

## VEGETARIAN HEAVEN !!

This is the most comprehensive vegetarian guidebook in the world, carried and relied on by tens of thousands of London vegetarians, and recommended by all the leading vegetarian organisations and magazines.

It's also handy for meat reducers, business entertaining and will massively up your chances when dating a veggie or vegan.

### Featuring...

**145 vegetarian restaurants and cafes and 27 vegetarian take-aways across the capital** including ...

18 vegetarian restaurants within 10 minutes walk of Oxford Street

4 vegetarian restaurants and cafes in Covent Garden

**38 all-you-can-eat veggie buffets under a tenner**, some under £6

238 more restaurants with big vegetarian menus

300 wholefood and green shops

Maps, features on vegetarian living, photos, accommodation

See how many restaurants, cafes and take-aways are in your area:

	<b>Vegan</b>	<b>Veggie</b>	<b>Omni</b>	<b>Shops</b>	<b>Page</b>
<b>Soho &amp; W1</b>	<b>8</b>	<b>11</b>	<b>32</b>	<b>23</b>	49
<b>Covent Garden</b>	<b>1</b>	<b>3</b>	<b>10</b>	<b>13</b>	72
Bloomsbury	2	3	10	2	88
Euston	2	4	4	4	106
The City	2	7	14	10	128
South Bank	-	1	17	2	142
East End	5	15	29	51	153
North	6	24	44	62	195
South	4	23	36	71	265
Sloane Zone	1	1	15	21	320
West	2	47	37	53	332
<b>TOTAL</b>	<b>33</b>	<b>139</b>	<b>244</b>	<b>312</b>	

For what's new in this edition, see page 8

"For people living in or visiting the capital, this book is more important than the A-Z."

The Vegetarian Society

# Vegetarian London

6th edition



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\* indicates a VEGGIE HOTSPOT with a high concentration of dining and shopping.

(MAP) indicates a local map showing restaurants, shops and anything else we liked.

See also the inside front cover for the master map of London's veggie areas.

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For latest openings visit  
[www.vegetarianguides.co.uk/updates](http://www.vegetarianguides.co.uk/updates)



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**THANK YOU!!!**

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## INTRODUCTION



Some people think it's hard to eat vegetarian, vegan, or just less meat and dairy and more of the good stuff.

But with this guide in your pocket or bag it's going to be really, really easy, tasty, inexpensive and heaps of fun.

Whether you care for animals, health, the environment, or relentless self-indulgence, enjoy eating and shopping your way around London's 145 veggie restaurants and 300 wholefood and cruelty-free shops.

Alex Bourke  
Founder, Vegetarian Guides

Favourite cafe: **Beatroot**  
Favourite restaurant: **VitaOrganic**  
alex@vegetarianguides.co.uk

## NEVER OUT OF DATE !

### PRINTABLE UPDATES TO VEGETARIAN LONDON

[www.vegetarianguides.co.uk/updates](http://www.vegetarianguides.co.uk/updates)

Features about veggie travel  
Extracts from Vegetarian Guides  
Vegetarian Festivals Calendar  
Overseas veggie travel websites



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## My Favourite Veggie Table

Some of London's most popular V-Listers reveal where they hang out and what keeps them veggie.



flavourphotos.com

### Benjamin Zephaniah Poet & TV Presenter

My favourite place to eat in London is **Chawalla's** in Green Street, full of Indians, the real taste of authentic south Indian, but they also have burger and chips if you want it.

I'm a vegan because I will not eat my friends, vegetables are sexy and vegans are great lovers (I've been told).

[www.benjaminzephaniah.com](http://www.benjaminzephaniah.com)

## What's new in this edition

These are just the veggie places. There are lots more new omnivorous entries too that cater well for veggies and vegans. (V) = vegan

### CENTRE

Buddha Cafe (V)  
Buffet V (V)  
Gi Gi Hut (V)  
Greens & Beans  
Saf (V)  
Sagar  
Tai Express (V)  
Tai Piccadilly (V)  
Veg Theobalds (V)  
VitaOrganic (V)

### EAST

Amita  
Chennai  
Chennai Dosa  
Gossip  
Hornbeam  
Rainforest Creations  
Rootmaster (V)  
Saravana Bhavan

### NORTH

Green Note  
InSpiral Lounge  
My Village  
Straw Bale Cafe  
Woodlands

### SOUTH

Cafe Crema  
Courtyard Cafe  
Lorentson's  
Pulse  
Saravana Bhavan  
Spirited Palace (V)  
Spring Gardens Cafe  
Synergy Centre

### WEST

Bush Garden Cafe  
Celebration  
Chhappan Bhog  
Chennai Dosa  
Delhiwala  
Dosa Junction  
Mr Man  
Mayura  
Sagar  
Sanghamam  
Saravana Bhavan  
Satyam  
Tamu Tamu  
Udupi Palace

### BODYCARE

B  
Helios  
Lush  
Neal's Yard  
Apothecary

### FOOD SHOPS

Ambala  
Earth Natural  
The Grocery  
Julian Graves  
Mother Earth  
My Village  
Revital  
Simply Natural  
Total Organics  
Wholefoods Market  
Wholsum  
Unpackaged  
Zelda's Pod

### HAIRDRESSER

Daniel Field

### SHOE SHOPS

Birkenstock  
Crocs  
Equa  
Natural Shoe Store  
Stella McCartney

### VEGGIE PAGES

Directory  
Raw  
Shoes  
Wine  
Festival Calendar  
Chains

(V) vegan place