

# RESTAURANT GUIDE

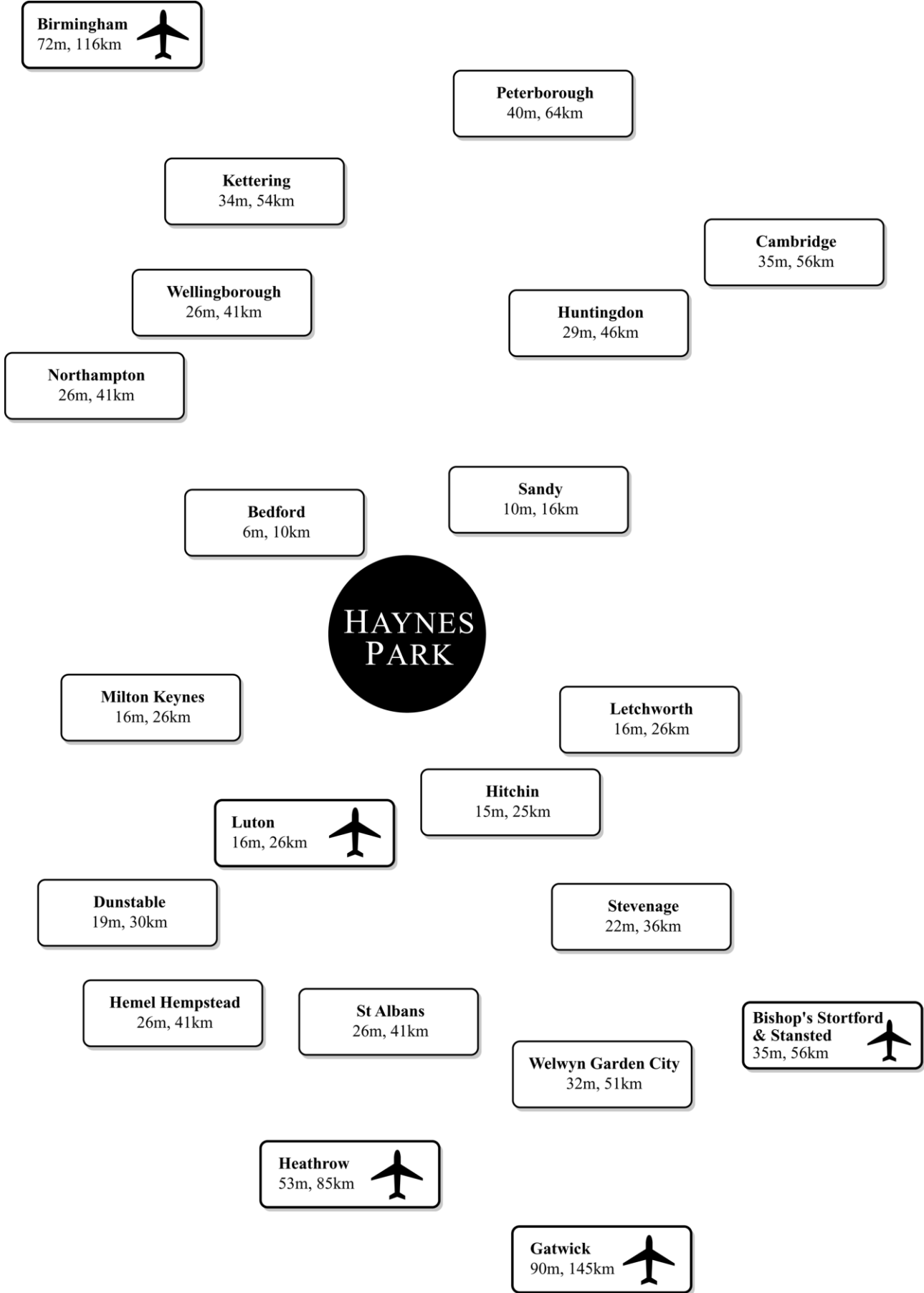
MASTERS SATSANG  
PROGRAMME  
HAYNES PARK  
AUGUST 2019

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

This Restaurant Guide can be read in conjunction with the Accommodation Guide for Masters Satsang Programme 2019 and lists the information under the same towns, except London Heathrow.

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

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



## RESTAURANTS IN BEDFORD: 2019

Name	Cuisine	Address	Phone	Website	Opening times	Comments
Albero Lounge	British	Cowper Building, Riverside Square, Bedford, MK40 1AY	0123 4 2617 08	<a href="https://thelounges.co.uk/albero/">https://thelounges.co.uk/albero/</a>	Sunday – Wednesday: 09:00 – 23:00 Thursday- Saturday: 09:00 – midnight	Vegan and gluten free menu available
Baja	Mexican	17 Castle Lane Bedford Bedfordshire MK40 3NT	0123 4 3257 07	<a href="http://www.bajabedford.co.uk/">http://www.bajabedford.co.uk/</a>	Monday -Friday: 12:00- 14.30pm 17.30pm - 22.30pm Saturday – Sunday: 12:00 – 23:00	Vegetarian options available
The Chester Arms	British	Bedford Road, Chicheley, Bucks, MK16 9JE	0123 4 3912 14	<a href="https://www.the-chester-arms.co.uk/">https://www.the-chester-arms.co.uk/</a>	Monday – Thursday: 12:00-23:00 12:00-21:00 Friday – Saturday: 12:00-00:00 12:00-22:00 Sunday: 12:00-22:00 12:00-20:00	Vegan menu available
Domino's	Italian – takeaway only	70 Midland Road Bedford MK40 1QH	0123 4 3300 30	<a href="https://www.dominos.co.uk/bedford-central">https://www.dominos.co.uk/bedford-central</a>	11:00 – 23:45 - Daily	Vegetarian options available
Indiya	Indian restaurant and take away	1-3 The Broadway Bedford MK40 2TE	0123 4 3274 93	<a href="http://www.indiya.co.uk/">http://www.indiya.co.uk/</a>	17:30 - 23.30 - Daily	Vegetarian options available – naans without egg made on request
London Sweet Centre	Indian	86 Ampthill Road, Bedford, MK42 9JA	0123 4 2729 52	-	09:00–22:00 - Daily	Take away only Pure vegetarian restaurant
London Sweet Centre – buffet hall	Indian	Addison Centre, Addison Howard	0123 4 2729 52	-	Friday 16 <sup>th</sup> and Saturday 17 <sup>th</sup> August: 16:00 - 22:00	Pure vegetarian buffet provided - £7.00 per person

		Park, Bedford Road, Kempston, Bedford, MK42 8PN				
Made in Bedford	British – vegan café	13 St. Pauls Square, Bedford, MK40 1SL	0758 0 183 205	<a href="https://madeinbedford.uk/">https://madeinbedford.uk/</a>	Wednesday – Sunday: 10:00 – 15:15	Full vegan menu
Nazar Turkish Restaurant	Turkish	17 High Street Bedford MK40 1RN	0123 4 954 147	<a href="http://nazarestaurant.co.uk/">http://nazarestaurant.co.uk/</a>	Monday-Thursday: 12:00 – 23:00 Friday & Saturday: 12:00 - 23.30 Sunday: 12:00 - 22.00	Vegetarian options available
Papa John's	Italian – takeawa y only	21 Greyfriars, Bedford, MK40 1HJ	0123 4 270 400	<a href="https://www.papajohns.co.uk/stores/bedford/pizzas.aspx">https://www.papajohns.co.uk/stores/ bedford/pizzas.aspx</a>	11:00 – 23:00 – <i>Daily (takeaway only)</i>	Vegetarian and Vegan options available
Pen & Cob in the The Swan Hotel	British	The Embankme nt, Bedford, MK40 1RW	0123 4 3699 00	<a href="https://penandcob.co.uk">https://penandcob.co.uk</a>	Monday – Thursday: 07:00 - 23:00 Friday - 07:00 - 00:00 Saturday- 08:00 - 00:00 Sunday- 08:00 - 22:30	Vegetarian options available
Pizza Express	Italian	22 St Peter's Street, Bedford, MK40 2PN	0123 4 271 124	<a href="https://www.pizzaexpress.com/bedford">https://www.pizzaexpress.com/bedf ord</a>	<i>Monday – Saturday: 11:00 – 22:30 Sunday: 11:00 – 22:00</i>	Vegetarian and Vegan options available
Pizza Santaniello	Italian	9-11 Newnham Street, Bedford, MK40 3JR	0123 4 3537 42	<a href="http://www.pizzeriasantaniello.com/">http://www.pizzeriasantaniello.com/</a>	Monday – Closed Tuesday- Thursday: 18:00 - 23:30 Friday & Saturday: 12:00 – 14:00 & 18:00 - 23:30 Sunday: 17:30 - 22:30  *Please note the kitchen closes at 22:00	Vegetarian options available

Radhuni	Indian	38 The Embankment, Bedford, MK40 3PF	0123 4272 227	<a href="https://www.radhunibedford.com/">https://www.radhunibedford.com/</a>	Monday-Thursday: 17.30 - 23.00 Friday-Saturday: 12.00 - 14.30 & 17.30 - 23.00 Sun: 12.00 – 22:30	Vegetarian options available
Rice Thai Restaurant	Thai	41 St Cuthbert's Street, Bedford, MK40 3JG	0123 4 2720 53	<a href="https://www.ricethairestaurant.co.uk/">https://www.ricethairestaurant.co.uk/</a>	Sun – Mon: closed Tue – Sat: 17:30 – 23:00	Vegetarian options available
Riobello	Italian	6 St Mary's Street, Bedford, MK42 0AS	0123 4 3644 30	<a href="http://www.riobello.co.uk/">http://www.riobello.co.uk/</a>	Monday: Friday: 18:00 – 22:00 Saturday: 12:00 – 14:00 & 18:00 – 22:00 Sunday: Closed	Vegetarian options available
Wagamama	Japanese	Unit 3C, Merchant Gate, Riverside Square, Bedford MK40 1AS	0123 4 3313 46	<a href="https://www.wagamama.com/restaurants/bedford">https://www.wagamama.com/restaurants/bedford</a>	<i>Monday – Saturday: 11:00 – 23:00</i> <i>Sunday: 11:00 – 22:00</i>	Vegan and non-gluten menu available
Zizzi	Italian	Unit 3A Merchant Gate, Riverside Square, MK40 1AS	0123 4 2171 08	<a href="https://www.zizzi.co.uk/italian/restaurants/bedford">https://www.zizzi.co.uk/italian/restaurants/bedford</a>	<i>Monday-Thursday: 11:30 - 22:30</i> <i>Friday-Saturday: 11:30 - 23:00</i> <i>Sunday: 11:00 - 22:00 Pm</i>	Vegan and non-gluten menu available

## RESTAURANTS IN LUTON: 2019

Name	Cuisine	Address	Phone	Website	Opening times	Comments
La Dolce Vita	Italian	38 Park Street, Luton LU1 3ET	01582 611029	<a href="http://ladolcevitaluton.co.uk/">http://ladolcevitaluton.co.uk/</a>	Monday - Saturday 12:00 – 22:00  Sunday 12:00 – 21:00	Vegetarian and vegan options available.
Monna Lisa	Italian	36 Guildford Street Luton. LU1 2NR	01582 516116	<a href="http://www.monnalisarestaurant.com">www.monnalisarestaurant.com</a>	Monday - Saturday 18:00–22:00	Vegetarian and vegan options available.
Nakorn Thai	Thai	45 Wellington Street, Luton LU1 2QH	01582 481554	<a href="http://nakornthai.co.uk/">http://nakornthai.co.uk/</a>	Monday - Saturday 12:00 – 14:30 / 18:00 – 23:00  Sunday Closed	Vegetarian and vegan options available
Papa J's	Indian	41-43 Wellington Street Luton. LU1 2QH	01582 725111	<a href="http://www.papajs.co.uk">www.papajs.co.uk</a>	Monday - Saturday 12:00 – 15:30 / 17:30 – 23:00  Sunday 12.30 – 15:00 / 17:30 – 22:00	Vegetarian and vegan options available. Naan's contain egg but tandoori roti available.
Pizza Express	Italian	The Lodge, 3 Church Street Luton. LU1 3JE	01582 456229	<a href="http://www.pizzaexpress.com">www.pizzaexpress.com</a>	Monday - Saturday 12:00 - 22:00  Sunday 11:30 – 22:00	Vegetarian and vegan options available.

## RESTAURANTS IN MILTON KEYNES: 2019

Name	Cuisine	Address	Phone	Website	Opening times	Comments
ASK	Italian	Xscape, MK9 3XA The Centre MK (Opposite John Lewis) MK93EP	01908 395813  01908 664442	<a href="http://www.askitalian.co.uk">www.askitalian.co.uk</a>	12:00–22:00 Daily  11.00-22.00 Daily	Vegetarian options – and separate allergen menu
BELLA ITALIA	Italian	Theatre District, MK9 3LF	01908 395369	<a href="http://www.bellaitalia.co.uk/italian-restaurant">www.bellaitalia.co.uk/italian-restaurant</a>	11.30–23:00 Daily	Limited vegetarian options
BOLLYWOOD JUNCTION	Vegetarian Indian	1-3 Duckworth Court, Oldbrook MK6 2RX	01908 660000	<a href="http://www.bollywoodjunction.co.uk/">www.bollywoodjunction.co.uk/</a>	12-14.30 17.30 -23.00 Closed Monday	All vegetarian dishes for the event
FRANKIE & BENNY'S	Italian / American	MK Dons Leisure Park Bletchley MK11ST	01908 694800	<a href="http://www.frankieandbennys.com/restaurant/frankie-bennys-milton-keynes">www.frankieandbennys.com/restaurant/frankie-bennys-milton-keynes</a>	09.00 – 23.00	Egg free pasta & Pizza
LAS IGUANAS	South American	The Hub MK9 2FB	01908 251040	<a href="http://www.iguanas.co.uk/restaurants/miltonkeynes">www.iguanas.co.uk/restaurants/miltonkeynes</a>	10.00- 22.00 daily	Vegetarian & Vegan options
PIZZA EXPRESS	Italian	Xscape MK9 3XS and 142-144 Midsummer Arcade MK9 3BA	01908 690822 and  01908 241100	<a href="http://www.pizzaexpress.com">www.pizzaexpress.com</a>	11:30–22:30 Daily	Vegetarian options All cheeses in vegetarian options are animal rennet free



PIZZA HUT	Italian	2 Midsummer Boulevard, MK9 3BB	01908 233222	<a href="http://www.pizzahut.co.uk">www.pizzahut.co.uk</a>	11:00–22:00 Daily	<i>Vegetarian options All cheeses in vegetarian options are animal rennet free</i>
MK BUFFET VILLAGE	International	8 Savoy Crescent, Theatre District, MK9 3PU	01908 609606	<a href="http://www.mkbuffetvillage.co.uk/">www.mkbuffetvillage.co.uk/</a>	12:00–22:30 Daily BUT Closed 15.00 – 17.00 Mon - Thur	<i>Extensive Vegetarian options</i>
THE CHESTER ARMS						
TURTLE BAY	Caribbean	The Hub MK9 2FB	01908 397 888	<a href="http://www.turtlebay.co.uk/food-drink">www.turtlebay.co.uk/food-drink</a>	11.30 – 23.30 Daily	<i>Vegetarian options</i>
WAGAMAMA	Japanese	7 Sunset Walk, MK9 3PD and Xscape, MK9 3XS	01908238341 01908397049	<a href="http://www.wagamama.com">www.wagamama.com</a>	11:00–22:00 Daily	<i>Limited Vegetarian options</i>
ZIZZI	Italian	The Hub MK9 2HP And Theatre District MK93PU	01908 609980 And 01908 540222	<a href="http://www.zizzi.co.uk">www.zizzi.co.uk</a>	11:30–22.00 Daily	<i>Vegetarian options</i>

## RESTAURANTS IN STEVENAGE: 2019

Name	Cuisine	Address	Phone	Website	Opening times	Comments
ASK	Italian	Stevenage Leisure Park, 15 Stevenage Leisure Park, Stevenage, SG1 2UA	01438 504 320	<a href="https://www.askitalian.co.uk/restaurant/stevenage-leisure-park/">https://www.askitalian.co.uk/restaurant/stevenage-leisure-park/</a>	Monday - Thursday 11:30 to 22:00 Friday - Saturday 11:30 to 23:00 Sunday 11:30 to 22:00	Vegetarian and Vegan options available
El bar de tapas	Spanish	5 Middle Row Stevenage SG1 3AN	01438 721010	<a href="http://www.elbardetapas.com">http://www.elbardetapas.com</a>	Monday - closed Tuesday – Friday - 12:00 - 23:00 Saturday - 09:00 - 23:00 Sunday 09:00 - 21:00	Vegetarian and some vegan options available
Gate of India	Indian	20 The Glebe, Chells Way Stevenage, SG2 0DJ	01438 313 445	<a href="http://www.gate-of-india.co.uk">www.gate-of-india.co.uk</a>	Monday – Sunday - 17:30 - 23:30	Extensive vegetarian options Naans contain egg
Pizza Hut	Italian	Unit 10 Stevenage Leisure Park Stevenage Hertfordshire Sg1 2au	01438 316677	<a href="https://www.pizzahut.co.uk/restaurant/find-a-hut/stevenage/stevenage-leisure/">https://www.pizzahut.co.uk/restaurant/find-a-hut/stevenage/stevenage-leisure/</a>	Sunday – Thursday - 11:30 - 22:00 Friday & Saturday - 11:30 - 23:00	Vegan and gluten-free menu available
Prezzo	Italian	Unit 9, Stevenage Leisure Park Kingsway Stevenage SG1 2UA	014383555 91	<a href="https://www.prezzorestaurants.co.uk/restaurant/stevenage-leisure-park/">https://www.prezzorestaurants.co.uk/restaurant/stevenage-leisure-park/</a>	Sunday – Thursday 1130 -23:30 Friday & Saturday – 11:30 – 23:00	Vegetarian and Vegan menu's available
Sala Thong Thai	Thai	112 High Street, SG1 3DW	01438 311 346	<a href="https://www.salathong.co.uk/stevenage/">https://www.salathong.co.uk/stevenage/</a>	Monday- Friday -12-15:00 & 18:00-23:00 Saturday – Sunday - 12:00 - 23:00	Vegetarian options available
Spice Rouge India	Indian	99 High Street, Stevenge, Hartfodshire, SG1 3HR	01438 369696	<a href="http://spicerouge.com/index.php">http://spicerouge.com/index.php</a>	Monday – Saturday – 15:30 – 23:30 Sunday – 12:00 – 23:30	Vegetarian options Naans contain egg
Tarla Restaurant	Turkish	23-25 Middle Row, Old Town High Street, Stevenage, SG1 3AW	01438 350 404	<a href="https://www.tarlarestaurant.co.uk/">https://www.tarlarestaurant.co.uk/</a>	Monday – Thursday: 12pm-11pm Friday – Saturday - 12pm-12am Sunday: 12pm-11pm	Vegetarian options available

Zizzi	Italian	21 Sun Street Hitchin. SG5 1AH	01462 440708	<a href="http://www.zizzi.co.uk">www.zizzi.co.uk</a>	<i>Monday-Thursday - 11:30 - 22:00</i> <i>Friday-Saturday - 11:30 - 23:00</i> <i>Sunday - 11:00 - 22:00</i>	Vegan and non-gluten menu available. Vegetarian options on main menu.
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