

Restaurant locations



Los Angeles Times

The Atlas
Not your average pub, with 31 choices on the wine list. Cuisine is Mediterranean, including Moroccan chicken tagine and Italian lamb casseroles. The tender roast loin of pork seasoned in fresh thyme and accompanied by a parsnip puree is tasty. 16 Seagrave Road; 7385-9129. Tube stop: West Brompton. Entrees \$10-\$23.

Wagamama

A chain of ramen and noodle houses with 17 locations in London. The restaurant promotes "positive living + positive eating." Choices ranged from vegetarian to meat curries. Try the absolute wagamama of chicken ramen and gyoza. 26a Kensington High St.; 7376-1717, www.wagamama.com. Tube stop: High Street Kensington. \$10-\$20.

Restaurants

You can take advantage of lunch and early-bird specials, order fixed-price meals and mine London's rich ethnic cuisines. Among the finds:

Blue Elephant

This Thai restaurant, catty-corner from the Fulham Broadway tube station, is a world unlike any you'd expect to find in London. It's a tropical jungle. The number of choices is surprising: five starters, three soups and seven entrees, marked with red elephants to designate spiciness. There is a two-course bargain meal for \$18. Part of a worldwide chain, with eight branches in Europe, the Middle East and Asia. 3-6 Fulham Broadway, 7385-6595. Tube stop: Fulham Broadway. Fixed-price menu: \$18 for two courses, \$27 for three.

London

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Bargain hungry in

A pocket guide to eating well for less

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ADVERTISING

Masala Zone

Tables and booths are scattered on two levels; primitive figures and rangoli designs are painted on the walls. Try one of its innovative noodle bowls, maybe a Malabar seafood bowl with rice noodles, a twist on traditional curry. 9 Marshall St.; 7287-9966, www.realindianfood.com. Tube stop: Oxford Circus. \$7-\$21.

Mela

The dining room had a minimalist look. The masala dosa, a rice-based crepe stuffed with potatoes, has fresh curry and coriander leaves folded inside a crisp dosa. The "premium snack lunch" with a paratha stuffed with minced lamb is \$5.50 and worth every pence. 152-156 Shaftsbury Ave.; 7836-8635, www.melarestaurant.co.uk. Tube stop: Leicester Square. The lunchtime "Paratha Pavilion" \$3.50-\$9.

The Real Greek Souvlaki & Bar

In the city's trendy Clerkenwell neighborhood. The mezedes, or appetizers, were under \$13: gigandes plaki, tiropitakia, feta and spinach triangles, and the ubiquitous Greek yogurt sauce tzatziki. A souvlaki main course is filling. 140-142 St. John St.; 7253 7234. www.therealgreek.co.uk. Tube stop: Farringdon. \$7-\$13.

Incognico

In London's West End theater district. The restaurant is all understated elegance, with wood paneling, leather banquettes and chairs, tables with white tablecloths. Half-frosted windows are covered by fashionable chain-link curtains. The service is unobtrusive, and the set-course menu changes daily. 117 Shaftsbury Ave.; 7836-8866. Tube stop: Leicester Square. Three-course lunch and pre-theater menu for \$23.