Brick Lane took its name from brick manufacturing, although other activities, such as farming and archery practice also took place in the area

Our friendly staff will always ensure that YOU feel welcome

Sweet and Spicy can provide the appropriate setting for you.

I'm talking about the clash between Western values and our own. I'm talking about the struggle to assimilate and the need to preserve one's identity and heritage. I'm talking about children who don't know what their identity is. I'm talking about the feelings of alienation engendered by a society where racism is prevalent. I'm talking about the terrific struggle to preserve one's own sanity while striving to achieve the best for one's family

The heart of hipster central: Brick Lane!

Whitechapel once had a large Jewish community in the 17th Century, but this has slowly been replaced with immigrants from the sub-continent

The Brick Lane and Fournier Street Conservation Area is one of the most important historic areas in London

We take touting very seriously. Curry touts persistent and aggressive behaviour causes an obstruction to visitors and residents, and can create an unpleasant environment

Coming into Brick Lane is like coming into a theatre, where they change the scenery every time a different play comes in – a stage where each new set reflects the drama and tribulations of the wider world

A tradition of East End market trader as 'rough diamond' masculinity

In April 1980, Madame Tussauds opened the 'Jack the Ripper Experience' in its famous Chamber of Horrors. Here, visitors could walk among recreated scenes from the old East End streets, complete with Ten Bells pub. A wax dummy of Mary Kelly stood in a doorway and the mutilated corpse of Catherine Eddowes was not too far away. All that was missing from this grisly tableau was a swirling 'pea-souper', owing to teething trouble with an intended fog machine

These days Brick Lane has been transformed into the Chinatown of the sub-continent. This is where the Bangladeshi community live, and it is filled with curry houses' sounds and smells. Even the street signs are written in Bengali

Restaurant owners warned today of a wave of closures along the Brick Lane "curry mile" after the area suffered the worst year in its history

You occasionally get Shoreditch hipster types in there looking down their noses at anyone not wearing skinny jeans and ironic moustaches, but they're everywhere and didn't put me off my great time spent eating amongst the local Bangladeshi/Pakistani crowd who are friendly and polite.

Kray Twins fans might like to check out the Blind Beggar pub at 337 Whitechapel Road

None of my children want to follow me into the restaurant business – all the older ones have gone to university.

Whenever there's a big fight on Brick Lane, the papers will send a photographer down to get some images, but that photographer has no relationship to the community

SWEET & SPICY

Many restaurant owners and their families have moved to Newham and Essex

Touting doesn't do any harm. The customer gets a good deal, they get a free bottle of wine or a discount.

Warning! All hipsters MUST be accompanied by a responsible adult!
!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Only a handful of the Bangladeshi restaurateurs in Brick Lane own the freehold to their properties, which means that in the long-term they are vulnerable to more profitable enterprises moving on to their territory

Sweet & Spicy's collection of Bollywood posters is quite something else. The carefully curated selection that eventually goes up on the walls is only a small fraction of the full collection

London's über trendy Brick Lane

According to the Survey of London, Brick Lane has existed since the 1550s. It was originally a field path in open countryside well outside the walls of the City of London