

**THE FOODHOUSE  
ONLINE LTD.**

UNIT 21B, The Pantry  
Bakers Yard, Gosforth  
NE3 1XD


Tel: 0191 603 1150  
Email: [hello@thefoodhouse.co.uk](mailto:hello@thefoodhouse.co.uk)  
Website: [thefoodhouse.co.uk](http://thefoodhouse.co.uk)

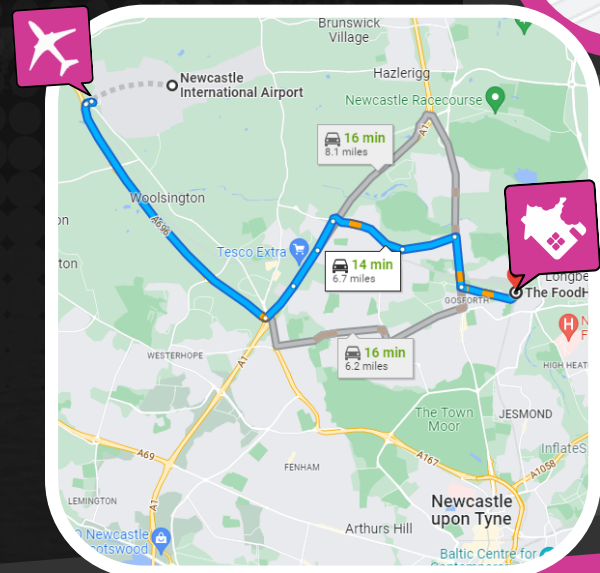
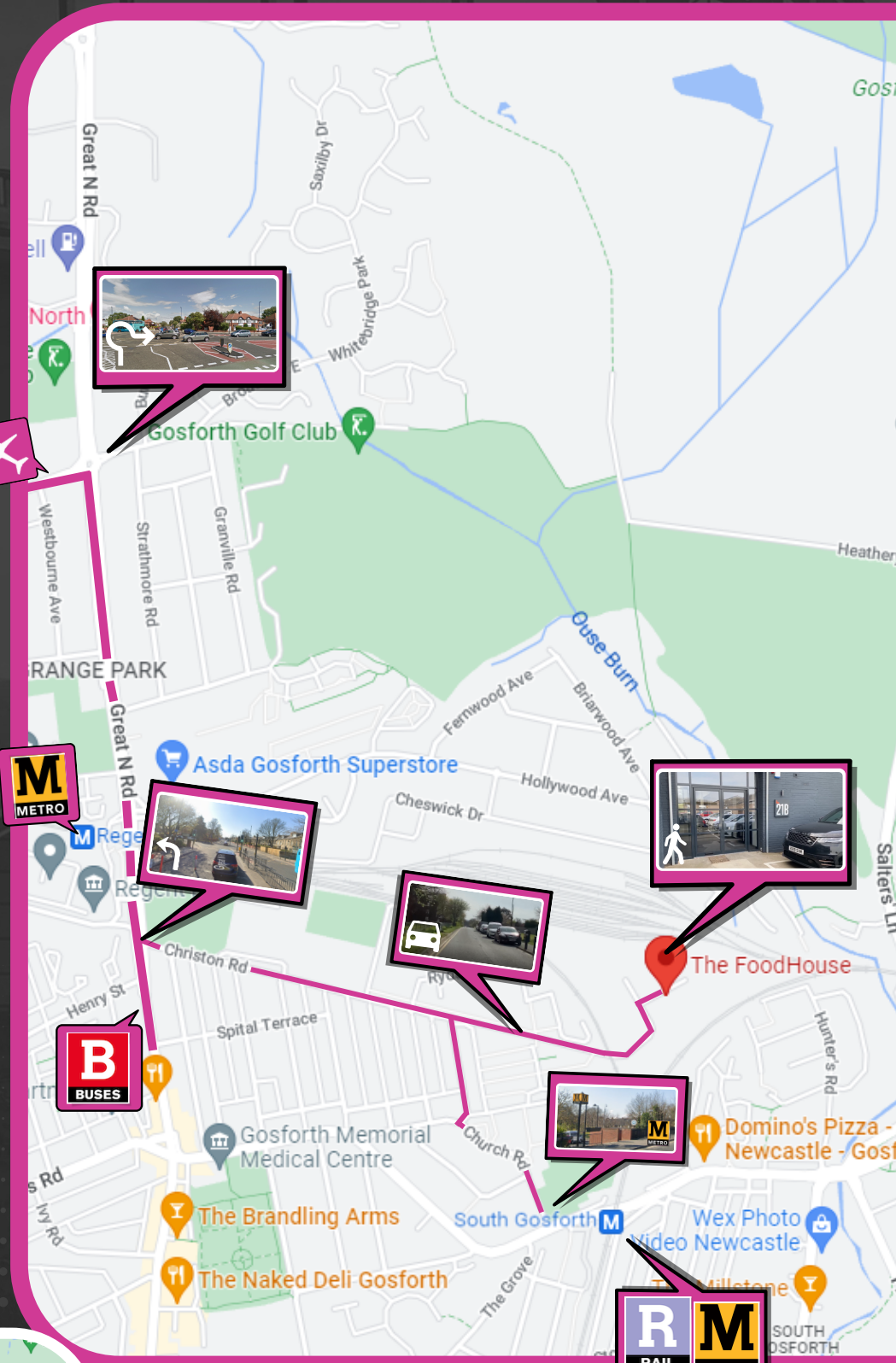
**Public Transport**

**R**  
RAIL  
By rail, Newcastle Central Station. Take the Northern Trains GRN or YEL for 8 mins from Newcastle Central to South Gosforth then walk for 5 minutes to our premises. For more rail information check National Rail 08457 484950 or [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

**M**  
METRO  
Tyne & Wear Metro Service, All zones ABC ticket for Airport heading North or South Shields/ South Hylton heading South, getting off at Regent Centre or South Gosforth for a 5 minute walk. For the current timetable check [www.nexus.org.uk/metro](http://www.nexus.org.uk/metro)

**B**  
BUSES  
The following bus routes are the most common to pass through Gosforth High Street, approximately a 15 minute walk from our office, the 30, 31, 35, 54, 553, 7, X11 & X22 For all public transport routes, timetables and travel ticketed information, call 0870 608 2608 or check the journey planner online [www.nexus.org.uk](http://www.nexus.org.uk)

 Via Newcastle Airport, follow the A696 (0.2 mi) to Newcastle upon Tyne. Take exit 78 from A1 (4.0 mi) and continue on Kingston Park Rd and take the third exit to Great North Rd. At the turning for Christon Rd, take a left and follow the road down to Bakers Yard and around the bend, turning right to reach our office. For checking your flights and arranging suitable parking, check the Newcastle Airport website at [www.newcastleairport.com](http://www.newcastleairport.com)



**DIRECTIONAL  
INSTRUCTIONS**

