

A GUIDE TO EATING OUT AT THE GATE ISLINGTON

ESTABLISHED IN 1989
thegate
VEGETARIAN RESTAURANT



WITH SOCIAL STORIES AND

PICTURES

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EATING OUT AT THE GATE RESTAURANT ISLINGTON

The Gate is a vegetarian restaurant in Angel, London. The restaurant is 25 years old and was created by two brothers who were passionate about vegetarian food and community. The Gate is not only a good vegetarian restaurant; it is a great restaurant in general. The Gate is famous for its fine dining, world flavours and food creativity.

I WILL NEED TO BOOK A TABLE BEFORE I COME TO THE RESTAURANT. THIS IS SO THE GATE WILL KNOW TO EXPECT ME

1. BOOKING A TABLE

You can follow the instructions on the website

<http://thegaterestaurants.com/book-a-table/>

If I tell them I am autistic, they will know where to seat me

or

You can give us a call – 020 7278 5483

- 1) I will check it is The Gate Islington
- 2) I will say 'Hello, I would like to book a table'
- 3) I will tell them how many people are coming
- 4) I will tell them what time I want to visit
- 5) I should tell them if I'm allergic to anything

(We have listed times that are not busy at the back of this booklet and there is also a table plan to help me choose a table)

2. HOW DO I GET THERE?

The Gate has two restaurants in London but I will go to Angel in Islington.

The Address is:

370 St John Street
London
Islington
EC1V 4NN

EC1V 4NN



I can write this into my smart
phone, computer or tablet
This is the postcode

1) I will need to get on the London Underground and I will arrive on the Northern Line at Angel



We've put a map of the underground at the end of the document to help you

2) When I come out of the station I will turn **left** or 90°

3) I will come to a road you have to cross.

4) After the road I will pass:



And then



Keep on walking!

This is what I will see:



I will see the sign before I see
the restaurant

Come inside! The door is
open



3. I'M HERE. WHAT DO I DO NOW?

This is Scott! He is the manager

He may be standing here or it might be one of his friends. If no one is here, don't worry just wait until someone comes.



- 1) Someone will ask for my name. This is so they know who I am and where I will sit
- 2) When they walk to the table I will follow them and they will show me where to sit

4. I'M AT THE TABLE



These are our tables

If there are lots of you,
you may have to go on a
bigger one!

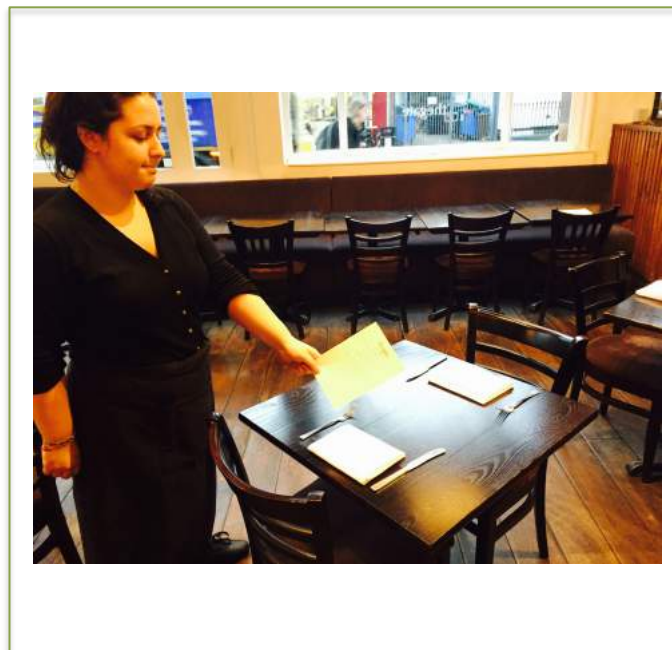
This is what I will see. If I
don't like the look of any
thing here, I can ask my
waiter to take it away



1) The waiter will show me two menus. One will show me what I can drink and one will show me what I can eat



2) I can ask my waiter any questions that I have about the menu or the food



3) I can ask my waiter for a separate menu that can tell me what all the ingredients are

5. THIS IS WHAT MY MENU WILL LOOK LIKE

How hungry am I? Do I want a starter?

Olives **V G 3**

Basket of bread **V** (serves two) **3**
with infused extra virgin olive oil

STARTERS

Soup of the day **VO GO 5**
served with fresh crusty bread

Arancini of wild mushroom **V G 6**
served with sun dried tomato pesto

Courgette flower **VO GO 8**
filled with sweet potato, goats cheese, pine nuts and basil, coated in crisp batter, served with puy lentil salad and a garlic & lemon aioli

Sesame coated smoked tofu **V 6**
with coriander pesto, pickled vegetables and seaweed salad

Mustard seed potato cake **G V 6**
filled with spiced baby corn, courgette, carrot and green peas, pan fried and served with a tamarind sauce, mint & coriander chutney

Grilled halloumi in chermula **6**
with freekeh, pomegranate and mint salad, roasted red onions, peppers and harissa

Leek, trompette and stilton tart **6**
baked with crème fraiche custard, served with crisp leaves

Mezze platter **NO 19**
a selection of the starters based on two people

SALADS

Sweet potato and pomegranate salad **VO G 6 / 12**
baby red chard, feta, pine nuts, spring onions & mint in a creamy tahini and smoked paprika dressing

Sprouting lentil salad **V G 6 / 12**
pak choi, cranberries, miso pickled tagliatelle of carrot and mouli in a wasabi oil

MAINS

Wild mushroom risotto cake **VO G 15**
sauté girolles, king oysters and paris brown served on a pan fried risotto cake finished with creamy cep sauce, rocket and cheese shavings in lemon and truffle dressing

Asian dumplings of water chestnut & shiitake **V 14**
served on a jerusalem artichoke puree with crispy sprouting broccoli and an aubergine lime pickle, finished with a teriyaki glaze

Butternut rotolo **G 13**
roasted butternut, goats cheese and basil in a baked thyme-infused rolled potato, served with a tomato & caper salsa and a lemon butter sauce

Cous-cous crusted aubergine **N 14**
char-grilled aubergine filled with cream cheese, shallot, almond, pickled lemon, chilli & coriander, coated with chermula cous-cous, served with a chickpea & beetroot salsa and red schoog

Thali **V G NO 13**
tarka dhal, steamed basmati rice, spiced okra & potatoes, marrow & cauliflower pakora, tomato, cucumber, red onion & mint salsa, pear & coriander chutney and a crispy poppadum

Tortillas **VO 14**
with two fillings of sweet potato, sweetcorn, goats cheese, chilli, lime and coriander; baked beetroot, feta and parsley, served with guacamole, sour cream and black bean pepper salsa

These are my main meals

SIDES

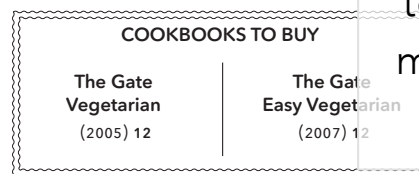
Chunky herb polenta chips with garlic aioli **V G 4**

Sauté kale **V G 4**

Rocket and balsamic reduction salad topped with hazelnuts and blushed tomatoes **V G NO 4**

Lemon and rosemary roasted new potatoes **V G 4**

A little bit extra to go with my main meals if I want



Children's Menu

Quesadilla filled with cheese and tomato **VO 4.5**

Goujons of mozzarella served with raspberry sauce **4**

Pasta with creamy cheese sauce **4.5**

Crudités served with sour cream **4**

★ Celebrate the festive season with us throughout December ★
Please ask a member of our team for more information about our Christmas menu

V VEGAN | VO VEGAN OPTION | G GLUTEN FREE | GO GLUTEN FREE OPTION | N CONTAINS NUTS | NO NUT FREE OPTION

Allergen information is available upon request, please inform your server before ordering.
Please note: the preparation of dishes containing allergens are prepared in the same kitchen.

A discretionary service charge of 12.5% will be added to your bill.
Service charge is divided across the entire restaurant team.

6. STARTERS, MAINS, SIDES AND DESSERT

- 1) Starters come first (if I have ordered one)
- 2) My main meal will come with any sides I have ordered
- 3) Finally my dessert will come

7. HOW TO ORDER

- 1) My waiter will ask me what I want to drink when I sit down or it might be shortly after I sit down. If they do not, I can politely tell them what I want to drink.
- 2) I will be asked if I would like olives or some bread as a snack before my meal. Be careful! The olives have stones in them!
- 3) If I want a starter I can order this first. If I do not then I can go to my main meal.
- 4) I can tell the waiter if there is something I don't like the sound of and they can tell me if I can take it out
- 5) I don't have to order the dessert yet, let's see if I'm still hungry after my meal
- 6) Now I wait for my meal

It can sometimes be busy so I might have to be patient. I can ask how long it will be so I know how long I will have to wait

8. RECEIVING AND EATING MY MEAL

- 1) My meal will be put down in front of me.
- 2) I have a knife to my right and a fork to my left. I can ask if I need a spoon
- 3) When I am finished someone will take my plate away

9. ORDERING DESSERTS

- 1) When I have finished my main meal I can order dessert
- 2) Dessert will be a sweet afters and I can ask for the menu to see what I would like
- 3) When I have ordered my waitress will bring me a dessert spoon, a fork or both

DESSERTS ARE ON SEPARATE MENU

DESSERTS

Mille-feuille v 6

caramelised sticky apples and sweet cream, apple and calvados sorbet
garnished with apple crisps and apple sauce reduction

try this with a glass of Muscat de Rivesaltes 4

Raw vegan cheesecake v G N 6

walnut base topped with prune jam

Chocolate and griottine mousse G N 7

with florentine and white chocolate sauce

try this with a glass of Banyuls Rimage Clos des Paulilles 3.5

Plum jam crème brûlée G 5

Steamed treacle orange and poppy seed pudding 6

with vanilla sauce and tuille biscuit

try this with a glass of Monbazillac Jour de Fruit 3.5

Ice cream and sorbets vo 5

Dessert mezze NO 18

selection of desserts, please allow 15 minutes

Neal's yard cheese plate 8

served with a home made chutney

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N CONTAINS NUTS | NO NUT FREE OPTION**

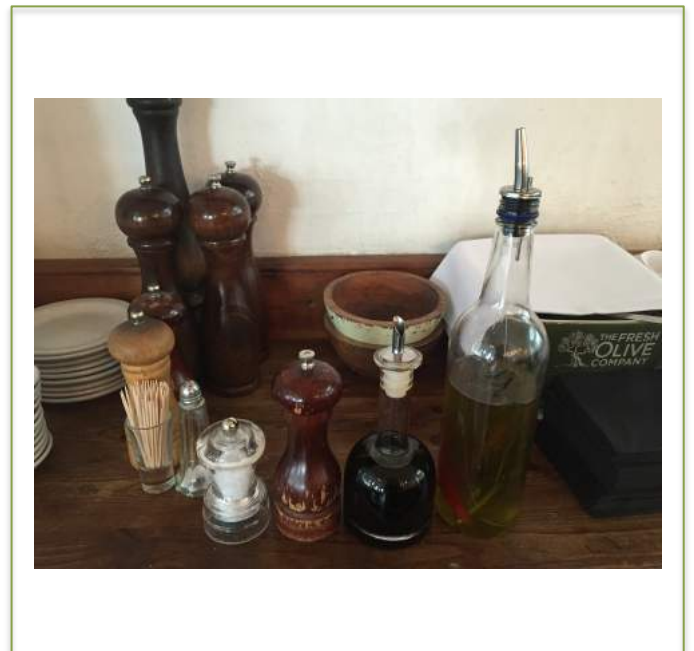
Allergen information is available upon request, please inform your server before ordering.
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10. OTHER THINGS I CAN ASK FOR

- 1) If I am thirsty I can ask for tap water. This is free and I can ask for a refill as many times as I need



- 2) I can ask for salt, pepper, balsamic vinegar or chilli oil
BE CAREFUL! CHILLI OIL IS SPICY!



11. GOING TO THE TOILET

The toilets are located near the stairs on the restaurant floor. I can ask my waiter to give me directions. This is an access toilet.



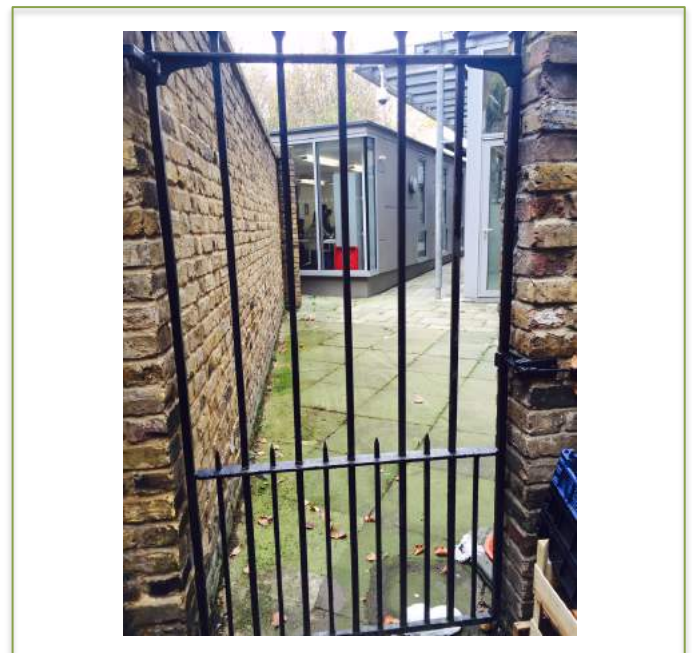
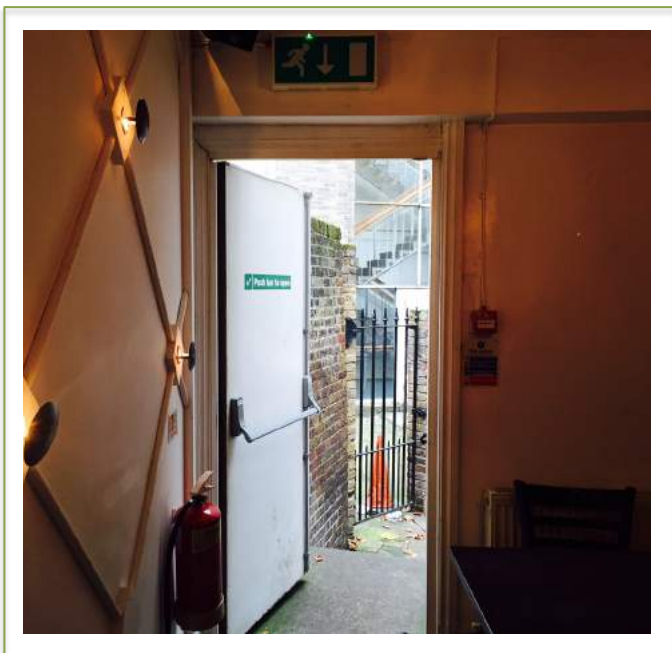
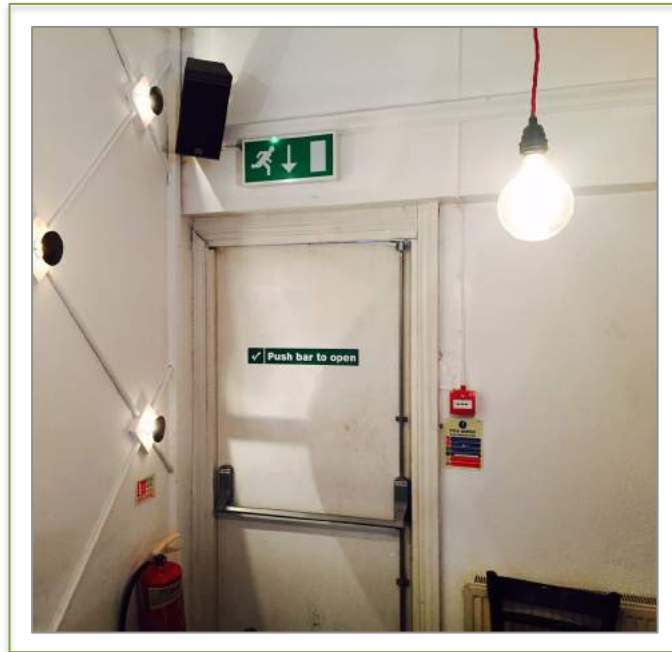
12. CHILL ZONE

If I need 5 minutes away from the table I can ask to go over to the sofa area. The sofa area is a safe space where I can relax and have time to myself.



13. EXITS

There is a fire exit located at the back of the restaurant if I need to leave. Otherwise I can go out the way I came in. This exit is usually for emergencies



14. NOISE

If it gets too noisy I can ask someone to turn the music down or sit me somewhere quieter. (If it is busy it may be noisy through the whole restaurant)

15. BEST TIMES TO COME

These are the best times for me to come:

Monday: 12pm-3pm
 5pm-7pm
Tuesday: 12pm-3pm
Wednesday: 12pm-3pm

I can come at other times as well but I may find that it is a lot noisier

16. BEHAVIOUR IN THE RESTAURANT

1) The waiter may ask if I'm ok

The waiter may ask if I'm ok just to see if there is anything else I need.

2) We don't throw food

I will not throw food in the restaurant as there are other people eating around us

3) We need to be quiet

I need to be quiet in the restaurant so not to disturb the other customers around me

17. PAYING FOR MY FOOD

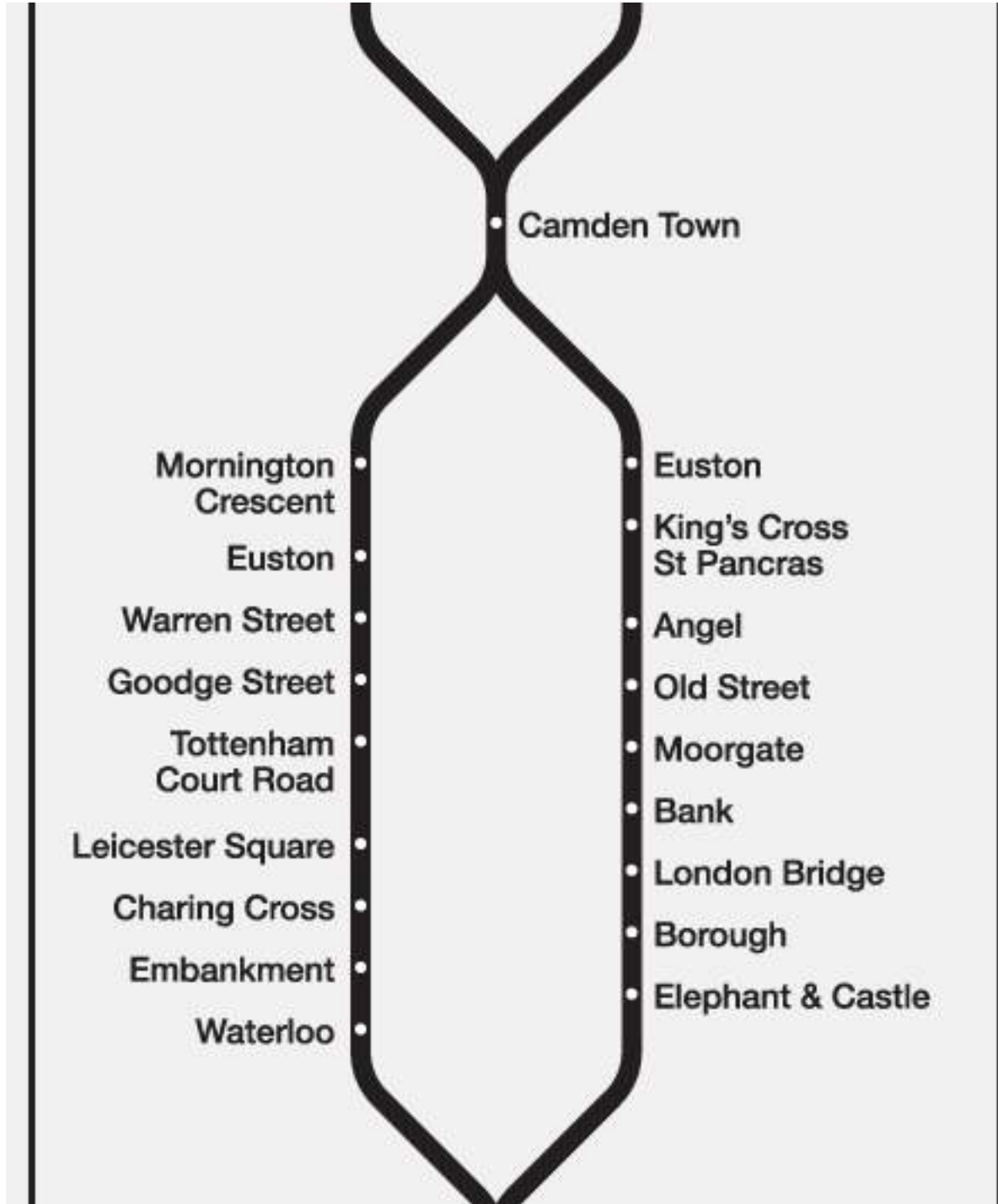
When I have finished my meal and I want to go home, I will need to ask the waiter for "The Bill". This is where I pay for what I have eaten

- 1) Ask the waiter for the bill
- 2) They will give me a receipt that will tell me how much my meal was
- 3) I will ask if I can't understand it
- 4) I can pay with cash or I can pay with card
- 5) Once the payment has been received I can leave

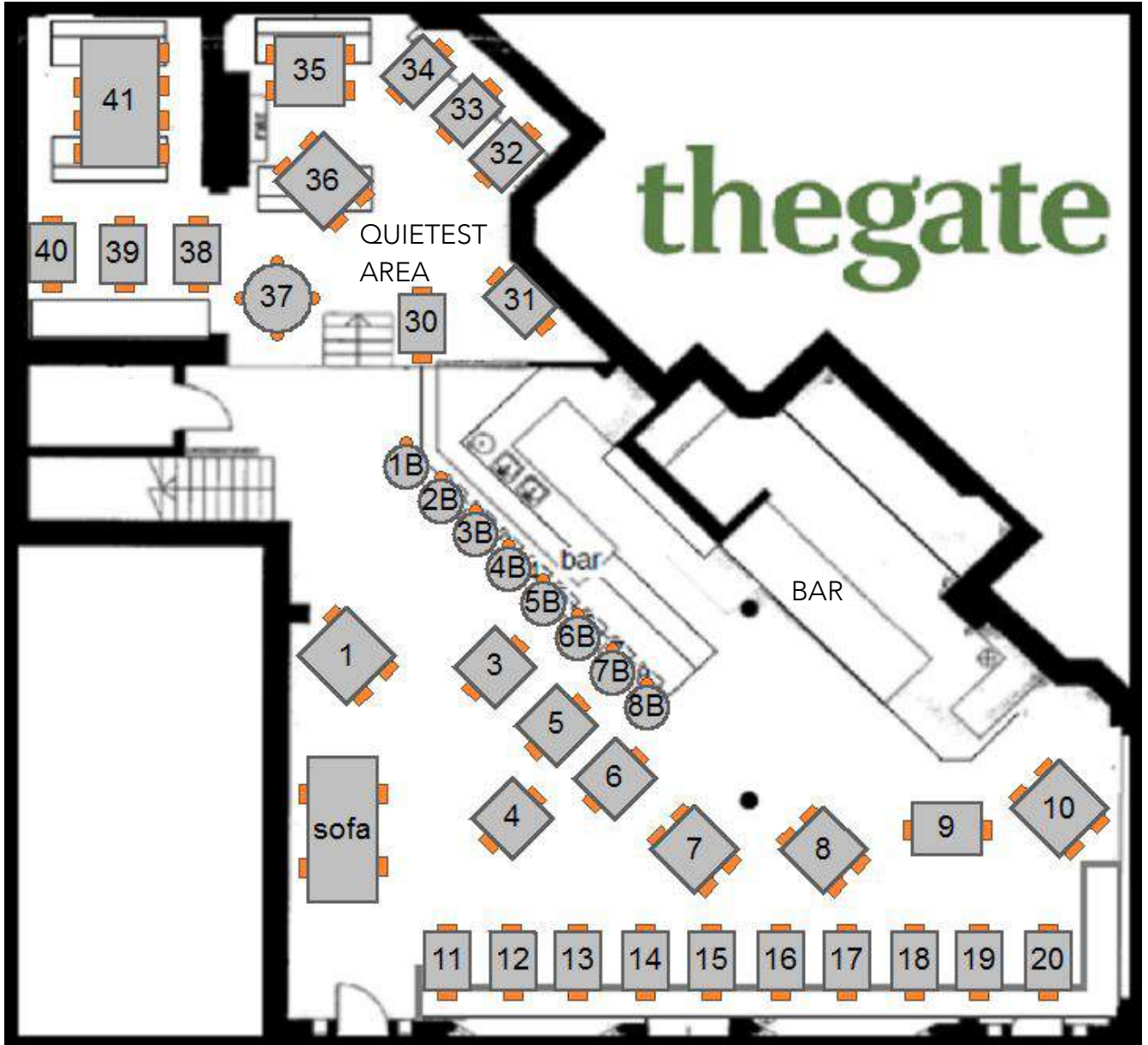
18. LEAVING THE RESTAURANT

I will say thank you to the waiter on my way out. This is to acknowledge their hard work and good service to me today

19. TRAVEL TO ANGEL – By train via
The Northern Line: Bank Branch



20. RESTAURANT TABLE LAYOUT



EXIT