



Summerstown182
GREAT ESCAPES
'TASTING TOOTING' LOCAL FOOD WALK
 1.5 miles, (40-50 minutes)
 From **TOOTING BEC** to **TOOTING BROADWAY STATION**

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Thanks to these downloadable maps you can select your own short local walk taking in significant features of interest in the **Tooting/Earlsfield/Wandsworth** area.

Summerstown182 'Great Escapes' are just the job for your daily exercise allowance! Even at a slow pace you can do each one in less than an hour. Fifteen flavours to choose from, every one a winner! **Perfect for mind, body and spirit.**



If you did 'Planet Tooting' and want to know a little more about some of the foods, shops and cafes you saw along the way, there is no better person to advise than Dipa Patel. With roots in the area, she's been involved with Transition Tooting's 'Foodival' and organised much-loved 'Taste of Tooting' tours. Now she's taking us on a food journey from Tooting Bec to Tooting Broadway with a few suggestions about what you might see or maybe even taste along the way!

1 START TOOTING BEC UNDERGROUND STATION

2 A little bit along from The Wheatsheaf pub is **ARENA** at 6-8 Upper Tooting Road. This is a 24/7 independent Turkish supermarket serving the local community. A great selection of European foods (and beer), as well as a fantastic bakery serving up everything from Iranian bread, spanakopita and baklava. Worth checking out their deli section where you can buy fresh creamy feta - much better than the brined stuff you get in the bigger supermarkets.

3 Continue down this old roman road, passing Europe's largest 'Chicken Cottage'. Look out for the oldest original buildings in Tooting, numbers 68-72 on the right hand side, just before the King's Head pub, dating from the late 17th century. **POOJA** at 168-170 Upper Tooting Road is a mecca for South Asian savoury and sweet snacks in the UK. Since its establishment in 1994, Pooja's has nearly tripled their retail space, and now offers up snacks to take away and deliver, including their famous 70p samosa. Worth checking out their Bhel Puri section. This popular South Asian street food is made right in front of you and the best thing about this, is that you can choose what you want in your Bhel Puri as well as how hot you want it!

4 On the other side of the road, look up at the plaque above **JR MEATS**. Marking 'Isaaf House' at 163 Upper Tooting Road, this was put up by the family running this shop in honour of their father who set up the business here after arriving from Pakistan over forty years ago.

5 A little further along is **PATEL BROTHERS** at 187-189 Upper Tooting Road. A one stop shop for all things Indian. Find fresh groceries, Indian snacks and pickles, buy large bags of flour and rice, as well as ayurvedic and herbal products. Worth checking out their huge selection of spices.

6 Neighbouring that is **LITTLE INDIA**, another long-standing establishment in Tooting selling kitchenware, as well as other bits and bobs. You can buy everything from tiffin tins, spice boxes, woks, huge cooking pots and even incense! Prices are very reasonable, and the staff are always extremely helpful.

7 Next door are **BHAVINS**, 193-197 Upper Tooting Road, one of the oldest greengrocers in the area - going strong now for over 40 years. You can buy fruit and veg from all over the world here. The staff are very friendly, and if you are looking for something specific, they could probably order it in for you. Worth checking out the old-school signs and price tags in the shop.

8 Look out for the **ALFONSO MANGO SELLERS** on the corner of Letchworth Street and Upper Tooting Road. From mid-April to late June, the streets of Tooting are filled with the sweet smell of mango, imported from Pakistan and India. You will often see them here selling these mangoes by the box. They are very reasonable, and you often get to try them before you buy. Just make sure you have friends and family to share all your mangoes with as they are best when just ripe. You can tell when they are ready to eat as they will be ever so slightly soft to touch. Don't be scared to check the boxes before you buy. You can also haggle prices when buying more than one box.

9 On the other side of the road, at the corner of Hereward Road is the Mushkil Aasaan Community Centre. A fabulous annual event which takes place here in September is the **TOOTING FOODIVAL** organised by [Transition Town Tooting](#). Its all about celebrating everything that's good about locally grown food and how its possible to grow local, eat local, be sustainable and have fun while doing it! Very appropriately this is on the site of the hothouses of the renowned Tooting Nursery run by the Rollisson family and one of the most noteworthy nurseries of the mid-Victorian age.

10 At No1 Tooting High Street, on the corner of Totterdown Street, **LAHORE KARAH** is located in the former premises of a flamboyant Tooting character called William Mellhuish, an undertaker and councillor of huguenot descent. He lobbied successfully for the placement of the statue of King Edward VII outside Tooting Broadway station. This famous and much-loved curry house in the heart of Tooting, serves up Pakistani dishes. Its very popular with the BYOB crowds on the weekend. If you fancy a quick snack, it's worth checking out their delicious Lahori Keema Naan.

11 Across the road a little further on is Selkirk Road, home of **HARRINGTONS**, the oldest business in Tooting and a hidden gem for pie and mash lovers. It was

established at No3 Selkirk Road in 1908 by Bertie and Clare Harrington and is still a family business. The menu is simple with no frills, but the pies are great! In 2014 Tooting Arts Club put on a production of 'Sweeney Todd' in the shop. Following a visit by Stephen Sondheim, who originally composed it, the play transferred to the West End and Broadway, New York - with the old interior of the shop replicated on the big stage! It was only updated a few years ago.

12 Look out now for the world famous, award-winning Tooting markets, one dating from 1930, the other 1936. They are worth a tour in themselves. Newly expanded with recent arrivals and evening opening, they contain a truly global assortment of shops, stalls and eateries. A short film '[Tooting Stall Stories](#)' made a few years ago about the markets, tells you all you need to know about this jewel in Planet Tooting. Sadly they are closed due to the current restrictions so you might not be able to have a look right now, but please make a note and be sure to welcome them back. **MAURITIUS EXPRESS** is a lovely little Mauritian cafe at the back of Tooting Market. Ravi, the owner and chef makes everything from scratch - even his beautiful cakes! Mauritian food is an interesting mix of Indian, African, and French cuisines. This can be seen in their sweets, which are often colourful and very sweet. Worth trying the Poudine Mais, a cake made from coconut and polenta. Even more delicious with a Mauritian Vanilla Tea.

13 HOMETOWN ROLLS is an Irish-influenced takeaway cafe based in Broadway Market. The concept is simple - hearty Irish produce in a selection of rolls and baguettes. If you're in need of a filling meal, why not try their Breakfast Baguette, with a bag of Tayto, washed down with a cup of Barry's Tea!

14 VELLY'S CAFE in Tooting Broadway Market is a Filipino cafe, come East Asian grocery shop, come karaoke bar! It's one of the few, if not the only, place in Tooting where you can buy East Asian products, including large bottles of good quality soy sauce and big jars of kimchi, as well as more unusual ingredients like galangal and lemongrass. Worth trying the Halo Halo, a popular Filipino dessert made with crushed ice, a selection of jelly and coconut milk.

15 SUNSHINE FOODS in Tooting Broadway Market sells Caribbean fruit, vegetables and groceries, including every kind of yam you could think of! Their produce is seasonal, so changes often. If in doubt about how to cook anything, just ask Colin - he's got loads of recipes to share. Worth checking out their hot sauce selection.

16 KENKEY in Tooting Broadway Market have been serving up honest home cooked Ghanaian food for almost thirty years. Kenkey, which the takeaway is named after, is a dish made from fermented maize, pounded and steamed in corn husks. It's incredibly good for you and will keep you going for hours. That is if you can get beyond the acquired taste! If you're looking for something lighter, try their jollof rice and turkey tails with tomato gravy.

17 A little bit past Tooting Broadway on the corner of Covert Road, **JAFFNA HOUSE** at 90 Tooting High Street has been serving up traditional Tamil and Sri Lankan food in Tooting since 1991. These curries are heavily spiced and often include quite a lot of coconut. Worth trying their Oothappam which is basically an Indian cheese-less pizza made with rice flour. It's normally served with coconut chutney and sambar. For those with a sweet tooth, the Watalappam is a delicious end to a spicy meal. This is a coconut custard pudding with cashew nuts, spices and vanilla.

18 To vary the scene, cut back through Sainsbury's car-park and bearing left go down the cobbled 'Salvador Passage' alongside the old Granada cinema. Turn right and a little further along on the other side of the road is **MACIEK** at 97 Mitcham Road. This is a little Polish shop/deli with a good selection of homemade pickles and cured meats. If you're new to Polish food, you may want to try their quick cook pierogi which are dumplings filled with sauerkraut, potatoes, and/or onions, or stock up on some dill gherkins.

Thanks so much to **Dipa Patel** for putting this together for us. Things can change very fast around here and the above are just some of the many great places to try out locally. Sree Krishna which opened in February 1973 near St George's was the first 'south asian' restaurant in the area and recently closed after 46 years. We are truly blessed to live in an area so rich in so many different types of food from every corner of the globe. Do try them all out, they need our support more than ever. Having lived here myself for over thirty years some of my fondest memories are of the places I have shopped and eaten in. Older residents talk fondly of the knickerbocker glories in the Wimpy Bar opposite Tooting Broadway, where a young Marc Bolan briefly flipped burgers. Kastoori was a much-lamented restaurant on Upper Tooting Road with a devoted clientele. The eat-all-you-can Sakoni's buffet in the old RACS department store building will always have a special place in my heart...

FOR INFORMATION AND MORE WALKS: summerstown182.wordpress.com  [@summerstown182](https://twitter.com/summerstown182) [@8dipatel8](https://twitter.com/8dipatel8)

If you enjoy your walk, please consider making a donation to CriticalNHS, sustaining local business by keeping the St George's frontline staff fed www.criticalnhs.org