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Wooded hills, sandy heathland, and chalky downs provide the diverse landscape of Surrey, the county that begins at London's southwestern edge.

Criss-crossed by bridleways and paths, there are plenty of ways to pursue active adventures in Surrey. Start in Haslemere for an eight-mile walk through Greensand Way, across the heathlands of Hindhead Common to the summit of Gibbet Hill. Or head for the hills for a spectacular walk along **The North Downs Way National Trail** between Gomshall and Dorking, which offers spectacular views of lush, green countryside. You will need to take the bus or train from Dorking to Gomshall, and start the walk at Colekitchen Lane opposite the Compasses pub on the A25. For a snack, head for Blubeckers, Gomshall's best veggie-friendly restaurant.

A good way to enjoy Surrey is to spend a day at **Hampton Court Palace**, the magnificent Tudor residence of the infamous King Henry VIII. Take the bus R68 to and from the Palace from **Richmond** train or tube station. Finish the day with a bang at one of Richmond's many cafes: Tide Tables, Hollyhock and The Green Cafe. Croydon has the terrific Veggie One restaurant, with fake meats and authentic Chinese dishes on the menu.

Another tourist attraction is **Kew Gardens**, a sprawling 300 acres of botanical gardens and two beautiful 19th century greenhouses, located near Richmond. The site is easily accessible from London, just take the Metropolitan tube line to the Kew Gardens stop. Oliver's Wholefood Store is conveniently located near the station, providing tasty take-aways.

For a more relaxing holiday, simply find a river-boat cruise sailing up the Thames in **Kingston-upon-Thames**, and drift away. You can enjoy lunch along the river, at the Riverside Vegetaria, or pick up Japanese treats at Wagamama. If you are short on time, you could pop into Food For Thought for snacks.

To get away from it all, Claridge House is a Quaker centre retreat in the small village of Dormansland.



## Claridge House

Quaker centre standing in two acres of beautiful gardens in the small Surrey village of Dormansland. There are twelve rooms; three singles at £50 per night and nine twins at £50 per person per night. Prices are for full board which includes all meals. You will get a £10 reduction if only B&B is required. A mid week break (Mon–Fri) with full board £98–160 per week.

A light breakfast is served and includes a selection of cereals, muesli, soya yoghurt and fresh bread. Gluten free and vegan muesli is available, as well as soya milk and vegan margarine. Dinner is a main course with vegetables followed by a dessert. What is served depends on the dietary needs of guests. Let them know when booking if you are vegan or on a special diet.

Courses are run at weekends on a variety of subjects. The house is open to anyone who is seeking healing, rest or renewal as the emphasis is on spirituality, not on religion. This unique centre offers a sanctuary away from the stresses of every day life or it could act as a bridge between hospital and home.

The house is well situated for exploring the surrounding areas of Surrey, Sussex and Kent. There are more than a dozen National Trust and private properties and gardens open to the public within easy reach. There are also miles of attractive walks in the immediate vicinity.

Two guest lounges and a Quiet Room. Rooms have washbasins and tea and coffee making facilities. Good disabled access to four ground floor rooms, two of which are purpose built. No TVs.

### Lingfield

Vegetarian guest house & retreat centre

Dormans Road  
Dormansland  
Lingfield  
Surrey RH7 6QH

Tel: 01342–832 150

Fax: 01342–836 730

[www.claridgehouse.quaker.eu.org](http://www.claridgehouse.quaker.eu.org)

Email: [welcome@claridgehouse.quaker.eu.org](mailto:welcome@claridgehouse.quaker.eu.org)

Train Station: Lingfield, 1 mile, then bus or taxi, or they can pick up with prior notice.

Open: all year

Directions:

From M25: leave at Junction 6 (A22) following signs to East Grinstead. At Blindley Heath turn left to Lingfield on B2029.

From M23: leave at Junction 10 (following signs to East Grinstead. At the second roundabout turn left to Lingfield (B2028).

From Lingfield: about 1/2 mile out of Lingfield, past the racecourse on your right, you will go under a bridge. About 1/4 mile after the bridge, fork right along Dormans Road.

Claridge House is situated on the left just before the 30mph sign.

Parking: available

No children or pets.

No smoking throughout

### Camberley

#### Tekels Park

Vegetarian guest house & study centre

Tekels Avenue, Camberley, Surrey, GU15 2LF  
Tel: 01276–23159  
Fax: 01276–27014  
Open: all year, except Christmas  
[www.tekelspark.co.uk](http://www.tekelspark.co.uk)  
[gthouse.tekels@btclick.com](mailto:gthouse.tekels@btclick.com)  
Train Station: Camberley, one mile

Theosophical Society owned guest house with twenty two rooms comprised of singles, twins and doubles, from £35 per person per night. Evening meal with advanced notice, from £8 for one course. Children by arrangement. No pets. Disabled access. No smoking.

### Croydon

#### Pizza Express

Omnivorous pizza chain

3 South End, Croydon CR0 1BE  
Tel: 020–8680 0123  
[www.pizzaexpress.co.uk/rest/rd200.htm](http://www.pizzaexpress.co.uk/rest/rd200.htm)  
Open: Daily, 11.30–24.00

Vegan-friendly pizza chain. This branch offers Redwood's melting Cheezly and Cheatin' ham available on request when booking. Child-friendly with high chairs.

#### Shakeaway

Milkshake chain

1150 (1st Floor), Whitgift Centre,  
Croydon CR0 1XB  
Tel: 020–8686 3222  
[www.shakeaway.com](http://www.shakeaway.com)

Milkshake chain with huge range of flavours, including 30 vegan ones made with organic soya milk and/or vegan ice-cream.

### Gomshall

#### Blubeckers

Omnivorous restaurant

Gomshall Mill, Gomshall, Surrey GU5 9LB  
Tel: 01483–203 060  
[www.blubeckers.co.uk](http://www.blubeckers.co.uk)  
[gomshall.blubeckers@btopenworld.com](mailto:gomshall.blubeckers@btopenworld.com)  
Open: every day 12–14.30,  
17.30–22.00 (Fri–Sat –22.30)

Omnivorous restaurant with at least half a dozen vegetarian main dishes from £10, some of which can be made vegan. No vegan desserts. Smoking section. House wine £9.95 bottle, from £2.65 for a glass. For children, high chairs, balloons and crayons! Some outside seating. Credit cards ok. Big white building on the A25, between Guildford and Dorking.

### Guildford

#### The Beano

Vegetarian lunch restaurant

1st floor, Guildford Institute, University of Surrey, Ward St, Guildford GU1 4LH (off North St, opposite the library)  
Tel: 01483–562 142  
Open term time: Mon–Fri 10–14.00, lunch 12–14.00, also first Sat in the month 12–14.00.

Home made vegetarian and vegan food, e. Soup £2.10, main meals £2.95 such as Spanish chickpeas ratatouille, butter-bean bake. Desserts £2.10 include apricot, banana and almond syllabub or apple and rhubarb crumble. No smoking. Children welcome, high chairs. House wine £1.70 glass, about £8.50 bottle. Art exhibitions on the walls. Can get extremely busy. You can also visit the historic library in the same building.

## Guildford

## Wagamama

Omnivorous Japanese restaurant

25–29 High Street, Guildford GU1 3DY  
Tel: 01483–457 779  
www.wagamama.com  
Open: Mon–Sat 12–23.00 Sun 12.30–22.00

See entry under Manchester for menu details

## Kingston-upon-Thames

## Riverside Vegetaria

Vegetarian restaurant

64 High Street, Kingston-upon-Thames  
Tel: 020–8546 7992  
www.rsveg.plus.com  
Train: Kingston BR  
Open: Every day 12–23.00 (Sun to 22.30)

Superb riverside vegetarian restaurant by the Thames. In warm weather you can eat under the sky. 70% vegan including some awesome desserts. Starters £4.25–£5.50. Main dishes £6.50–£8.50 include masala dosa, tofu marinated in teriyaki sauce, mushroom and lentil bake; all served with veg, salad and/or rice. Organic and vegan wines. 10% discount for Vegetarian and Vegan Society members. Booking advised for weekends and outside.

## Shakeaway

Milkshake chain

15 Thames Street, Kingston KT1 1PJ  
Tel: 020–8392 0092  
www.shakeaway.com

See Croydon for details. (previous page)

## Wagamama

Omnivorous Japanese restaurant

16–18 High Street, Kingston-upon-Thames  
Tel: 020–8546 1117. www.wagamama.com  
Train: Kingston BR  
Open: Mon–Sat 11–23.00, Sun 12.30–22.30

Omnivorous fast food Japanese noodle bar with at least nine veggie and vegan dishes. See entry under Manchester for menu details.

## Food for Thought

Wholefood shop

38 Market Place, Kingston KT1 1JQ  
Tel: 020–8546 7806  
Open: Mon–Sat 9–17.30

Wholefood shop with plenty of staples like dried fruit, nuts, seeds, pulses etc. plus supplements, aromatherapy, skin-care ranges and homeopathic remedies.

## Richmond

## Tide Tables

Vegetarian cafe

2 The Archways, Richmond Bridge, Richmond  
Tel: 020–8948–8285  
Train: Richmond BR  
Open: every day, daylight hours. Phone ahead in winter as they close if weather is bad.

Under the arch of a bridge near the town centre, with beautiful views of the Thames, a riverside terrace and outside seating in summer. Open for breakfast, lunch and tea. Vegan soup, spinach pastie with salad, stuffed focaccia, falafels and vegan shepherdess pie with salad, from £2.20 to £5.90. Handmade organic cakes. Hot and cold drinks and free corkage. Child and dog friendly, high chairs. Smoking outside. No cards.

## The Green Cafe

Vegetarian cafe

29 The Green, Richmond TW9 1LX  
Tel: 020–8332 7654  
Open: every day 9–18.00

Similar to Tide Tables, on picturesque, historic Richmond Green tucked behind the main high street, with outside seating. This one is more of a specialist juice bar. Smoothies £3, fresh fruit and veg juices £2.50, wheatgrass available. Always have soya milk. Also salads, stuffed pitta, soups. Very child friendly but no high chairs as less seating. Smoking outside only. No cards.

## Hollyhock Cafe

Vegetarian cafe

Petersham Road, Richmond TW10 6UX  
Tel: 020–8948 6555  
Train: Richmond BR  
Open: Easter–Autumn half term, every day, daylight hours. Closed in Winter.

In the middle of a park overlooking the Thames. Breakfasts, salads, baked dishes, juices, smoothies, (soya) cappuccino. Very child friendly, high chairs, parents sit on the verandah while kids play on the grass.

## Oliver's Wholefood Store

Wholefood shop

5 Station Approach, Kew Gardens, Richmond  
Tel: 020–8948 3990  
Tube/train: Kew Gardens  
Open: Mon–Sat 9–19.00, Sun 10–19.00

Veggie and vegan sandwiches, pastries, salads, seaweed rice snacks and wraps. Organic fruit and veg. Vegan wines. Nutritionist and beauty therapist, regular lectures in-store.

## South Croydon

## Veggie One

Vegetarian Chinese restaurant

322 Limpsfield Road  
Sanderstead, South Croydon CR2 9BP  
Tel: 020–8651–1233  
Train: Sanderstead  
Open: Tues–Sun 18–23.00, closed Mon

Vegetarian Chinese restaurant and take-away, GM free and completely organic. All their dishes are vegan except the egg fried rice. Evening meal £10–15 per person. Starters like crispy aromatic “duck”, tempura vegetables £1.80–£6.00. Mains £2.00–£5.50 include aubergine and bean casserole, vegan pork, vegan fish, abalone mushrooms with sesame. 8 desserts £2.50–4.50 such as toffee apple, toffee banana, mango pancake. They want to promote health, so it's smoke-free, but they do sell alcohol. Cheque or cash only.

## Thornton Heath

## Santok Maa's

Vegetarian Indian restaurant

848 London Road, Thornton Heath  
Tel: 020–8665–0626  
Train: Thornton Heath, Norbury  
Open: Thu–Tue 12–22.00. Closed Wed.

North and South Indian vegetarian restaurant and take-away, with some Chinese dishes that use Indian spices like stir-fries. Nearly 100 veggie and vegan dishes. Starters average £2.95, main courses £3.95 and rice £1.75. Desserts from £1.50 but no vegan ones. Bring your own wine, £1 per person corkage. Special offer on Monday, all food half price excluding dessert and take-away. Visa, MC, Amex.

## Thornton Heath

## Swad

Vegetarian Gujarati Indian restaurant

850 London Rd, Thornton Heath CR7 7PA

Tel: 020-8683 3344

Open: Mon-Fri 9-21.00, Sat-Sun 10-22.00

Buffet £5-6 12-15.00. Wine £8-10. Children welcome, high chair. No smoking. MC, Visa. Outside catering up to 2,000 people.

## Holland &amp; Barrett

Health food shop

19 Grace Reynolds Walk, Camberley

Tel: 01276-64043

185 High Street, Dorking

Tel: 01306-889 654

1098-00 The Mall, Whitgift Centre, Croydon

Tel: 020-8681 5174

Open: Mon-Sat 10-17.30, Thu until 20.00,

Sun 11-17.00

Unit 44, Ashley Centre, Epsom

Tel: 01372-728 520 Open: Mon-Sat 9-17.30,

Sun 10-16.00

Unit 3, Friary Centre, Guildford

Tel: 01483-537 207

12-13 Apple Market, Kingston

Tel: 020-8541 1378

Open: Mon-Fri 9-17.30, Sat 9-18.00, Sun

11-16.30

68 High Street, Reigate

Tel: 01737-248 260

50a George Street, Richmond

Tel: 020-8940 1007

Open: Mon-Sat 9-17.30, Sun 11.30-16.30

213 High Street, Sutton

Tel: 020-8642 5435

Open: Mon-Sat 9-17.30, Sun 11-16.00

13 King Street, Twickenham

Tel: 020-8891 6696

27 Wolsey Walk, Woking

Tel: 01483-772 978

Unit 20, The Swan Shopping Centre,

Leatherhead

Tel: 01372-378 682

Unit 20, Swan Shopping Centre, Leatherhead

Tel: 01372-378 682

50 London Road, Morden

Tel: 020-8685 0375

This county has a prime location, perched on the southern shore of England, overlooking the beautiful English Channel. The very veggie-friendly Brighton is an absolute must-see in nearby East Sussex, but if you have more time, a side trip to either Arundel or Chichester is recommended.

Arundel, in the southwestern corner of the county, has a grand castle with a gothic interior jam-packed with Van Dyck, Gainsborough, and Reynolds paintings. Entrance is £11 for adults, or £6.50 to stroll the grounds only. If you come to Arundel, you can dine in Pizza Express, an omnivorous pizza chain in a beautiful historic building.

Chichester, further west, was founded by the Romans and by following the city walls and Roman street plan, you can enjoy a relaxing walk. For more history, head to Chichester Cathedral where you can see the Roman mosaics uncovered during restoration works, and a stunning stain glass piece by Chagall. St. Martin's Organic Tea rooms offers traditional high tea - veggie style - to visitors to this neck of the woods. For an inexpensive casual lunch, try Cafe Paradiso. They serve simple, light lunches for most special diets, and is quite inexpensive.

346 Arundel

346 Chichester



# West Sussex

## Arundel

## Pizza Express

Omnivorous pizza restaurant

33 High St, Arundel, W Sussex BN18 9AG.  
20 minute walk from Arundel station on the Victoria to Portsmouth train line. Off the A27  
Tel: 01903 885 467  
Open: 11.30–23.00

This vegan-friendly pizza restaurant is in a Grade II listed building with exposed wooden beams and a 15th century painting on the olde worlde wall and views of other historic buildings including the Gothic cathedral.

## Chichester

## St. Martin's Organic Tearooms

Organic tea rooms

3 St. Martins Street, Chichester  
Tel: 01243-786 715  
www.organictearooms.co.uk  
Open: Mon-Sat 9-18.00

Wholefood tearoom selling English food in the attractive Chichester town centre, near the cross. All veggie cuisine, apart from one salmon dish. There are several types of vegan soup, priced around £4, including broccoli, mushroom, and tomato. Salads, potato cakes, and sandwiches are also offered.

Drinks include freshly squeezed juice, vegan smoothies, coffees, and hot chocolate. Soya milk is not available, but they have organic oat milk and make 'oataccinos'.

The menu clearly lists all ingredients and amount of calories for individual dishes. All food is low in fat.

## Cafe Paradiso

Vegetarian cafe

9 Priory Lanes, Northgate, Chichester  
Tel: 01243-532 967  
Open: Mon-Sat 9-17.00

Vegetarian cafe with salads, from £3.85 eat in, £2.60 take-away. Mains £4.50-5.50, such chili, curries, falafels. Cater for vegans and coeliacs. Licensed. No smoking throughout. Cash and cheque only.

## GNC

Health food shop

66 South Street, Chichester PO19 1EE  
Tel: 01243-532775

## Holland &amp; Barrett

Health food shop

17 London Road, Bognor Regis  
Tel: 01243 830354

71 Church Walk, Burgess Hill  
Tel: 01444-242 724

19 North Street, Chichester  
Tel: 01243-778 898

Unit 6, County Mall, Crawley  
Tel: 01293-565 913

Swan Walk, West Street, Horsham  
Tel: 01403-274 353

123 The Street, Rustington  
Tel: 01903-784101

Accommodation	349
Cowes	350
Freshwater	350
Godshill	350
Newport	350
Ryde	350



# The Isle of Wight

Just below Southampton and Portsmouth, in the centre of the south coast of England, is the Isle of Wight, the perfect escape from the mainland.

The entrance to this island is Cowes, at the northern tip. Queen Victoria and Prince Albert spent most vacations here after purchasing the magnificent residence Osborne House, of which she said "It is impossible to imagine a prettier spot." After Albert's death in 1861, Queen Victoria moved here to mourn, until her own death in 1901. Admission is £8.50 adults, £6.40 concessions, £4.30 children, family ticket (2 adults and 3 children) £21.30. Reduced rates for viewing the grounds only.

### Passenger and Car Ferries

Wightlink: Portsmouth to Ryde/Fisbourne and Lymington to Yarmouth  
National rate 0870 582 7744  
Portsmouth 02392-827 744  
www.wightlink.co.uk

Red Funnel: Southampton to Cowes  
023-8033 4010  
www.redfunnel.co.uk

Hovertravel: Southsea to Ryde (foot passengers only)  
Southsea 02392- 811 000  
Ryde 01983-811 000

Island Line: railway from Ryde to Shanklin  
Ryde 01983-811000  
Southsea 023-9281 1000

### General Information about the Island

www.islandbreaks.co.uk  
01983-813 818

## Brambles

A warm, friendly welcome from John and Angela awaits you at the Isle of Wight's only vegan bed and breakfast. Brambles is set in a quiet location only five minutes walk to miles of sandy beaches. All four bedrooms are ensuite: two twin for £25 per person per night; two double £24 per person, one of which can also be a family room. Single occupancy is £28. Cheaper rates may be available for week-long stays.

Breakfast begins with fresh fruit juice, cereal with soya or rice milk, soya yoghurt and fresh or dried fruit, followed by French bread or toast, and warm scones or soda bread with a selection of preserves. A cooked breakfast is available for £3.50 and could be veggie sausages, marinated mushrooms, tomatoes and toast. Various teas, coffee and Barleycup are available.

Dinner is available by request for £12.50 and could be potato wedges with Scorialia dip, followed by Special Occasion Tofu with basmati rice and fresh green salad. For dessert, there is Chocolate Orgy Pudding. Bring your own wine. Open to non-residents for dinner too. They can also make you a packed lunch for £4.50 which includes sandwiches, fruit juice or flavoured soya milk, fruit and a flapjack. 50-100% of the food is organic.

Shanklin town centre is only five minutes from Brambles, and has many interesting shops and a lively theatre. It is an ideal location for ramblers and cyclists who will enjoy the magnificent countryside.

Tea and coffee making facilities, televisions, clock radios and hairdryers in the rooms. The guest lounge has a remote controlled TV.

## Isle of Wight

### Vegan bed and breakfast

10 Clarence Road  
Shanklin  
Isle of Wight PO37 7BH  
England

Tel: 01983-862 507

freespace.virgin.net/  
brambles.vegan

Email: vegan.brambles  
@virgin.net

Train Station: Shanklin, five  
minutes walk

Open: May-Sept

Directions: for foot passengers travelling from Portsmouth via Wightlink or from Southsea via Hovertravel, the Island's railway runs from Ryde through to Shanklin

Parking: available on road

Adults only

No smoking throughout

No pets

10% discount given to members of the Vegetarian Society, Vegan Society, Viva!, PETA, Animal Aid and people presenting this book, for stays of one week or more

**Cowes****Cowes Health Food**

Health food shop

8 High Street, Cowes. Tel: 01983-282 070  
Open: Mon-Sat 9-17.00**Prime Foods**

Health food shop

62 High Street, Cowes.  
Tel: 01983-291 111  
Open: every day 11-18.00, sometimes later  
and around the clock during Cowes week.**Freshwater****Dimbola**

Vegetarian tea rooms

Dimbola Lodge Museum, Terrace Lane,  
Freshwater PO40 9QE  
Tel: 01983-756 814  
www.dimbola.co.uk  
Open: Tue-Sun 10-17.00, also Mon in school  
holidaysLight meals around £5 such as soups,  
chips, cakes (some vegan) and veggie  
specials. No alcohol. No smoking. Visa,  
MC. Dimbola Lodge is the former home  
of one of the first Victorian lady photog-  
raphers. The centre contains galleries, a  
camera museum, studio, dark room,  
and they run courses. Admission £4  
adults, under-16 free. You don't have to  
go in to use the tea rooms.**Godshill****Godshill Organics**

Health food shop

Yard Parlour, Newport Road, godshill  
Tel: 01983-840 723**Newport****Quay**

Mostly vegetarian cafe

Quay Arts Centre, Sea Street, Newport PO30  
8BD. Tel: 01983-530055  
Open: Mon-Sat 9.30-16.30, evenings if  
events on, closed SunVegetarian or vegan main course  
£4.95-6.25 such as nut roast. Cakes  
include vegan date oatie and flapjacks.  
House wine £9.25, glass £2.50.  
Children welcome, high chairs. MC,  
Visa over £10. No smoking.**Ralph's Health Foods**

Health food shop

64-65 St. James Street, Newport  
Tel: 01983- 522 353 / 528 627  
Open: Mon-Fri 8.30-17.30, Sat -17.00,  
closed SunLots of vegetarian pasties, plus Swedish  
Glace and Tofutti vegan ice-cream.**Ryde****Beijing Palace**

Omnivorous Chinese restaurant

Appley Rise, Ryde PO33 1LE  
Tel: 01983-811 888  
Open: Daily 12.00-14.30, 18.00-24.00Vegetarian and vegan dishes include  
Peking spring rolls £2.20, Szechuan  
Kung-Po bean curd £4.30, sweet & sour  
veg £4.20, vegan fried rice noodles.  
Children welcome, high chairs.**Holland & Barrett**

Health food shop

52 Upper St. James Street, Newport  
Tel: 01983-522 121

1 High Street, Ryde. Tel: 01983-565 257

Wiltshire is a relatively unknown county, which is surprising considering that it is home to one of the most magical and mysterious wonders of the world, Stonehenge. But Wiltshire's allure does not end there, it also has Silbury Hill, Europe's largest man-made prehistoric mound, and Britain's largest burial chamber, the West Kennet Long Barrow. In the summer months crop circles appear in the fields.

The county is dominated by the beauty of nature: rolling hills, valleys and picturesque stone cottages cover the landscape. More than half of the county has been designated an Area of Outstanding Natural Beauty. The Kennet and Avon Canal makes an excellent circular route for exploring on foot or bicycle and you can enjoy the hospitality of Bradford Old Windmill, a veggie-friendly bed and breakfast in a quiet corner of Bradford-on-Avon.

If you have time to linger in Wiltshire, a tour of Salisbury is highly recommended. The towering spires of Salisbury Cathedral and the ancient hillfort, Old Sarum, will not fail to impress. Pop into Salisbury Health Foods if you need a snack, or a treat - they sell a variety of vegan ice creams.

If all this sight-seeing make you ravenous, be sure to visit the National Trust's Circle Restaurant in Avebury, which serves vegetarian lunches with a little piece of history, literally! The building is actually made from the same sarsen stone as nearby Stonehenge.

352	Accommodation
353	Avebury
353	Devizes
353	Marlborough
354	Salisbury
355	Swindon



# Wiltshire

## Bradford Old Windmill

Bed and breakfast in a converted windmill hidden away amongst the trees with a vegetarian proprietor. There are three rooms, all double ensembles from £69–£109 per room per night. All have their own unique features such as the Damsel room with its queen sized water bed and whirlpool bath, the round bed in the round Great Spur room and the Fantail suite with its spectacular views.

Of their seven breakfast choices, six are vegetarian such as devilled mushrooms on wholemeal muffins. Soya milk and vegan margarine are available. 95% organic.

Dinner is offered for £22 per person on most nights and will be a veggie adaption of a recipe collected from Mexican, Thai, Nepalese, Gambian or Jamaican cuisine. 80% organic. Nearby Bath (eight miles away) also offers restaurants serving plenty of veggie food.

Bradford on Avon is an unspoilt town with many charms, like secret courtyards and overflowing gardens viewed from narrow alleyways between weavers' cottages and clothiers' mansions.

Nearby attractions include the Kennet and Avon canal, the cities of Bath, Glastonbury and Wells, Cotswold villages, the stone circles of Avebury and Stonehenge, Wookey Hole caves and the Forest of Dean.

Curl up on the sofa in the circular lounge and enjoy a log fire on cold winter nights.

Televisions and tea and coffee making facilities are in the rooms.

### Bradford on Avon

Omnivorous bed and breakfast

4 Masons Lane  
Bradford on Avon  
Wiltshire BA15 1QN  
England

Tel: 01225-866 842  
Fax: 01225-866 648

www.  
bradfordoldwindmill.co.uk  
vegbritain@  
bradfordoldwindmill.co.uk

Train station: Bradford on Avon, 1/4 mile, then taxi.

Open: March–December (incl.)

Directions: On A363 from north find mini roundabout by Castle pub. Take Masons Lane down hill towards town centre. Turn left after fifty metres into private unsigned drive immediately before and beside first roadside house.

Parking: available

Children over six years are welcome

No smoking throughout

Visa, MC

### Avebury

## The National Trust Circle Restaurant

Vegetarian restaurant

High Street, Avebury SN8 1RF  
Tel: 01672-539 514

www.nationaltrust.org.uk

Open: April–Oct every day 10–18.00; Oct–Mar every day 10–16.00; Closed Xmas Day

Vegetarian and vegan restaurant in a 19th century stable block built of the same sarsen stone as the adjacent megalithic stone circle. Menu changes every month, with main courses £5.25–£5.95 including salad. Soup and roll, £3, is always vegan and gluten free. Fruit wine, beer and the usual hot beverages. One highchair. Wheelchair access and disabled toilet.

### Devizes

## The Bistro Cafe

Daytime vegetarian cafe, evening omnivorous restaurant

7 Little Brittox, Devizes SN10 1AR (just off the market place)

Tel: 01380-720043

Bistro: Tue–Sat 19–21.30 ish (last orders)

Cafe: Mon–Sat 10–15.00

It's a vegetarian cafe by day, an omnivorous bistro by night that caters for veggies and vegans, run by cookery-writer and tv chef Peter Vaughan (the Dinner Doctor on Channel 5).

Falafels with organic pitta £5.95. Vegetarian sausages and mashed celeriac and caramelised red wine sauce £6.95.

Evening omnivorous 2 course menu £17, 3 courses £21.95, always a couple of vegan and veggie dishes.

Desserts £4.95 including many vegan such as warm banana and lemon cake with raspberry soya ice-cream, tarte tatin with cinnamon soya cream, marinated strawberries with rosehip syrup and sorbet.

Vegan house wine £3.95 glass, £12 bottle. No smoking. Children welcome, high chairs.

Private dining room for parties of 14–24 any night with prior booking, great for parties.

## The Healthy Life

Vegetarian natural foods shop

4 Little Brittox SN10 1AR  
Shop open: Mon–Sat 9–17.30

Specialising in wholefoods, local and fair trade produce, artisan breads used in the bistro. Environmentally friendly household products. Home brew kits. Greengrocer next door. MC Visa.

### Marlborough

## Applebys

Vegetarian cafe

5 Old Hughenden Yard,  
Marlborough SN8 1LT  
Tel: 01672-515 200  
Open: Mon–Sat 8.30–17.00

Vegetarian café with hot lunches £6.50 or cold lunches with salad £5.30. Also on offer, quiches, soups £2.80, sandwiches £2.80–£3.90 and salads £3.75. Teas £1.20 pot, cappuccino and lattes, £1.50. Cakes are £1.40–£2.50. Children's sandwiches, 2 high chairs. No smoking. Visa, MC accepted.

## The Swan Inn

Omnivorous pub

Wilton, Near Marlborough SN8 8SS  
Tel: 01672-870 274

Homely and friendly pub with a choice of vegan dishes and a nice outside seating area. You can make it a stop on the circular walk

**Salisbury****Yummy Express**

Chinese take-away

127 South Western Rd, Salisbury  
(right by the railstation)  
Tel: 01722-411422

Veggie options include several beancurd dishes, mixed veg in black bean sauce, Kung Po veg, stir-fried broccoli in garlic, vegan pancake rolls, Singapore fried noodles (can be without egg). You can get a 2-person meal like spring rolls, a couple of main dishes and a couple of plain rice portions for under £13.

**Anokaa**

Omnivorous Indian restaurant

60 Fisheron Street, Salisbury, SP2 7RB  
Tel: 01722-414142

Excellent up-market new Indian restaurant and takeaway. Portions aren't huge, but the flavour is fantastic. Some vegan options include baby aubergines with a peanut and sesame sauce served with saffron rice £8.25; Ramish, asparagus and broccoli with sweetcorn and green chillies, with steamed rice £8.50; Aloor Bhaigon, new season baby potatoes and aubergine with fruity sauce and fresh spices, with saffron rice. Indian runner beans in spices and spinach £3.10. Excellent tandoori roti bread (without melted butter). Small smoking section.

**Shah Jahan**

Omnivorous Indian restaurant

111-113 South Western Rd, Salisbury  
Tel: 01722-328120

A more regular but nevertheless high quality Indian restaurant. Main dishes are cooked in vegetable oil, but breads

and rices may use butter ghee. They will do vegetarian versions of the common main dishes even though not listed, e.g. vegetable Ceylon, Madras. Take-aways are good value, free popadums and usually a free side dish (make sure it's veggie though!)

They do good chapattis and will happily do Tandoori roti (ask for no added butter if vegan) even though they are not on the menu. Smoking allowed.

**Pizza Express**

Omnivorous pizza restaurant

50 Blue Boar Row, Salisbury SP1 1DA  
Tel: 01722-415 191  
Open: every day 11.30-24.00

**Chang Thong**

Omnivorous Thai restaurant

14 Ox Row, Market Square,  
Salisbury SP1 1EU  
Tel: 01722 328923  
Open: 12-14.00, 18-23.00

New restaurant where Berli's vegan place used to be. Children welcome. Smoking allowed.

**Salisbury Health Foods**

Wholefood shop

15 Queen Street, Salisbury  
Tel: 01722-335 965.  
Open: Mon-Sat 9-17.30

Wholefood shop with lots of take away foods including vegan Clives pies, vegan ice-cream, cakes and Redwood range. They also carry gluten free foods, supplements, chiller and frozen foods and dairy-free produce.

Salisbury also has two organic fruit and veg stalls on the market every Tuesday, as well as an organic bread stall. Some of these are also in the Saturday market.