



Mount Tai Foods

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By Train: Lewisham Main Line Station
Lewisham DLR Station
Hither Green Main Line Station

By Bus: Lee High Road: 178, 122, 321, 261, 273.
Lewisham: 21, 47, 54, 75, 89, 108, 122, 136, 178, 180, 181, 185, 199, 208, 225, 261, 273, 284, 321, 380, 436, 436, 484, P4

By Car: A20

