun 23:00-04:00								
43034	Hopper Box	426-428 Cranbrook Road, Ilford, IG2 6HW		Restaurant	Cranbrook	On Premises	Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-00:30 Sat 09:00-00:30 Sun 09:00-23:00	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-23:30								
39111	Rowans Coffee House	135 High Street, Barkingside, Ilford, IG6 2AJ	Restaurants/Caterers	Cafe	Fullwell	On Premises	Mon 10:00-17:45 Tue 10:00-17:45 Wed 10:00-17:45 Thu 10:00-17:45 Fri 10:00-17:45 Sat 10:00-17:45 Sun 10:00-17:45									
43447	New Favourite Chicken	385 Eastern Avenue, Ilford, IG2 6LR	Restaurants/Caterers	Takeaway Food	Barkingside			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-02:30 Fri 23:00-02:30 Sat 23:00-02:30 Sun 23:00-02:30								
43452	Brilliant Restaurant Cafe	109 Goodmayes Lane, Goodmayes, Ilford, IG3 9PL	Restaurants/Caterers	Restaurant	Goodmayes	On Premises	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
43453	Domino's Pizza	52 High Street, Barkingside, Ilford, IG6 2DQ	Restaurants/Caterers	Takeaway Food	Fairlop			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
43419	Nightingale on the Green	51 Nightingale Lane, Wanstead, London, E11 2EY	Restaurants/Caterers	Public House	Wanstead Village	On and Off Premises	Mon 11:00-23:30 Tue 11:00-23:30 Wed 11:00-23:30 Thu 11:00-02:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 12:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:00					Wed 0.75-0			
43247	Margarets Florist	585 Cranbrook Road, Ilford, IG2 6JZ		/ Flowers	Barkingside	Off Premises	Mon 08:00-22:00 Tue 08:00-22:00 Wed 08:00-22:00 Thu 08:00-22:00 Fri 08:00-22:00 Sat 08:00-22:00 Sun 08:00-22:00									
43061	Sumo Fresh	141 High Street, Wanstead, London, E11 2RL	Restaurants/Caterers	Restaurant	Wanstead Village	On and Off Premises	Mon 07:00-23:30 Tue 07:00-23:30 Wed 07:00-23:30 Thu 07:00-00:30 Fri 07:00-00:30 Sat 07:00-00:30 Sun 07:00-23:30	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-00:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-23:30					Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-23:00 Sat 12:00-23:00 Sun 12:00-23:00	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00		
43454	Cafe Royale	65 George Lane, South Woodford, London, E18 1JJ	Restaurants/Caterers	Cafe	South Woodford	On Premises	Mon 12:00-14:30 Mon 17:00-23:30 Tue 12:00-14:30 Tue 17:00-23:30 Wed 12:00-14:30 Wed 17:00-23:30 Thu 12:00-14:30 Thu 17:00-23:30 Fri 12:00-14:30 Fri 17:00-23:30 Sat 12:00-14:30 Sat 17:00-23:30 Sun 12:00-14:30 Sun 17:00-23:30	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-23:30 Sat 23:00-23:30 Sun 23:00-23:30						Mon 12:00-14:30 Mon 17:00-23:00 Tue 12:00-14:30 Tue 17:00-23:00 Wed 12:00-14:30 Wed 17:00-23:00 Thu 12:00-14:30 Thu 17:00-23:00 Fri 12:00-14:30 Fri 17:00-23:00 Sat 12:00-14:30 Sat 17:00-23:00 Sun 12:00-14:30 Sun 17:00-23:00		
43455	Sainsbury's Supermarket	Sainsbury's Local, 27-28 The Broadway, Woodford Green, IG8 0HQ	(NON FOOD)	DIY goods	Monkhams	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
43547	Lokkum of Woodford	Woodford New Road, London, E18 2QD	Restaurants/Caterers	Restaurant	Churchfields	On and Off Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:30 Sat 10:00-23:30 Sun 10:00-22:30	Fri 23:00-23:30 Sat 23:00-23:30						Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 10:00-22:30		Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 10:00-22:30

43464	VSE Wines	636 Chigwell Road, Woodford Green, IG8 8AF	Retailers (FOOD)	Off Licences	Bridge	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
43465	J S J Food and Wine	61a Goodmayes Road, Goodmayes, Ilford, IG3 9UD	Retailers (FOOD)	Off Licences	Goodmayes	Off Premises	Mon 07:30-02:00 Tue 07:30-02:00 Wed 07:30-02:00 Thu 07:30-02:00 Fri 07:30-02:00 Sat 07:30-02:00 Sun 08:00-02:00									
43571	Lakehouse Hungarian Restaurant	83 High Road, South Woodford, London, E18 2QP	Restaurants/Caterers	Restaurant	South Woodford	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
43677	Peri Peri Inn	251 Cranbrook Road, Ilford, IG1 4TG	Other Residential/Unknown	Restaurant	Valentines	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-01:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00					Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	
43587	Costcutter	17-19 Beehive Lane, Ilford, IG1 3RG	Retailers (FOOD)	Supermarkets	Cranbrook	Off Premises	Mon 06:30-00:00 Tue 06:30-00:00 Wed 06:30-00:00 Thu 06:30-00:00 Fri 06:30-00:00 Sat 06:30-00:00 Sun 06:30-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
43832	Ford Sports & Social Club	Fords Sports And Social Club, Aldborough Road South, Seven Kings, Ilford, IG3 8HG	Restaurants/Caterers	Club	Newbury	On Premises	Mon 10:00-00:30 Tue 10:00-00:30 Wed 10:00-00:30 Thu 10:00-00:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-00:30	Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-01:00	Mon 07:00-01:00 Tue 07:00-01:00 Wed 07:00-01:00 Thu 07:00-01:00 Fri 07:00-01:00 Sat 07:00-01:00 Sun 07:00-01:00	Mon 07:00-01:00 Tue 07:00-01:00 Wed 07:00-01:00 Thu 07:00-01:00 Fri 07:00-01:00 Sat 07:00-01:00 Sun 07:00-01:00	Mon 07:00-01:00 Tue 07:00-01:00 Wed 07:00-01:00 Thu 07:00-01:00 Fri 07:00-01:00 Sat 07:00-01:00 Sun 07:00-01:00	Mon 07:00-18:00 Tue 07:00-18:00 Wed 07:00-18:00 Thu 07:00-18:00 Fri 07:00-18:00 Sat 07:00-18:00 Sun 07:00-18:00	Mon 10:00-01:00 Tue 10:00-01:00 Wed 10:00-01:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-01:00	Mon 10:00-01:00 Tue 10:00-01:00 Wed 10:00-01:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-01:00	Mon 10:00-01:00 Tue 10:00-01:00 Wed 10:00-01:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-01:00	Mon 10:00-01:00 Tue 10:00-01:00 Wed 10:00-01:00 Thu 10:00-01:00 Fri 10:00-01:00 Sat 10:00-01:00 Sun 10:00-01:00
44117	Somerville Convenience Store	74 Somerville Road, Chadwell Heath, Romford, RM6 5AX	Retailers (FOOD)	Grocers	Chadwell	Off Premises	Mon 07:30-22:00 Tue 07:30-22:00 Wed 07:30-22:00 Thu 07:30-22:00 Fri 07:30-22:00 Sat 07:30-22:00 Sun 07:30-22:00									
43833	Royal Star Cafe	5 Rex Parade, Snakes Lane East, Woodford Green, IG8 7HU	Restaurants/Caterers	Cafe	Bridge	On Premises	Mon 12:00-22:00 Tue 12:00-22:00 Wed 12:00-22:00 Thu 12:00-22:00 Fri 12:00-22:00 Sat 12:00-22:00 Sun 12:00-22:00									
43954	Cranbrook Food & Wine	177-185 Cranbrook Road, Ilford, IG1 4TA	Retailers (FOOD)	Grocers	Valentines	Off Premises	Mon 06:00-02:00 Tue 06:00-02:00 Wed 06:00-02:00 Thu 06:00-02:00 Fri 06:00-02:00 Sat 06:00-02:00 Sun 06:00-02:00									
44146	Masala 910	267-269 Aldborough Road South, Seven Kings, Ilford, IG3 8JB	Restaurants/Caterers	Restaurant	Newbury	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-23:00							Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-23:00 Sat 09:00-23:00 Sun 09:00-23:00		
44214	Tevyne	164 Fencepiece Road, Ilford, IG6 2LB	Retailers (FOOD)	Grocers	Fairlop	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
44360	The Local Offy	167 Manford Way, Chigwell, IG7 4DN	Retailers (FOOD)	Off Licences	Hainault	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
44455	Shell Woodford	Petrol Filling Station, 170 Southend Road, Woodford Green, IG8 8QH	Retailers (FOOD)	Grocers	Fullwell	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00	Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
44685	Harvey 1 Stop Shop Ltd	371 High Road, Ilford, IG1 1TF	Retailers (FOOD)	Off Licences	Ilford Town	Off Premises	Mon 08:00-22:30 Tue 08:00-22:30 Wed 08:00-22:30 Thu 08:00-22:30 Fri 08:00-22:30 Sat 08:00-22:30 Sun 08:00-22:30									
44708	Tops Pizza	760 High Road, Goodmayes, Ilford, IG3 8SY	Restaurants/Caterers	Takeaway Food	Goodmayes			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-04:00 Sat 23:00-04:00 Sun 23:00-02:00								
44682	Papa John Pizza	423 High Road, Ilford, IG1 1TR	Restaurants/Caterers	Takeaway Food	Ilford Town			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-00:00								
44896	Mezze on the Green	2 Johnston Road, Woodford Green, IG8 0XA	Restaurants/Caterers	Restaurant	Monkhams	On Premises	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-23:30 Sat 10:00-23:30 Sun 10:00-23:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
44782	Forest Farm Shop	Forest Road, Hainault, Ilford, IG6 3HQ	Farming/Animal Rearing	Farm	Fairlop	Off Premises	Mon 09:00-17:00 Tue 09:00-17:00 Wed 09:00-17:00 Thu 09:00-17:00 Fri 09:00-20:00 Sat 09:00-20:00 Sun 09:00-15:00									
44943	Punjabi Lounge	317 High Road, Ilford, IG1 1NR	Restaurants/Caterers	Restaurant	Ilford Town	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-01:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00					Fri 22:00-01:00 Sat 22:00-01:00	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00		
44988	Hainault Supermarket	206 New North Road, Hainault, Ilford, IG6 3BS	Retailers (FOOD)	Grocers	Fairlop	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
45043	Clayhall Tandoori	2 Claybury Broadway, Clayhall, Ilford, IG5 0LQ	Restaurants/Caterers	Restaurant	Clayhall	On Premises	Mon 09:30-22:30 Tue 09:30-22:30 Wed 09:30-22:30 Thu 09:30-22:30 Fri 09:30-23:30 Sat 09:30-23:30 Sun 09:30-22:30	Fri 23:00-00:00 Sat 23:00-00:00								

45079	Seasons Bar	15 The Broadway, Woodford Green, IG8 0HL	Restaurants/Caterers	Wine Bar	Monkhams	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 11:00-23:00	Fri 23:00-00:00 Sat 23:00-00:00					Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-23:00	Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-23:00		Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-23:00
44936	RS Chicken & Pizza	506 High Road, Ilford, IG1 1UE	Restaurants/Caterers	Restaurant	Ilford Town			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
45175	Chigwell Kebabs	104 Manford Way, Chigwell, IG7 4DF	Restaurants/Caterers	Food Vehicle	Hainault			Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-23:30								
45226	Where 2 Save	380-386 Cranbrook Road, Ilford, IG2 6HW	Retailers (FOOD)	Grocers	Cranbrook	Off Premises	Mon 09:00-00:00 Tue 09:00-00:00 Wed 09:00-00:00 Thu 09:00-00:00 Fri 09:00-00:00 Sat 08:00-00:00 Sun 08:00-22:00									
45323	Jaipur	80 George Lane, South Woodford, London, E18 1JJ	Restaurants/Caterers	Restaurant	South Woodford	On Premises	Mon 12:00-22:00 Tue 12:00-22:00 Wed 12:00-22:00 Thu 12:00-22:00 Fri 12:00-22:00 Sat 12:00-23:00 Sun 12:00-23:00									
45365	Nisa Local	134 Horns Road, Barkingside, Ilford, IG6 1BE	Retailers (FOOD)	Supermarkets	Aldborough	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
45438	JRC Global Buffet	Jrc Global Buffet, Pioneer Point, 3-5 Winston Way, Ilford, IG1 2ZG	Restaurants/Caterers	Restaurant	Ilford Town	On Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 10:00-23:00									
45473	Oberza	439 High Road, Ilford, IG1 1TR	Restaurants/Caterers	Cafe	Ilford Town	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-20:30									
45537	Dixy Chicken	247 Ilford Lane, Ilford, IG1 2SB	Restaurants/Caterers	Takeaway Food	Clementswood			Mon 23:00-01:30 Tue 23:00-01:30 Wed 23:00-01:30 Thu 23:00-01:30 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-01:30								
45523	Eastwood Snooker Bar & Grill	Rear of, 347 Eastern Avenue, Ilford, IG2 6NE	Restaurants/Caterers	Club	Barkingside	On Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00
45544	Tesco Stores (06364)	Ground Floor, 284-294 Ley Street, Ilford, IG1 4BP	Retailers (FOOD)	Supermarkets	Ilford Town	Off Premises	Mon 07:00-00:00 Tue 07:00-00:00 Wed 07:00-00:00 Thu 07:00-00:00 Fri 07:00-00:00 Sat 07:00-00:00 Sun 07:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
45618	Teyyne	365 Eastern Avenue, Ilford, IG2 6NE	Retailers (FOOD)	Grocers	Barkingside	Off Premises	Mon 08:00-00:00 Tue 08:00-00:00 Wed 08:00-00:00 Thu 08:00-00:00 Fri 08:00-00:00 Sat 08:00-00:00 Sun 08:00-00:00									
45777	Adele	551 Cranbrook Road, Ilford, IG2 6HE	Retailers (FOOD)	Grocers	Cranbrook	Off Premises	Mon 09:00-22:00 Tue 09:00-22:00 Wed 09:00-22:00 Thu 09:00-22:00 Fri 09:00-22:00 Sat 09:00-22:00 Sun 09:00-22:00									
46062	Melih BBQ	1177 High Road, Chadwell Heath, Romford, RM6 4AL	Restaurants/Caterers	Restaurant	Chadwell	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-23:00									
46156	Manford News	153 Manford Way, Chigwell, IG7 4DN	Retailers (FOOD)	Confectioners	Hainault	Off Premises	Mon 08:00-21:00 Tue 08:00-21:00 Wed 08:00-21:00 Thu 08:00-21:00 Fri 08:00-21:00 Sat 08:00-21:00 Sun 08:00-21:00									
46371	Lidl	250-260 Fencepiece Road, Ilford, IG6 2SU	Retailers (FOOD)	Supermarkets	Fairlop	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
46511	Le Marmiton	147 High Street, Wanstead, London, E11 2RL	Restaurants/Caterers	Restaurant	Wanstead Village	On Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-01:00 Sat 12:00-01:00 Sun 12:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
46530	Wanstead Rugby Club	Wanstead Rugby Club, Roding Lane North, Woodford Green, IG8 8JY	Restaurants/Caterers	Club	Fullwell	On Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-23:00						Fri 20:00-00:00 Sat 20:00-00:00 Sun 18:00-22:00	Fri 20:00-00:00 Sat 20:00-00:00 Sun 18:00-22:00		
46604	Maybank Food and Wine	119 Maybank Road, South Woodford, London, E18 1EJ	Retailers (FOOD)	Grocers	Churchfields	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
46699	Jay Dee Newsagent	586-588 Cranbrook Road, Ilford, IG2 6RF	Retailers (FOOD)	Confectioners	Barkingside	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-01:00 Sat 06:00-01:00 Sun 06:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
46763	Gold Coffee	424 Cranbrook Road, Ilford, IG2 6HW	Restaurants/Caterers	Cafe	Cranbrook	On Premises	Mon 12:00-22:15 Tue 12:00-22:15 Wed 12:00-22:15 Thu 12:00-22:15 Fri 12:00-22:45 Sat 12:00-22:45 Sun 12:00-22:15							Mon 08:00-22:30 Tue 08:00-22:30 Wed 08:00-22:30 Thu 08:00-22:30 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-22:30		

46811	E N Market	745 Eastern Avenue, Ilford, IG2 7RT	(NON FOOD)	Grocers	Aldborough	Off Premises	Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-23:00 Sat 09:00-22:00 Sun 09:00-22:00									
46919	Redbridge Post Office	127 Eastern Avenue, Ilford, IG4 5AN			Clayhall	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
46977	Onur Kebab House	139 High Street, Barkingside, Ilford, IG6 2AJ	Restaurants/Caterers	Food Restaurant	Fullwell	On Premises	Mon 12:00-23:20 Tue 12:00-23:30 Wed 12:00-23:30 Thu 12:00-23:30 Fri 12:00-00:30 Sat 12:00-00:30 Sun 12:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
47002	The Bull	129 High Street, Wanstead, London, E11 2RL	Restaurants/Caterers	Hotel	Wanstead Village	On and Off Premises	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-23:00	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:30 Sat 23:00-00:30		Mon 07:00-23:30 Tue 07:00-23:30 Wed 07:00-23:30 Thu 07:00-23:30 Fri 07:00-00:30 Sat 07:00-00:30 Sun 10:00-23:00				Mon 07:00-23:30 Tue 07:00-23:30 Wed 07:00-23:30 Thu 07:00-23:30 Fri 07:00-00:30 Sat 07:00-00:30 Sun 10:00-23:00		
47108	Baylis Food & Wine	169 High Street, Barkingside, Ilford, IG6 2AJ	Retailers (FOOD)	Confectioners	Fullwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-22:30									
47322	Magija	325 Green Lane, Seven Kings, Ilford, IG3 9TL	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 09:00-22:00 Tue 09:00-22:00 Wed 09:00-22:00 Thu 09:00-22:00 Fri 09:00-22:00 Sat 09:00-22:00 Sun 10:00-22:00									
47376	Willows Sports and Social Club	The Willows Sports And Social Club, Forest Road, Hainault, Ilford, IG6 3SL	Restaurants/Caterers	Club	Hainault	On Premises	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00	Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-01:00			Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00	Mon 11:00-01:00 Tue 11:00-01:00 Wed 11:00-01:00 Thu 11:00-01:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-01:00
47438	B&M Stores	Unit 1a, Goodmayes Retail Park, 850-860 High Road, Chadwell Heath, Romford, RM6 4HX	Retailers (FOOD)	Supermarkets	Seven Kings	Off Premises	Mon 08:00-22:00 Tue 08:00-22:00 Wed 08:00-22:00 Thu 08:00-22:00 Fri 08:00-22:00 Sat 08:00-22:00 Sun 08:00-22:00									
47464	Snakes Lane Service station	158-164 Snakes Lane East, Woodford Green, IG8 7JD	Retailers (FOOD)	Grocers	Bridge	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
47513	Sultan Restaurant	165-169 Cranbrook Road, Ilford, IG1 4TA	Restaurants/Caterers	Restaurant	Valentines	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-23:00									
47570	J & H News	2 Aldborough Parade, Aldborough Road North, Newbury Park, Ilford, IG2 7SU	Retailers (FOOD)	Confectioners	Aldborough	Off Premises	Mon 08:00-22:00 Tue 08:00-22:00 Wed 08:00-22:00 Thu 08:00-22:00 Fri 08:00-22:00 Sat 08:00-22:00 Sun 08:00-22:00									
47600	Kome	610 Chigwell Road, Woodford Green, IG8 8AA	Restaurants/Caterers	Cafe	Bridge	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
47672	Green Express	23 Green Lane, Ilford, IG1 1XG	Retailers (FOOD)	Greengrocers	Ilford Town	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
47695	Ilford Express	219 High Road, Ilford, IG1 1LX	(NON FOOD)	Telephones/Phone Servic	Ilford Town	Off Premises	Mon 09:30-23:00 Tue 09:30-23:00 Wed 09:30-23:00 Thu 09:30-23:00 Fri 09:30-23:00 Sat 09:30-23:00 Sun 10:00-22:00									
47950	Punjabi Lounge	43 York Road, Ilford, IG1 3AD	Restaurants/Caterers	Restaurant	Valentines	On Premises	Mon 11:00-21:30 Tue 11:00-21:30 Wed 11:00-21:30 Thu 11:00-22:30 Fri 11:00-22:30 Sat 11:00-22:30 Sun 11:00-22:30									
47976	Aldi	Unit 1a, 8 Horns Road, Barkingside, Ilford, IG2 6BE	Retailers (FOOD)	Supermarkets	Aldborough	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
48010	Wood Oven Kitchen	111 George Lane, South Woodford, London, E18 1AN	Restaurants/Caterers	Restaurant	South Woodford	On Premises	Mon 10:00-22:30 Tue 10:00-22:30 Wed 10:00-22:30 Thu 10:00-22:30 Fri 10:00-22:30 Sat 10:00-22:30 Sun 10:00-22:30									
48012	Lidl	Unit 2a, Grove Farm Retail Park, 1015-1021 High Road, Chadwell Heath, Romford, RM6 4BN	Retailers (FOOD)	Supermarkets	Chadwell	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
48089	McDonalds Restaurants Ltd	700 High Road, Seven Kings, Ilford, IG3 8RS	Restaurants/Caterers	Food Restaurant	Seven Kings			Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
48298	Danny's News	652 Chigwell Road, Woodford Green, IG8 8AQ	Retailers (FOOD)	Grocers	Bridge	Off Premises	Mon 08:00-01:00 Tue 08:00-01:00 Wed 08:00-01:00 Thu 08:00-01:00 Fri 08:00-01:00 Sat 08:00-01:00 Sun 08:00-01:00									
48335	Flame Restaurant & Banqueting	Banqueting Suite, 770-776 Eastern Avenue, Ilford, IG2 7HY	Restaurants/Caterers	Function Rooms	Newbury	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 10:00-01:30 Sat 10:00-01:30 Sun 11:00-23:00	Fri 23:00-01:30 Sat 23:00-01:30					Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-23:00	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-23:00	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-23:00	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-23:00

48457	Alimentara	Ground Floor Front Right, 325-331 High Road, Ilford, IG1 1NR	Retailers (FOOD)	Grocers	Clementswood	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00	Mon 23:00-00:15 Tue 23:00-00:15 Wed 23:00-00:15 Thu 23:00-00:15 Fri 23:00-00:15 Sat 23:00-00:15 Sun 23:00-23:45								
48523	Ilford Service Station	296 Ley Street, Ilford, IG1 4BS	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00							Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00		
48686	Patricija	126 High Street, Barkingside, Ilford, IG6 2DU	Restaurants/Caterers	Takeaway Food	Fairlop	Off Premises	Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-22:00									
48706	Iceland	Unit 2b, Grove Farm Retail Park, 1015-1021 High Road, Chadwell Heath, Romford, RM6 4BN	Retailers (FOOD)	Supermarkets	Chadwell	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
48773	SF Food & Wine	129-131 George Lane, South Woodford, London, E18 1AN	Retailers (FOOD)	Grocers	South Woodford	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
48851	Dosa Rani	56-58 Goodmayes Road, Goodmayes, Ilford, IG3 9UR	Restaurants/Caterers	Restaurant	Goodmayes	On and Off Premises	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-23:30 Sat 10:00-23:30 Sun 10:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
48860	The Woodford	159-161 High Road, South Woodford, London, E18 2PA	Restaurants/Caterers	Restaurant	Church End	On Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-00:00 Sat 08:00-00:00 Sun 08:00-23:00	Fri 23:00-00:00 Sat 23:00-00:00								
48890	A Taste of Dracula	2 Seven Ways Parade, Woodford Avenue, Ilford, IG2 6XH	Retailers (FOOD)	Grocers	Barkingside	Off Premises	Mon 09:00-21:00 Tue 09:00-21:00 Wed 09:00-21:00 Thu 09:00-21:00 Fri 09:00-21:00 Sat 09:00-21:00 Sun 09:00-21:00									
48937	Pat's Cafe	1 Salix Lane, Woodford Green, IG8 8LY	Restaurants/Caterers	Cafe	Fullwell	On Premises	Mon 12:00-22:00 Tue 12:00-22:00 Wed 12:00-22:00 Thu 12:00-22:00 Fri 12:00-22:00 Sat 12:00-22:00 Sun 12:00-22:00									
48939	Co-op	Co-Operative Food, 55-57 George Lane, South Woodford, London, E18 1JJ	Retailers (FOOD)	Supermarkets	South Woodford	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
48972	Rajah's Punjabi Meat Corner	Unit 2, 781 High Road, Goodmayes, Ilford, IG3 8RW	Retailers (FOOD)	Butchers	Seven Kings	Off Premises	Mon 10:00-20:00 Tue 10:00-20:00 Wed 10:00-20:00 Thu 10:00-20:00 Fri 10:00-20:00 Sat 10:00-20:00 Sun 10:00-19:30									
49188	Papa Johns	27 High Street, Barkingside, Ilford, IG6 2AW	Restaurants/Caterers	Takeaway Food	Fullwell			Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-00:30								
49230	International Supermarket	146-150 George Lane, South Woodford, London, E18 1AY	Retailers (FOOD)	Supermarkets	South Woodford	Off Premises	Mon 08:00-21:00 Tue 08:00-21:00 Wed 08:00-21:00 Thu 08:00-21:00 Fri 08:00-21:00 Sat 08:00-21:00 Sun 11:00-18:00									
49367	Moonshine London	3 Windsor Road, Wanstead, London, E11 3QU	Owner Occupied	Occupied House	Wanstead Park	Off Premises	Mon 18:00-06:00 Tue 18:00-06:00 Wed 18:00-06:00 Thu 18:00-06:00 Fri 18:00-06:00 Sat 18:00-06:00 Sun 18:00-06:00									
49413	News & Booze	704 Chigwell Road, Woodford Green, IG8 8AL	Retailers (FOOD)	Off Licences	Bridge	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
49430	Stop n Go	158 Fencepiece Road, Ilford, IG6 2LB	Retailers (FOOD)	Off Licences	Fairlop	Off Premises	Mon 06:30-23:30 Tue 06:30-23:30 Wed 06:30-23:30 Thu 06:30-23:30 Fri 06:30-00:30 Sat 06:30-00:30 Sun 06:30-23:30									
49457	More Italy	33 High Street, Wanstead, London, E11 2AA	Restaurants/Caterers	Restaurant	Wanstead Village	On and Off Premises	Mon 08:00-21:00 Tue 08:00-21:00 Wed 08:00-21:00 Thu 08:00-21:00 Fri 08:00-21:00 Sat 08:00-21:00 Sun 08:00-21:00									
49533	Lidl	155-161 High Road, Ilford, IG1 1DG	Retailers (FOOD)	Supermarkets	Ilford Town	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
49633	Judiya Enterprises	13 Ravenings Parade, 39 Goodmayes Road, Goodmayes, Ilford, IG3 9NR	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
49683	Capricho	1 Broadway Parade, Fencepiece Road, Ilford, IG6 2JU	Retailers (FOOD)	Restaurant	Fairlop		Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:30 Sat 10:00-23:30 Sun 10:00-23:00	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-23:30								
49817	Eyva Turkish Grill Restaurant & Meze	7-13 Goodmayes Road, Goodmayes, Ilford, IG3 9UH	Restaurants/Caterers	Restaurant	Goodmayes	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-00:00				Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-00:00	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-00:00	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-02:00 Sat 11:00-02:00 Sun 11:00-00:00	
50342	The Mayfair	1078-1082 High Road, Chadwell Heath, Romford, RM6 4BD	Restaurants/Caterers	Function Rooms	Chadwell	On Premises	Fri 19:00-02:30 Sat 19:00-02:30 Sun 19:00-22:30	Fri 23:00-02:30 Sat 23:00-02:30			Sat 17:00-22:00 Sun 17:00-22:00	Fri 19:00-02:30 Sat 19:00-02:30	Fri 19:00-02:30 Sat 19:00-02:30	Fri 19:00-02:30 Sat 19:00-02:30	Fri 19:00-02:30 Sat 19:00-02:30	

50370	The Travellers Friend Public House	496-498 High Road, Woodford Green, IG8 0PN	Restaurants/Caterers	Public House	Monkhams		Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-01:30 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-00:00					Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-01:30 Fri 10:00-01:30 Sat 10:00-01:30 Sun 10:00-00:00		
50381	Hors D'oeuvres	Prezzo, Elmhurst, 98-106 High Road, South Woodford, London, E18 2QH	Restaurants/Caterers	Restaurant	Church End	On Premises	Mon 11:30-23:00 Tue 11:30-23:00 Wed 11:30-23:00 Thu 11:30-23:00 Fri 11:30-01:30 Sat 11:30-01:30 Sun 11:30-22:30	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-01:30 Sat 23:00-01:30							
50552	South Woodford Express	217 High Road, South Woodford, London, E18 2PB	Retailers (FOOD)	Grocers	Churchfields	Off Premises	Mon 08:00-00:00 Tue 08:00-00:00 Wed 08:00-00:00 Thu 08:00-00:00 Fri 08:00-00:00 Sat 08:00-00:00 Sun 08:00-00:00									
50571	Marks & Spencer Simply Food	157 High Street, Wanstead, London, E11 2RL	Restaurants/Caterers	Supermarkets	Wanstead Village	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
50573	Home Bargains	Unit 1, Grove Farm Retail Park, 1015-1021 High Road, Chadwell Heath, Romford, RM6 4AU	Retailers (FOOD)	Supermarkets	Chadwell	Off Premises	Mon 08:00-22:00 Tue 08:00-22:00 Wed 08:00-22:00 Thu 08:00-22:00 Fri 08:00-22:00 Sat 08:00-22:00 Sun 08:00-22:00									
51299	Khanakhazana Restaurant & Bar	43 Goodmayes Road, Goodmayes, Ilford, IG3 9UF	Restaurants/Caterers	Restaurant	Goodmayes	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-01:00 Sat 11:00-01:00 Sun 11:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
51474	The Broadway Deli & Grocery	9 The Broadway, Woodford Green, IG8 0HL	Retailers (FOOD)	Grocers	Monkhams	On Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 11:00-22:30									
51482	Honey's	565c Longbridge Road, Barking, IG11 9BZ	Retailers (FOOD)	Off Licences	Mayfield	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
52256	M & A Restaurant	Ground Floor Rear, 325-331 High Road, Ilford, IG1 1NR	Restaurants/Caterers	Restaurant	Ilford Town	On Premises	Mon 10:00-01:15 Tue 10:00-01:15 Wed 10:00-01:15 Thu 10:00-02:15 Fri 10:00-02:15 Sat 10:00-02:15 Sun 10:00-01:15	Mon 23:00-01:15 Tue 23:00-01:15 Wed 23:00-01:15 Thu 23:00-02:15 Fri 23:00-02:15 Sat 23:00-02:15 Sun 23:00-01:15					Mon 10:00-01:15 Tue 10:00-01:15 Wed 10:00-01:15 Thu 10:00-02:15 Fri 10:00-02:15 Sat 10:00-02:15 Sun 10:00-01:15	Mon 10:00-01:15 Tue 10:00-01:15 Wed 10:00-01:15 Thu 10:00-02:15 Fri 10:00-02:15 Sat 10:00-02:15 Sun 10:00-02:15		
52249	Gabija	657 High Road, Seven Kings, Ilford, IG3 8RG	Retailers (FOOD)	Grocers	Seven Kings		Mon 10:00-21:00 Tue 10:00-21:00 Wed 10:00-21:00 Thu 10:00-21:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-21:00									
52333	Ilford Lane Service Station	200 Ilford Lane, Ilford, IG1 2LW	Retailers (FOOD)	Grocers	Loxford	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00	Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
52786	The Gallery Bar & Grill	159-161 High Road, South Woodford, London, E18 2PA	Restaurants/Caterers	Restaurant	Churchfields	On Premises	Mon 08:00-23:30 Tue 08:00-23:30 Wed 08:00-23:30 Thu 08:00-23:30 Fri 08:00-00:30 Sat 08:00-00:30 Sun 08:00-23:30	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-23:30					Mon 08:00-23:30 Tue 08:00-23:30 Wed 08:00-23:30 Thu 08:00-23:30 Fri 08:00-00:00 Sat 08:00-00:00 Sun 08:00-23:30		
53124	The Sharod	3 State Parade, High Street, Barkingside, Ilford, IG6 2EY	Restaurants/Caterers	Restaurant	Fullwell	On Premises	Mon 12:00-14:30 Mon 18:00-23:00 Tue 12:00-14:30 Tue 18:00-23:00 Wed 12:00-14:30 Wed 18:00-23:00 Thu 12:00-14:30 Thu 18:00-23:00 Fri 12:00-14:30 Fri 18:00-23:00 Sat 12:00-14:30 Sat 18:00-23:00 Sun 12:00-14:30 Sun 18:00-23:00									
53246	KFC	Grove Farm Retail Park, 1015-1021 High Road, Chadwell Heath, Romford, RM6 4AU	Restaurants/Caterers	Restaurant	Chadwell			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
53332	Anand Pan Centre	116 Ilford Lane, Ilford, IG1 2LE	Restaurants/Caterers	Takeaway Food	Loxford			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
53358	Co-op	175 Longwood Gardens, Ilford, IG5 0EN	Retailers (FOOD)	Supermarkets	Clayhall	Off Premises	Mon 07:00-22:00 Tue 07:00-22:00 Wed 07:00-22:00 Thu 07:00-22:00 Fri 07:00-22:00 Sat 07:00-22:00 Sun 07:00-22:00									
53363	Tanners food and Wines	6 Tanners Lane, Barkingside, Ilford, IG6 1QJ	Retailers (FOOD)	Grocers	Fairlop	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
53457	Sri Express	403 Ilford Lane, Ilford, IG1 2SN	Retailers (FOOD)	Grocers	Loxford	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
54341	Vadi Restaurant	84-86 High Road, South Woodford, London, E18 2NA	Retailers (FOOD)	Restaurant	Church End	On Premises	Mon 10:00-00:00 Tue 10:00-00:00 Wed 10:00-00:00 Thu 10:00-00:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
54398	Bare Brew	7 High Street, Wanstead, London, E11 2AA	Restaurants/Caterers	Cafe	Wanstead Village	On and Off Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 10:00-23:00									

54428	South Woodford News	233 High Road, South Woodford, London, E18 2PB	Retailers (FOOD)	Confectioners	Churchfields	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00									
54540	Dulce Cakes and Food	219 New North Road, Hainault, Ilford, IG6 3AG	(NON FOOD)	Bakers Shops	Hainault	Off Premises	Mon 10:00-22:00 Tue 22:00-22:00 Wed 22:00-22:00 Thu 22:00-22:00 Fri 22:00-22:00 Sat 22:00-22:00 Sun 22:00-22:00									
55793	Divino Wine Bar Lounge	372 Cranbrook Road, Ilford, IG2 6HW	Restaurants/Caterers	Public House	Cranbrook	On Premises	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-23:30	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-23:30					Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-23:30	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-23:30	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-23:30	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-23:30
54649	Deepa Food Store	351 Green Lane, Seven Kings, Ilford, IG3 9TH	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 07:00-00:00 Tue 07:00-00:00 Wed 07:00-00:00 Thu 07:00-00:00 Fri 07:00-00:00 Sat 07:00-00:00 Sun 07:00-00:00									
56308	Simply Fresh Local	183 Richmond Road, Ilford, IG1 2XN	Retailers (FOOD)	Grocers	Clementswood	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
56335	Nando's	Unit 2b, Goodmayes Retail Park, 850-860 High Road, Chadwell Heath, Romford, RM6 4HX	Restaurants/Caterers	Restaurant	Goodmayes	On Premises	Mon 11:00-00:00 Tue 11:00-00:00 Wed 11:00-00:00 Thu 11:00-00:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 11:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
56404	Newbury Express	942 Eastern Avenue, Ilford, IG2 7JB	Retailers (FOOD)	Grocers	Newbury	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-02:00 Sat 08:00-02:00 Sun 08:00-22:30									
56421	Sweet	128-130 High Street, Barkingside, Ilford, IG6 2DU	Restaurants/Caterers	Cafe	Fairlop			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00								
56595	Euroglobe Distributors	Unit D, Hainault Works, Hainault Road, Romford, RM6 5NF	Distributor/Transporter	commercial use	Aldborough	Off Premises	Mon 06:30-16:30 Tue 06:30-16:30 Wed 06:30-16:30 Thu 06:30-16:30 Fri 06:30-16:30									
56676	Village Indiya	241-243 High Road, South Woodford, London, E18 2PB	Restaurants/Caterers	Restaurant	Churchfields	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-23:00									
57653	Londek	66 Cranbrook Road, Ilford, IG1 4NH	Retailers (FOOD)	Off Licences	Ilford Town	Off Premises	Mon 08:00-22:00 Tue 08:00-22:00 Wed 08:00-22:00 Thu 08:00-22:00 Fri 08:00-22:00 Sat 08:00-22:00 Sun 10:00-22:00									
57717	Pizza Hut	86-88 Cranbrook Road, Ilford, IG1 4NH	Restaurants/Caterers	Restaurant	Ilford Town			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-02:00 Sat 23:00-02:00								
58024	Papa Johns	3 The Broadway, Woodford Green, IG8 0HL	Restaurants/Caterers	Takeaway Food	Monkhams			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
58316	Festival of Cricket	Hainault Recreation Ground, Forest Road, Hainault, Ilford,	Non FSA	Park/Playing Field	Fairlop	On Premises	Sun 0.5-0.875						Sun 0.5-0.875	Sun 0.5-0.875	Sun 0.5-0.75	
58310	Woodford Bridge Service Station	357 Chigwell Road, Woodford Green, IG8 8PE	(NON FOOD)	Petrol Station	Bridge	Off Premises	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00	Mon 00:01-00:00 Tue 00:01-00:00 Wed 00:01-00:00 Thu 00:01-00:00 Fri 00:01-00:00 Sat 00:01-00:00 Sun 00:01-00:00								
58743	Chicken Hut	83 Ilford Hill, Ilford, IG1 2DG	Restaurants/Caterers	Takeaway Food	Ilford Town			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-03:00 Sat 23:00-03:00								
59567	Ibis Styles Hotel, Restaurant & Bar	Ibis Styles Seven Kings Hotel, Cameron Road, Seven Kings, Ilford, IG3 8LG	Restaurants/Caterers	Hotel	Seven Kings	On Premises	Mon 10:00-02:00 Tue 10:00-02:00 Wed 10:00-02:00 Thu 10:00-02:00 Fri 10:00-02:00 Sat 10:00-02:00 Sun 10:00-02:00	Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
60566	56 Café Bar	56 Cranbrook Road, Ilford, IG1 4NF	Restaurants/Caterers	Cafe	Ilford Town	On Premises	Mon 09:00-23:30 Tue 09:00-23:30 Wed 09:00-23:30 Thu 09:00-00:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 09:00-23:30	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-00:00								
61352	Mercato Metropolitano Ilford rear of Redbridge Town Hall	Redbridge Town Hall, 128-142 High Road, Ilford, IG1 1DD	Retailers (FOOD)	Retail Food	Ilford Town	On and Off Premises	Mon 10:00-22:30 Tue 10:00-22:30 Wed 10:00-22:30 Thu 10:00-22:30 Fri 10:00-23:30 Sat 10:00-23:30 Sun 12:00-22:30	Fri 23:00-00:00 Sat 23:00-00:00		Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 12:00-23:00			Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 12:00-23:00	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 12:00-23:00	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 12:00-23:00	
62118	B&M Stores	Unit 1a, 8 Horns Road, Barkingside, Ilford, IG2 6BE	Retailers (FOOD)	Supermarkets	Aldborough	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
62688	Bread and Marmalade Cafe	117 Snakes Lane West, Woodford Green, IG8 0DY	Restaurants/Caterers	Cafe	Monkhams	On Premises	Mon 08:00-22:00 Tue 08:00-22:00 Wed 08:00-22:00 Thu 08:00-22:00 Fri 08:00-22:00 Sat 08:00-22:00 Sun 08:00-22:00									
62843	Burton News	Shop, 595 Cranbrook Road, Ilford, IG2 6JZ	Retailers (FOOD)	Grocers	Barkingside	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-20:00									
63693	Haweli Restaurant	300-302 Ilford Lane, Ilford, IG1 2LR	Restaurants/Caterers	Restaurant	Loxford			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								

64369	Cafe Chicchi	123 High Street, Wanstead, London, E11 2RL	Restaurants/Caterers	Cafe	Wanstead Village	On Premises	Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-22:00									
64684	Manjaros	213-215 Ilford Lane, Ilford, IG1 2RZ	Restaurants/Caterers	Restaurant	Clementswood			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
65121	Simply Ro Delicatessen Ltd	718 Eastern Avenue, Ilford, IG2 6PE	Retailers (FOOD)	Off Licences	Newbury	Off Premises	Mon 09:00-21:00 Tue 09:00-21:00 Wed 09:00-21:00 Thu 09:00-21:00 Fri 09:00-21:00 Sat 09:00-21:00 Sun 09:00-21:00									
65688	Tesco	Unit 2, Ibis Styles Seven Kings Hotel, Cameron Road, Seven Kings, Ilford, IG3 8LG	Retailers (FOOD)	Supermarkets	Seven Kings		Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
66167	Asia Teaque	Unit 1, 501a High Road, Ilford, IG1 1TZ	Restaurants/Caterers	Restaurant	Ilford Town	On Premises	Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 09:00-23:00						Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 23:00-23:00	Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 00:00-23:00	Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 09:00-23:00	
66850	Pear Tree Hotel	65 Eastwood Road, Seven Kings, Ilford, IG3 8UU	Non FSA	Hotel	Seven Kings			Mon 23:00-05:00 Tue 23:00-05:00 Wed 23:00-05:00 Thu 23:00-05:00 Fri 23:00-05:00 Sat 23:00-05:00 Sun 23:00-05:00								
67834	R & G Wholesales	673 High Road, Seven Kings, Ilford, IG3 8RQ	(NON FOOD)	Grocers	Seven Kings	Off Premises	Mon 09:00-20:30 Tue 09:00-20:30 Wed 09:00-20:30 Thu 09:00-20:30 Fri 09:00-20:30 Sat 09:00-20:30 Sun 09:00-20:30									
69446	Azad Food Centre	411-413 High Road, Ilford, IG1 1TJ	Retailers (FOOD)	Supermarkets	Ilford Town		Mon 08:00-00:30 Tue 08:00-00:30 Wed 08:00-00:30 Thu 08:00-00:30 Fri 08:00-02:00 Sat 08:00-02:00 Sun 10:00-00:30									
72602	Daygustation Wines	13a High Street, Wanstead, London, E11 2AA	Restaurants/Caterers	Delicatessen	Wanstead Village	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 10:00-23:00 Sun 10:00-18:00									
72608	Tad in the Hole Diner	Hainault Forest Golf Club, Romford Road, Chigwell, IG7 4QW	Restaurants/Caterers	Cafe	Hainault	On and Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
72906	The Bungalow Cafe	49 Spratt Hall Road, Wanstead, London, E11 2RQ	Restaurants/Caterers	Cafe	Wanstead Village	On Premises	Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 11:00-22:00									
72959	Seasons Bar	15 The Broadway, Woodford Green, IG8 0HL	Restaurants/Caterers	Wine Bar	Monkhams		Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 11:00-23:00	Fri 23:00-00:00 Sat 23:00-00:00					Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-23:00	Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-23:00		Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-23:00
72499	German Doner Kebab	84 Cranbrook Road, Ilford, IG1 4NH	Restaurants/Caterers	Restaurant	Ilford Town			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
73187	Spice Hut	569 Cranbrook Road, Ilford, IG2 6JZ	Restaurants/Caterers	Takeaway Food	Barkingside			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00								
73362	Ushan's Fruit and Veg	Basement And Ground Floor, 107 High Road, Ilford, IG1 1DE	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:30-22:30									
73365	Hai Fresh	13 Grays Corner, Ley Street, Ilford, IG2 7RQ	Retailers (FOOD)	Confectioners	Newbury	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00									
73379	My Trini Shop Ltd	133 Brian Road, Chadwell Heath, Romford, RM6 5BT	Owner Occupied	Home Caterer	Chadwell	Off Premises	Mon 13:00-15:00 Tue 13:00-15:00 Wed 13:00-15:00 Thu 13:00-15:00 Fri 13:00-15:00 Sat 13:00-15:00 Sun 13:00-15:00									
73467	Goodmayes Snooker & Pool Club	7-13 Goodmayes Road, Goodmayes, Ilford, IG3 9UH			Goodmayes	Off Premises	Mon 12:00-22:45 Tue 12:00-22:45 Wed 12:00-22:45 Thu 12:00-22:45 Fri 12:00-22:45 Sat 12:00-22:45 Sun 12:00-22:45									
73414	Spar	209-217 New North Road, Hainault, Ilford, IG6 3AD	Retailers (FOOD)	Grocers	Fairlop	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00									
73246	Tipi Coffee Co	Ground Floor, 117 George Lane, South Woodford, London, E18 1AN	Restaurants/Caterers	Cafe	South Woodford	On and Off Premises	Mon 16:00-23:00 Tue 16:00-23:00 Wed 16:00-23:00 Thu 16:00-23:00 Fri 16:00-23:00 Sat 16:00-23:00 Sun 16:00-21:30	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-23:30 Sat 23:00-23:30								
73635	Infinity	440-444 Cranbrook Road, Ilford, IG2 6LL	Retailers (FOOD)	Club	Barkingside			Mon 23:00-01:30 Tue 23:00-01:30 Wed 23:00-01:30 Thu 23:00-01:30 Fri 23:00-02:30 Sat 23:00-02:30 Sun 23:00-01:30		Mon 09:00-01:00 Tue 09:00-01:00 Wed 09:00-01:00 Thu 09:00-01:00 Fri 09:00-02:00 Sat 09:00-02:00 Sun 09:00-01:00			Mon 09:00-01:00 Tue 09:00-01:00 Wed 09:00-01:00 Thu 09:00-01:00 Fri 09:00-02:00 Sat 09:00-02:00 Sun 09:00-01:00	Mon 09:00-01:00 Tue 09:00-01:00 Wed 09:00-01:00 Thu 09:00-01:00 Fri 09:00-02:00 Sat 09:00-02:00 Sun 09:00-01:00	Mon 09:00-01:00 Tue 09:00-01:00 Wed 09:00-01:00 Thu 09:00-01:00 Fri 09:00-02:00 Sat 09:00-02:00 Sun 09:00-01:00	Mon 09:00-01:00 Tue 09:00-01:00 Wed 09:00-01:00 Thu 09:00-01:00 Fri 09:00-02:00 Sat 09:00-02:00 Sun 09:00-01:00

73683	Chaiwala Gants Hill	390 Cranbrook Road, Ilford, IG2 6HW	Restaurants/Caterers	Cafe	Cranbrook			Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:00 Sat 23:00-00:00								
73883	The Urban Chocolatier	64 Cranbrook Road, Ilford, IG1 4NH	Restaurants/Caterers	Cafe	Valentines			Mon 23:00-01:30 Tue 23:00-01:30 Wed 23:00-01:30 Thu 23:00-01:30 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-01:30								
73901	Premier Shop	787 Cranbrook Road, Ilford, IG6 1HT	Retailers (FOOD)	Off Licences	Barkingside	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
73955	Sweets Town & Grill	1108 High Road, Chadwell Heath, Romford, RM6 4AD	Restaurants/Caterers	Takeaway Food	Chadwell			Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-00:30 Sat 23:00-01:00 Sun 23:00-01:00								
74224	D&D House Fine Foods	579-581 Cranbrook Road, Ilford, IG2 6JZ	Restaurants/Caterers	Restaurant	Barkingside		Mon 12:00-23:30 Tue 12:00-23:30 Wed 12:00-23:30 Thu 12:00-23:30 Fri 12:00-01:00 Sat 12:00-01:00 Sun 12:00-23:00	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-23:00								
74754	Turkish Shish Restaurant	23a The Broadway, Woodford Green, IG8 0HQ	Restaurants/Caterers	Restaurant	Monkhams		Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-23:00 Sat 12:00-23:00 Sun 12:00-23:00									
74842	Shkeczeni	10 Beehive Lane, Ilford, IG1 3RD	Retailers (FOOD)	Restaurant	Cranbrook	On Premises	Mon 10:00-23:30 Tue 10:00-23:30 Wed 10:00-23:30 Thu 10:00-23:30 Fri 10:00-00:30 Sat 10:00-00:30 Sun 10:00-23:00	Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-23:30 Sat 23:00-23:30					Mon 19:00-23:30 Tue 19:00-23:30 Wed 19:00-23:30 Thu 19:00-23:30 Fri 19:00-00:30 Sat 19:00-00:30 Sun 19:00-23:00	Mon 19:00-23:30 Tue 19:00-23:30 Wed 19:00-23:30 Thu 19:00-23:30 Fri 19:00-00:30 Sat 19:00-00:30 Sun 19:00-23:00	Mon 12:00-23:30 Tue 12:00-23:30 Wed 12:00-23:30 Thu 12:00-23:30 Fri 12:00-00:30 Sat 12:00-00:30 Sun 12:00-23:00	Mon 19:00-23:30 Tue 19:00-23:30 Wed 19:00-23:30 Thu 19:00-23:30 Fri 19:00-00:30 Sat 19:00-00:30 Sun 19:00-00:30
74850	Bealonians Football Club	The Jack Carter Pavilion, Fencepiece Road, Ilford, IG6 2JL	Restaurants/Caterers	Club	Fairlop	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:30 Sat 11:00-23:30 Sun 11:00-22:30	Fri 23:00-23:30 Sat 23:00-23:30						Fri 08:00-23:30 Sat 08:00-23:30		
74994	Woodford Town Football Club	Ashton Playing Fields, Chigwell Road, Woodford Green, IG8 8AA	Non FSA	Sports Ground	Bridge	On Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-23:00									
75110	Black Moon Lounge	20-21 Seven Ways Parade, Woodford Avenue, Ilford, IG2 6JX	Restaurants/Caterers	Restaurant	Barkingside		Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-00:30 Sat 12:00-00:30 Sun 12:00-23:00	Fri 23:00-00:30 Sat 23:00-00:30						Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-23:00 Sat 12:00-00:30 Sun 12:00-00:30		
75244	The Drinks Cellar	46 Alloa Road, Goodmayes, Ilford, IG3 9SP	Owner Occupied	Occupied House	Goodmayes	Off Premises	Mon 09:00-21:00 Tue 09:00-21:00 Wed 09:00-21:00 Thu 09:00-21:00 Fri 09:00-21:00 Sat 09:00-21:00 Sun 09:00-21:00									
75648	B&M Stores	Units 4 And 5, King George Avenue, Newbury Park, Ilford, IG2 7SH	Retailers (FOOD)	Supermarkets	Aldborough	Off Premises	Mon 08:00-20:00 Tue 08:00-20:00 Wed 08:00-20:00 Thu 08:00-20:00 Fri 08:00-20:00 Sat 08:00-20:00 Sun 11:00-17:00									
78773	SKVP Diner	219 Cranbrook Road, Ilford, IG1 4TD	Restaurants/Caterers	Restaurant	Valentines		Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-22:00									
75858	The Exchange Mall	The Exchange, High Road, Ilford,	(NON FOOD)	non-food Retail	Valentines					Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 11:00-19:00			Mon 09:00-18:00 Tue 09:00-18:00 Wed 09:00-18:00 Thu 09:00-18:00 Fri 09:00-18:00 Sat 09:00-18:00 Sun 09:00-18:00	Mon 09:00-19:00 Tue 09:00-19:00 Wed 09:00-20:00 Thu 09:00-19:00 Fri 09:00-19:00 Sat 09:00-19:00 Sun 11:00-17:00		
75925	Jones and Son	Elmhurst, 98-106 High Road, South Woodford, London, E18 2QH	Restaurants/Caterers	Restaurant	Churchfields		Mon 12:00-23:45 Tue 12:00-23:45 Wed 12:00-23:45 Thu 12:00-23:45 Fri 12:00-23:45 Sat 12:00-23:45 Sun 12:00-22:45	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00						Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-23:30 Sat 23:00-23:30		
76318	7/Eleven	29 High Street, Wanstead, London, E11 2AA	Retailers (FOOD)	Grocers	Wanstead Village	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:00									
76107	Crave	345 Ley Street, Ilford, IG1 4AA	Restaurants/Caterers	Takeaway Food	Ilford Town			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
76662	Ilford Sports Club	Ilford Sports Club, 3 Cricklefield Place, Ilford, IG1 1FY	Restaurants/Caterers	Leisure Centre	Ilford Town	On Premises	Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-22:00				Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-23:00 Sat 09:00-23:00 Sun 09:00-22:00		Fri 23:00-00:00 Sat 23:00-00:00	Fri 23:00-00:00 Sat 23:00-00:00	Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 09:00-22:00	Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-00:00 Sat 09:00-00:00 Sun 09:00-22:00
76776	Treat Hut	131 High Road, South Woodford, London, E18 2PA	Restaurants/Caterers	Takeaway Food	Churchfields			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-02:00								
76928	Symposium Drinks Limited	6 Harrow Road, Ilford, IG1 2XB	Owner Occupied	Occupied House	Loxford	Off Premises	Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
76967	Chaiwala	253 Ilford Lane, Ilford, IG1 2SB	Restaurants/Caterers	Cafe	Clementswood			Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:00 Sat 23:00-00:00								

77208	Goodmayes Snooker & Pool Club	Unit 3, 9-13 Goodmayes Road, Goodmayes, Ilford, IG3 9UH	Retailers (FOOD)	Entertainment/Leisure	Goodmayes	On Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-00:00	Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00								
77282	D'vine Nature	73 High Street, Wanstead, London, E11 2AE	Retailers (FOOD)	Food Shop	Wanstead Village		Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
77295	Azuolas	61 Goodmayes Road, Goodmayes, Ilford, IG3 9UD	Retailers (FOOD)	Grocers	Goodmayes	Off Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 10:00-22:00									
77545	Gourmet Buffet	97 Cranbrook Road, Ilford, IG1 4PG	Restaurants/Caterers	Restaurant	Valentines	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:30 Sat 11:00-23:30 Sun 11:00-22:30									
77633	Premier	262 Chadwell Heath Lane, Chadwell Heath, Romford, RM6 4YL	Retailers (FOOD)	Grocers	Chadwell		Mon 06:00-23:00 Tue 06:00-23:00 Wed 06:00-23:00 Thu 06:00-23:00 Fri 06:00-23:00 Sat 06:00-23:00 Sun 06:00-23:00									
77847	K F C	138 George Lane, South Woodford, London, E18 1AY	Restaurants/Caterers	Food Restaurant	South Woodford			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-02:00								
77929	Ceylon Street	717-719 High Road, Seven Kings, Ilford, IG3 8RL	Restaurants/Caterers	Restaurant	Seven Kings		Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-23:00									
77930		133 Cranbrook Road, Ilford, IG1 4QB			Valentines	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:00 Sat 11:00-23:00 Sun 11:00-22:30									
78060	Ley Street Post Office	332 Ley Street, Ilford, IG1 4AF	Retailers (FOOD)	Confectioners	Newbury	Off Premises	Mon 08:00-00:00 Tue 08:00-00:00 Wed 08:00-00:00 Thu 08:00-00:00 Fri 08:00-00:00 Sat 08:00-00:00 Sun 08:00-00:00									
78176	Indian Aroma Restaurant	33 Woodford Avenue, Ilford, IG2 6UF	Restaurants/Caterers	Restaurant	Barkingside	On Premises	Mon 17:00-21:30 Wed 17:00-21:30 Thu 17:00-21:30 Fri 17:00-21:30 Sat 17:00-21:30 Sun 17:00-21:30									
78276	Edesa	237 High Road, Ilford, IG1 1NE	Restaurants/Caterers	Takeaway Food	Ilford Town	Off Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:00 Sat 10:00-23:00 Sun 10:00-23:00									
78658	Must Wine	125 High Street, Wanstead, London, E11 2RL	Retailers (FOOD)	Restaurant	Wanstead Village	On and Off Premises	Mon 11:00-22:30 Tue 11:00-22:30 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:30 Sat 11:00-23:30 Sun 11:00-21:30	Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-23:30 Sat 23:00-23:30								
78841	Sky Coffee Lounge	249-251 Beehive Lane, Gants Hill, Ilford, IG4 5ED	Restaurants/Caterers	Cafe	Barkingside	On Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:30 Sat 10:00-23:30 Sun 11:00-22:30									
78924	Spar	28-32 Cranbrook Road, Ilford, IG1 4NE		Household/Hardware/Ironmongery	Ilford Town	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
78925	BIM's	376 Ilford Lane, Ilford, IG1 2LZ	Restaurants/Caterers	Cafe	Loxford			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-02:00 Sat 23:00-02:00 Sun 23:00-01:00								
79325	KFC	204-206 High Road, Ilford, IG1 1QB	Restaurants/Caterers	Takeaway Food	Ilford Town			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
79469	Bread & Oregano	90 George Lane, South Woodford, London, E18 1JJ	Retailers (FOOD)	Restaurant	South Woodford	On Premises	Mon 11:00-22:00 Tue 11:00-22:00 Wed 11:00-22:00 Thu 11:00-22:00 Fri 11:00-22:00 Sat 11:00-22:00 Sun 11:00-22:00									
79916	Buller and Rice	6-7 Station Parade, High Street, Wanstead, London, E11 1QF	Retailers (FOOD)	Retail Food	Wanstead Village	Off Premises	Mon 10:00-21:00 Tue 10:00-21:00 Wed 10:00-21:00 Thu 10:00-21:00 Fri 10:00-21:00 Sat 10:00-20:00 Sun 10:00-20:00									
79954	Spicebazar	110 Cranbrook Road, Ilford, IG1 4LZ	Retailers (FOOD)	Grocers	Valentines	Off Premises	Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-22:00									
79837	City Place	4-5 Clock House Parade, High Street, Wanstead, London, E11 2AG	Restaurants/Caterers	Cafe	Wanstead Village	On Premises	Mon 09:00-18:00 Tue 09:00-18:00 Wed 09:00-18:00 Thu 09:00-20:00 Fri 09:00-20:00 Sat 09:00-20:00 Sun 09:00-20:00									
80188	Coconut Bay	120 Horns Road, Barkingside, Ilford, IG2 6BL	Restaurants/Caterers	Restaurant	Aldborough	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-23:30 Sat 11:00-23:30 Sun 11:00-22:30	Fri 23:00-23:30 Sat 23:00-23:30								

80190	Urban Chocolatier Barkingside	37-39 High Street, Barkingside, Ilford, IG6 2AD	Restaurants/Caterers	Restaurant	Fullwell			Mon 23:00-01:30 Tue 23:00-01:30 Wed 23:00-01:30 Thu 23:00-01:30 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-01:30								
80252	St Thomas Of Canterbury	Church Of St Thomas Of Canterb, 557-559 High Road, Woodford Green, IG8 0RB	Non FSA	Religious Centre	Monkhams	On Premises	Mon 10:30-23:00 Tue 10:30-23:00 Wed 10:30-23:00 Thu 10:30-23:00 Fri 10:30-23:00 Sat 10:30-23:00 Sun 10:30-23:00										
80365	Salway Cookhouse	172 High Road, Woodford Green, IG8 9EF	Restaurants/Caterers	Restaurant	Churchfields	On and Off Premises	Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-23:00 Sat 09:00-23:00 Sun 09:00-23:00										
80469	The Curry Club London	41 High Street, Barkingside, Ilford, IG6 2AD	Restaurants/Caterers	Restaurant	Fullwell	On Premises	Mon 16:00-22:00 Wed 16:00-22:00 Thu 16:00-23:00 Fri 16:00-23:30 Sat 16:00-23:30 Sun 16:00-23:00										
80984	Singam Bay	632-634 Cranbrook Road, Ilford, IG6 1HJ	Restaurants/Caterers	Restaurant	Barkingside	On Premises	Mon 11:00-11:00 Tue 11:00-11:00 Wed 11:00-11:00 Thu 11:00-11:00 Fri 11:00-11:00 Sat 11:00-11:00 Sun 11:00-22:30										
81301	Capri's Pizza	17 Cranbrook Road, Ilford, IG1 4DU	Restaurants/Caterers	Restaurant	Ilford Town			Mon 23:00-02:00 Tue 23:00-02:00 Wed 23:00-02:00 Thu 23:00-02:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-02:00									
81324	Cabana LDN	Lake Forest House, Forest Road, Hainault, Ilford, IG6 3HJ	Restaurants/Caterers	Restaurant	Fairlop	On Premises	Mon 13:00-00:00 Tue 13:00-00:00 Wed 13:00-00:00 Thu 13:00-00:00 Fri 13:00-01:00 Sat 13:00-01:00 Sun 13:00-01:00	Mon 23:00-00:30 Tue 23:00-00:30 Wed 23:00-00:30 Thu 23:00-00:30 Fri 23:00-01:30 Sat 23:00-01:30 Sun 23:00-00:30						Mon 0.416666666666667-0.958333333333333			
81811	Wahad Doner	545 Cranbrook Road, Ilford, IG2 6HE	Restaurants/Caterers	Restaurant	Cranbrook			Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-23:30									
81843	Lidl	Unit 1, Horns Road Retail Park, 9 Horns Road, Barkingside, Ilford, IG2 6BN				Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00										
82016	1 Green Food	49 Chigwell Road, South Woodford, London, E18 1NG	Restaurants/Caterers	Takeaway Food	South Woodford			Mon 23:00-03:00 Tue 23:00-03:00 Wed 23:00-03:00 Thu 23:00-03:00 Fri 23:00-03:00 Sat 23:00-03:00 Sun 23:00-03:00									
82163	German Doner Kebab	1201-1203 High Road, Chadwell Heath, Romford, RM6 4AL	Restaurants/Caterers	Takeaway Food	Chadwell			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-00:00 Sat 23:00-00:00 Sun 23:00-00:00									
82175	Abby Food & Wine	7 Chigwell Road, South Woodford, London, E18 1LR	Retailers (FOOD)	Supermarkets	South Woodford	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
82211	Ilford Food and Grocery	77 Cranbrook Road, Ilford, IG1 4PG	Retailers (FOOD)	Off Licences	Valentines	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
82479	Bankola Bar and Restaurant	Unit 2, 12-14 Fowler Road, Hainault, Ilford, IG6 3UT	Restaurants/Caterers	Restaurant	Hainault	On and Off Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:30 Sat 10:00-23:30 Sun 10:00-22:30										
82500	1856 Cafe and Barn	Cafe, Hainault Forest Country Park, Fox Burrow Road, Chigwell, IG7 4QN	Restaurants/Caterers	Cafe	Hainault	On Premises	Mon 09:00-18:00 Tue 09:00-18:00 Wed 09:00-18:00 Thu 09:00-18:00 Fri 09:00-23:00 Sat 09:00-23:00 Sun 09:00-23:00										
83031	The Railway Tavern Public House	126 Snakes Lane East, Woodford Green, IG8 7HY	Restaurants/Caterers	Public House	Bridge	On and Off Premises	Mon 11:00-23:00 Tue 11:00-23:00 Wed 11:00-23:00 Thu 11:00-23:00 Fri 11:00-00:00 Sat 11:00-00:00 Sun 11:00-23:00							Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-00:00 Sat 10:00-00:00 Sun 10:00-23:00			
83193	Woodford Newsagents.	111 Snakes Lane West, Woodford Green, IG8 0DY	Retailers (FOOD)	Confectioners	Monkhams	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30										
83192	One Stop	Unit 3, Valentines House, 51-69 Ilford Hill, Ilford, IG1 2DG	Retailers (FOOD)	Grocers	Ilford Town	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-22:30										
83194	Bobo & Wild	127 George Lane, South Woodford, London, E18 1AN	Restaurants/Caterers	Cafe	South Woodford	On Premises	Mon 10:00-22:00 Tue 10:00-22:00 Wed 10:00-22:00 Thu 10:00-22:00 Fri 10:00-22:00 Sat 10:00-22:00 Sun 10:00-22:00										
83230	Asda Express	1 Jubilee Parade, Snakes Lane East, Woodford Green, IG8 7QF	Retailers (FOOD)	Grocers	Bridge	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00									
83251	Smokers Paradise	89 High Street, Barkingside, Ilford, IG6 2AH	Retailers (FOOD)	Takeaway Food	Fullwell	Off Premises	Mon 06:00-00:00 Tue 06:00-00:00 Wed 06:00-00:00 Thu 06:00-00:00 Fri 06:00-00:00 Sat 06:00-00:00 Sun 06:00-00:00										
83684	Kome	606 Chigwell Road, Woodford Green, IG8 8AA	Restaurants/Caterers	Restaurant	Bridge												
83683	Decebal Magazin Romanesc	730 Chigwell Road, Woodford Green, IG8 8AL		Grocers	Bridge												

83734	Bella Coffee Bar	86 High Street, Barkingside, Ilford, IG6 2DR	Retailers (FOOD)	Cafe	Fairlop	On Premises	Mon 12:00-21:00 Tue 12:00-21:00 Wed 12:00-21:00 Thu 12:00-21:00 Fri 12:00-21:00 Sat 12:00-21:00 Sun 12:00-21:00									
83842	New Yankees Chicken	1205 High Road, Chadwell Heath, Romford, RM6 4AL	Restaurants/Caterers	Food Restaurant	Chadwell			Mon 23:00-00:00 Tue 23:00-00:00 Wed 23:00-00:00 Thu 23:00-00:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-00:00								
83877	Ella Supermarket	604 Chigwell Road, Woodford Green, IG8 8AA	Retailers (FOOD)	Grocers	Bridge	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
83954	Shreeya's	14 Roding Lane South, Ilford, IG4 5NX	Restaurants/Caterers	Restaurant	Clayhall	On and Off Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:30 Fri 10:00-00:00 Sat 10:00-00:00 Sun 11:00-23:00	Thu 23:00-23:30 Fri 23:00-00:00 Sat 23:00-00:00						Fri 10:00-00:00 Sat 10:00-00:00		
84074	Fat Fish Fishmongers and Butcher	25 The Broadway, Woodford Green, IG8 0HQ		Butchers	Monkhams											
84308	Kyto Restaurant	692-694 Chigwell Road, Woodford Green, IG8 8AL	Restaurants/Caterers	Restaurant	Bridge	On Premises	Mon 10:00-23:00 Tue 10:00-23:00 Wed 10:00-23:00 Thu 10:00-23:00 Fri 10:00-23:30 Sat 10:00-23:30 Sun 11:00-22:30	Fri 23:00-23:30 Sat 23:00-23:30								
84511	Linguini Restaurant	Hainault Forest Golf Course, Romford Road, Chigwell, IG7 4QW	Restaurants/Caterers	Restaurant	Hainault	On Premises	Mon 12:00-00:00 Tue 12:00-00:00 Wed 12:00-00:00 Thu 12:00-00:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-00:00						Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-00:00	Mon 12:00-23:00 Tue 12:00-23:00 Wed 12:00-23:00 Thu 12:00-23:00 Fri 12:00-00:00 Sat 12:00-00:00 Sun 12:00-00:00		
84629	Asda Express	Aldersbrook Service Station, 19 Aldersbrook Road, Wanstead, London, E12 5HH	Retailers (FOOD)	Grocers	Wanstead Park	Off Premises	Mon 07:00-23:00 Tue 07:00-23:00 Wed 07:00-23:00 Thu 07:00-23:00 Fri 07:00-23:00 Sat 07:00-23:00 Sun 07:00-23:00									
84685	Grand Istanbul Market and Istanbul Patisserie	12-14 Electric Parade, George Lane, South Woodford, London, E18 2LY	Retailers (FOOD)	Supermarkets	South Woodford	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
84813	Vacant	Unit 12 Hainault Works, Hainault Road, Little Heath, Romford, RM6 5NF	Retailers (FOOD)	Mail Order	Aldborough	Off Premises										
84872	Reesa London	172 High Road, Woodford Green, IG8 9EF	Restaurants/Caterers	Restaurant	Churchfields	On and Off Premises	Mon 09:00-23:00 Tue 09:00-23:00 Wed 09:00-23:00 Thu 09:00-23:00 Fri 09:00-23:30 Sat 09:00-23:30 Sun 09:00-23:00	Fri 23:00-23:30 Sat 23:00-23:30								
84929	Jolly Trends	66 Ilford Lane, Ilford, IG1 2JZ	Retailers (FOOD)	Grocers	Loxford	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
84889	Ivy Rose London Ltd	54a High Street, Wanstead, London, E11 2RJ		Beauty Salon	Wanstead Village											
84987	Molos Coffee	5a Jubilee Market, St Barnabas Road, Woodford Green, IG8 7BZ	Restaurants/Caterers	Cafe	Bridge	On Premises	Mon 11:00-21:00 Tue 11:00-21:00 Wed 11:00-21:00 Thu 11:00-21:00 Fri 11:00-21:00 Sat 11:00-21:00 Sun 11:00-21:00									
85049	Wanstead Coffee Shop	7 Clock House Parade, High Street, Wanstead, London, E11 2AG	Restaurants/Caterers	Cafe	Wanstead Village	On Premises	Mon 10:00-22:30 Tue 10:00-22:30 Wed 10:00-22:30 Thu 10:00-22:30 Fri 10:00-22:30 Sat 10:00-22:30 Sun 10:00-22:30									
85050	Best Express 1	376 Green Lane, Seven Kings, Ilford, IG3 9JJ	Retailers (FOOD)	Supermarkets	Mayfield	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 10:00-22:30									
85051	Florian Traders	277 Ilford Lane, Ilford, IG1 2SD	(NON FOOD)	Grocers	Clementswood											
85058	LLoyds TSB Bank	171-173 Manford Way, Chigwell, IG7 4DE	(NON FOOD)	Bank	Hainault											
85137	Smacks Hamburgers Gants Hill	587 Cranbrook Road, Ilford, IG2 6JZ	Restaurants/Caterers	Restaurant	Barkingside			Mon 23:00-01:00 Tue 23:00-01:00 Wed 23:00-01:00 Thu 23:00-01:00 Fri 23:00-01:00 Sat 23:00-01:00 Sun 23:00-01:00								
85152	Forest Road Playing Field	Forest Road Playing Field, Forest Road, Hainault, Ilford, IG6 3HJ	or Site	Park/Playing Field	Fairlop	On Premises	Mon 09:00-23:00 Fri 11:00-23:00 Sat 09:00-23:00 Sun 09:00-23:00		Mon 09:00-23:00 Fri 11:00-23:00 Sat 09:00-23:00 Sun 09:00-23:00	Mon 09:00-23:00 Fri 11:00-23:00 Sat 09:00-23:00 Sun 09:00-23:00			Mon 09:00-23:00 Fri 11:00-23:00 Sat 09:00-23:00 Sun 09:00-23:00	Mon 09:00-23:00 Fri 11:00-23:00 Sat 09:00-23:00 Sun 09:00-23:00		Mon 09:00-23:00 Fri 11:00-23:00 Sat 09:00-23:00 Sun 09:00-23:00
85167	Pepes Gants Hill	527 Cranbrook Road, Ilford, IG2 6HA	Restaurants/Caterers	Restaurant	Cranbrook			Mon 23:00-23:30 Tue 23:00-23:30 Wed 23:00-23:30 Thu 23:00-23:30 Fri 23:00-00:30 Sat 23:00-00:30 Sun 23:00-23:30								
85294	Kulcha Express	43 York Road, Ilford, IG1 3AD	Restaurants/Caterers	Cafe	Valentines											
85287	Eastwood Off-Licence	821 High Road, Goodmayes, Ilford, IG3 8TD	Retailers (FOOD)	Off Licences	Seven Kings											
85215	Subway	95 Cranbrook Road, Ilford, IG1 4PG	Restaurants/Caterers	Takeaway Food	Valentines											
85295	Aroma	33-34 The Broadway, Woodford Green, IG8 0HJ	Restaurants/Caterers	Restaurant	Monkhams											
85327	Matts BBQ Limited	Forest Road Playing Field, Forest Road, Hainault, Ilford, IG6 3HJ	or Site	Park/Playing Field	Fairlop	On Premises	Fri 12:00-22:30 Sat 12:00-22:30 Sun 12:00-21:30						Fri 12:00-23:00 Sat 12:00-23:00 Sun 12:00-22:00	Fri 12:00-23:00 Sat 12:00-23:00 Sun 12:00-22:00		
85355	Tesco Express	89 Aldersbrook Road, Wanstead, London, E12 5DG	Retailers (FOOD)	Supermarkets	Wanstead Park											
85259	Kansas Chicken & Pizza	279 Ilford Lane, Ilford, IG1 2SD	Restaurants/Caterers	Food Restaurant	Clementswood											
85398	Fresh as a Daisy Cafe	11 Mulberry Way, South Woodford, London, E18 1EB	Restaurants/Caterers	Cafe	South Woodford											
85513	Seven Kings Premier	550a High Road, Seven Kings, Ilford, IG3 8EG	Retailers (FOOD)	Grocers	Seven Kings	Off Premises	Mon 08:00-23:00 Tue 08:00-23:00 Wed 08:00-23:00 Thu 08:00-23:00 Fri 08:00-23:00 Sat 08:00-23:00 Sun 08:00-23:00									
85538	Banana Leaf	96 Cranbrook Road, Ilford, IG1 4NH	Restaurants/Caterers	Retail Food	Ilford Town											
85543	EEL Food and Drinks Festiva	Hainault Recreation Ground, Forest Road, Hainault, Ilford, IG6 3HX	or Site	Open Land	Fairlop											
85619	Deiroy's Grill House	51 New North Road, Hainault, Ilford, IG6 2UE	Retailers (FOOD)	Restaurant	Fairlop											