

SOHO

Central London

Soho, the area to the south of Oxford Street, is the place for meeting friends in central London. There are theatres, cinemas, fashion shops, Trafalgar Square, the National Gallery, and some terrific vegetarian cafes and restaurants.

The map shows vegan places in pink, vegetarian in green, omnivorous in blue, and shops in orange, many new in the last few years. Most offer take-away at lunch time, perfect for a warm day in one of the parks or squares.

We can hardly contain our excitement at the opening of **Soho Vegan Market**, every Monday lunchtime, with around a dozen food stalls.

Vantra, in Chinatown at the south end of Wardour Street by Leicester Square, is Soho's only 100% vegan restaurant. It's also our favourite vegan restaurant in London, and the healthiest, with a sumptuous self-serve Asian and raw buffet for a reasonable £1.80 per 100 grams. And they have wine and raw vegan cakes.

Trailblazing **Yorica** on Wardour Street is the UK's first vegan ice cream parlour, and they also do pancakes.

Govinda's Hare Krsna restaurant does a great-value vegan Indian platter.

Top veggie cafes: **Veggie Pret** was the

first 100% vegetarian branch of Pret A Manger, great for grab and go food or a coffee meet with a friend. For a leisurely latte try **Chai by Mira**, perhaps after a drop-in yoga class next door at Triyoga.

Vegetarian sit-down restaurants are **Mildreds** with international food and at night a party atmosphere, **Indians Woodlands** and **Saravanaa Bhavan**, and upmarket buffet restaurant **Tibits** (see Mayfair) which has an all vegan buffet on Tuesdays. Also check out **Neat Burger** vegan fast food at Oxford Circus (see Mayfair). Along the north side of Oxford Street (see Fitzrovia) are lots more vegan and vegetarian places to explore.

If you're with carnivorous mates who veto a veggie venue, there's plenty of vegan choice at Korean **Bi Bim Bap**, **Comptoir Libanais**, gluten-free Italian **Leggero**, **Leon**, **Pizza Express** which has vegan cheese, and Japanese **Wagamama**.

Whole Foods Market (previously Fresh & Wild) has moved from Brewer Street to Glasshouse Street. It's a wholefoods supermarket with fridges all along the back wall and several take-away counters at one end. The Oxford Street branch of budget health food chain **Holland & Barrett** has some real bargains for snacks and home cooking. For unpackaged soaps and other cosmetics, and just the aromas as you walk in, visit the **Lush** flagship store on Oxford Street.



Vantra Loungevity

Vegan restaurant

5 Wardour Street W1D 6PB

020 7287 5222

Tu-Sa 12.00-23.00, Su-M 13.00-20.00

Piccadilly Circus, Leicester Square

vantra.co.uk

facebook.com/VantraLondon

London's healthiest restaurant, combining their previous branches Vitao that was in Wardour Street and Vantra in Soho Square, continues their ever popular and unique slow food Asian fusion and living foods buffet from India, China, Japan, Korea, Malaysia and Thailand. It's perfect if you are into raw, macrobiotic or avoiding gluten, sugar or nuts. The guilt-free desserts are heavenly.

The all-day buffet of Asian and organic raw dishes is £1.80 per 100 grams. Dishes include Thai green and Malaysian yellow curries, chili non carne. mushroom stroganoff, moussaka, dim sum, chickpea curry, kimchi, korma, sweet and sour veg, noodles and salads.

Until 5pm you can get a great-value box of food to eat in for £7 small or £8 large. Take-away boxes available all day for 50p less.

Soup of the day £2.50 such as white bean with coriander.

Exquisite raw desserts £3.50-£5.50 taste divine and rich, a natural high demanding to be eaten slowly, such as chocolate brownie, creamy lemon cake, apple pie, blueberry fudge cake, chocolate ganache, raspberry chocolate tart, mango or strawberry cheesecake.

Fresh green coconut £5, take-away £4.50. Juices £3.30-£5.90 (take-away £3.10-£4.80).

Teas and coffee from £2.20, plus caffeine free alternatives such as lucuma or maca hot drinks, add superfoods 80p each. Also enzymatic drinks such as water kefir and kombucha.

Alcohol is all vegan organic with no sulphites. Wines £4.80 small glass, £21-£33 bottle. Sam Smith and other beers £4.80.

Children welcome, high chairs. Events, see website for what's coming. Another branch Vantra Eden in Fitzrovia open M-F 12.00-13.00.

Mildreds, Soho

Vegetarian restaurant

📍 45 Lexington Street W1F 9AN
☎ 020 7494 1634
🕒 M-Sa 12.00-23.00, Su closed
📍 Piccadilly Circus, Oxford Circus
🌐 mildreds.co.uk
facebook.com/mildredsrestaurant

Stylish vegetarian café-restaurant and take-away on two floors. with hip young clientele to match, crowded and enthusiastic. This is the top place in Soho for veggies going out for dinner and a bottle of wine. It can get quite noisy but is lots of fun.

The food is modern European with some Asian influences. Lots of healthy Mediterranean or stir-fry, but you can also have a burger and fries. Nowadays most of the food is vegan or vegan-option.

Mon-Fri lunchtime there is a daily changing self-serve salad bar, large £6.50, medium £5.25, small £4; also hot dishes which change daily such as bakes, stuffed aubergine, sweet potato curry, stir-fry, and burgers, £4.50-7.50. Most of the menu is available as take-away.

Eat in starters £5-£7 such as soup, gyoza dumplings with dipping sauce, or tostada grilled courgettes and aubergine, lettuce, pico de gallo salsa and guacamole.

Many of the main courses £7-£11 are vegan, such as mixed mushroom, porcini and ale pie with mushy peas and fries; stir-fried Asian veg in sesame oil and teriyaki sauce with ginger and fresh chili on organic brown rice, organic marinated tofu and toasted cashews; organic detox salad; fennel and chickpea tagine with date and pistachio couscous.

Desserts £6.50 include banana tofu coconut cheesecake with maple syrup; wild raspberry and dark chocolate truffle; fruit crumble with (vegan) custard or (soya) cream.

Organic smoothies and fresh organic juices £3.75.

Vegan organic wines from £4.75 glass, £17.50 bottle. Vegan organic lagers and ciders. Cocktails.

Optional 12.5% service charge added to bill. No reservations but you can have a drink at the front while you wait. Also take-away. Children welcome, 4 high chairs. Private dining room for 8-14 people upstairs.

Also in Camden, Kings Cross (both North London) and Dalston (East London).





Govinda's



Yorica



Woodlands Piccadilly

Govinda's

Vegetarian Indian restaurant

- 📍 9/10 Soho Street W1V 5DA
- ☎ 020 7440 5229
- 🕒 M-Sa 12.00-21.00, Su 12.00-16.00
- 📍 Tottenham Court Road
- 🌐 iskcon-london.org

Popular, great value vegetarian Indian restaurant and café on the ground floor of the Hare Krishna temple at the eastern end of the Oxford Street fashion mile.

They offer four thalis from £6.95 with five items up to a belt-buster for £13.95 with rice, bean pot, lentil soup, two curries, bread roll, popadom, green salad, pakora and chapati. You can also have individual items 60p-£3.95 such as burger, dal, bean pot, curry, rice, pakora veg fritter, samosa, spring roll, salads (large £5.95) and Indian breads.

Two of the cakes are vegan.

Hot drinks £1.50, they have soya milk. Juices and smoothies £2.25-£2.75.

No eggs, garlic or onion. No alcohol. Children welcome. 15% student discount excluding special offers.

Woodlands Piccadilly

Vegetarian S. Indian restaurant

- 📍 37 Pantom St, London SW1Y 4EA (between Haymarket and south-west corner of Leicester Square)
- ☎ 020-7839 7258
- 🕒 M-Su 12.00-22.30
- 📍 Piccadilly Circus, Leicester Square
- 🌐 woodlandsrestaurant.co.uk

One of three branches in London. Lunch all dishes £5.95, all thalis £7.75.

There is a separate vegan menu featuring 14 starters and snacks £2.25-£5.75 from papadum, lemon or dal soup, to mini uttapam, samosas or cashew nut pakora, or have a platter for two £12.95. 10 main course dosas £4.95-7.25. Three kinds of utthappam lentil pizza £6.75. Thalís £18.50. Side curries £6.75-7.50. Steamed rice £4.25, lemon rice £4.95, roti or two chappatis around £3.

With such an extensive vegan menu, it's a shame there's only one vegan dessert, but then that is one more than in 90% of Indian restaurants, even the vegetarian ones. It's jaggery dosa £5.95, a golden "butter" crepe but made with oil, smothered with warm sugar cone (without ice-cream for vegans).

House wine £4.95-£6.25 glass, £16.25-£25 bottle. Small beer £2.95, large £5.50.

Children welcome, no high chair.

Yorica

Vegan ice-cream & pancakes parlour

- 📍 130 Wardour Street W1F 8ZN
- ☎ 020 7434 4370
- 🕒 M-W 13.00-22.00, Th 11.00-23.00, F-Sa 11.00-24.00, Su 12.00-22.00
- 📍 Leicester Square
- 🌐 yorica.com

Opened in 2016, Britain's first vegan ice-cream parlour also serves frozen yogurt and shakes and is open till midnight on weekends. Come for a decadent treat, or finish up here after a regular restaurant that doesn't do dairy-free desserts.

Ice-cream here is made with rice milk and comes in gluten-free cones £2.15 and three sizes of tub: classic £4.25, big £5.25, and epic £6.25 which they say is great for sharing. You can mix and match flavours such as chocolate, vanilla, strawberry, mango, blackcurrant, melon, moringa, violet, bubblegum, cookies & cream, beetroot & chocolate, chocolate & orange, matcha, or caramel. Then top it off with sprinkles, sauces such as chocolate or raspberry coulis, fruits like blueberries, or dry toppings such as chocolate, soy marshmallows or cookies. Frozen yogurt works the same way except the flavours are vanilla, chocolate, raspberry or matcha.

Design your own shake £6.65 with up to three flavours of ice-cream, topped off with chocolate or coconut whipped cream plus sprinkles, sauce, fruits or drop toppings.

Waffles and crepes £8.95 comes with ice-cream, fruit, cookie crunch, sauces, marshmallow. Waffle or crepe solo £4.50.

Everything is free from wheat, gluten, dairy, eggs and nuts. They have a fridge full of cold drinks in cartons, bottles and cans.

Veggie Pret

Vegetarian cafe & take-away

- 📍 35 Broadwick Street W1F 0DH
(north-east corner of Lexington Street)
- ☎ 020 7932 5274
- 🕒 M-F 06.30-21.00, Sa 08.00-20.00,
Su 09.30-19.00
- 📍 Piccadilly Circus
- 🐾 pret.co.uk

In June 2016 Pret A Manger sandwich shops opened a one month popup vegetarian one in the middle of Soho. It was such a success, with 20,000 customer feedbacks, that they made it permanent and plan to open more. Staff from the nearby Lush flagship store come here to pick up lunch. Vegan food is clearly labelled and there is plenty of it.

Pots and packs £2.25-£4.50 take-away (£2.70-£5.40 eat in), such as Rainbow veggie pot, Asian greens, tapenade and avocado salad with lentils and quinoa, hummus and cucumber on rye, mushroom and avo salad, falafel mezze, Asian tofu salad.

Wraps, sandwiches and subs £2.99-£3.50 (£3.75-£4.50) include African chakalaka beans wrap with coconut yogurt, red pepper, spinach and roasted squash.

Breakfast pots £2.25 (£2.70) like Bircher, cacao orange.

Cakes and croissants are not vegan, but the raw fruits seed bar and chocolatey coconut bite are £1.55 (£1.89).

Cold drinks £99p-£2.79, cold pressed juices £3.49. Teas and coffees £1.49-£2.75 such as coconut milk latte or hot chocolate.

Second branch opened in Shoreditch in 2017, and a third in Exmouth Market.

Soho Vegan Market

Vegan street food market

- 📍 Rupert Street W1D 7PQ
- 🕒 Every Monday 11.30-14.30
- 📍 Piccadilly Circus
- 🐾 facebook.com/sohoveganmarket
instagram.com/SohoVeganMarket

From April 2018, the regular (very meaty) Rupert Street food market went 100% vegan on Saturdays, then relaunched in July 2019 on Mondays. A typical lineup could include Greedy Khao (Thai), Eat Chay (Vietnamese), Young Vegans pies, Pig Out hot dogs, Jake's Vegan Steaks, Lime Hut (Caribbean), Little Leaf pizza, Dough Society donuts, Lele's Vegan Patisserie, Flip 80/20 crepes, Fruity Fresh Smoothies.

V for Vegan Greek food, The Nooch bratwurst hot dogs, Garden of Afriuka Caribbean, The Hogless Roast,

Lil'Falafel

Vegetarian street food stall

- 📍 Street Food Union Market, Rupert Street W1D 7PQ
- 🕒 M-F 11.00-15.00
- 📍 Piccadilly Circus
- 🐾 streetfoodunion.com/traders/lils-falafel
instagram.com/lil_falafel_

The only vegetarian stall at this otherwise very meaty weekday street food market. Vegan falafel and salad in tortilla wrap £6, or in a box. On Mondays the stall goes all vegan as part of Soho Vegan Market.

Jerusalem Falafel

Vegan falafel stall

- 📍 In Berwick Street Market W1
- ☎ 07411 128 115
- 🕒 M-F 11.00-16.00, Sa-Su closed
- 📍 Piccadilly Circus, Leicester Square
- 🐾 jerusalemfalafel.com
twitter.com/JerusalemFalafe

Falafel stall in the fruit & veg street market in the middle of Soho. Falafel wrap (3 pieces) £4, rocket falafel wrap (5 pieces) £5.

Mediterranean Food

Omnivorous salad bar take-away

- 📍 In Berwick Street Market W1
- 🕒 M-F 11.30-14.30, Sa-Su closed
- 📍 Leicester Square, Piccadilly Circus

Beatroot Cafe may have been lost after 18 years to a new hotel development, but at weekday lunchtimes the Berwick Street market still has a falafel stand and this big salad bar, where you can assemble a mix and match take-away box for £4.80 from 20 dishes.

Berwick Street Market

Fruit and veg market

- 📍 South end of Berwick Street W1
- 🕒 M-Sa 09.00-18.00
- 📍 Leicester Square, Piccadilly Circus
- 🐾 thisissoho.co.uk/the-market

Fruit and veg market with bargains in £1 bowls. Also a flower stall and a dried fruit and nuts stall. Combine your shopping with a falafel or salad box lunch.



Mediterranean Food



Soho Vegan Market

Saravanaa Bhavan, Leicester Sq

Vegetarian South Indian chain restaurant

- 📍 17 Charing Cross Road WC2H 0EP
- ☎ 020 7839 8797
- 🕒 M-Sa 12.00-22.30, Su 12.00-22.00
- 📍 Leicester Square
- 🌐 facebook.com/SaravanaBhavanLeicesterSq

Big new Indian vegetarian restaurant opened 2018 on Charing Cross Road, part of a worldwide chain. Same huge menu as their branches in outer London, but this is central London so prices are higher.

The menu marks if dishes are gluten-free, vegan option, or contain nuts. Unfortunately none of the desserts are vegan, which they confirmed to us in writing.

Dosas and uttapam £6.90-£9. Curries and stir-fries £7-£8.90. Rice, noodles and biryanis £3.50-£9.90. Thalys £9, £15.90, £17.90.

Chai by Mira

Vegetarian Ayurvedic cafet & juice bar

- 📍 2nd floor Kingly Court. Kingly Street W1B 5PW
- ☎ Cafe 07479 700604
Yoga 020 3362 3355
- 🕒 M-F 10.00-18.30, Sa-Su 10.00-16.30
- 📍 Oxford Circus, Piccadilly Circus
- 🌐 triyoga.co.uk
chaibymira.com
facebook.com/chaibymira
instagram.com/chaibymira

Mira Manek's veggie oasis is next to the Triyoga centre on the second (top) floor of Kingly Court, a foodie mall between the south end of Carnaby Street and Kingly Street. Take-away food, smoothies, juices, hot drinks.

Savoury bowl £7.50 with quinoa, chickpeas, tamarind tahini, courgetti, beet patties, chickpea crisps, sauerkraut. Lentil coconut soup bowl £6.50 with seeded gluten-free toast. Salted caramel porridge bowl £5.50 with miso caramel, chia berry jam, peanut butter, granola dust. Avocado or beet patties on toast £6.50.

Plant milk of your choice smoothies £6.

Treats like spiced banana bread made with organic spelt flour, chia seeds and coconut oil, try it for breakfast with peanut butter and their homemade chia jam. Saffron key lime and other energy balls.

Lots of chais £3.80 including latte, masala coffee, spicy turmeric, rose, matcha, matcha peppermint, cocoa, rooibos. Peppermint or orange essential oil infusion £3.80. Coffees £1.80-£3.20. Easy tummy tea £2.20 is made of cumin, fennel and carom (Indian herb) seeds.

They sell Ayurvedic and other supplements. Monthly Chai Stories early evening events with a speaker.

Bi Bim Bap

Omnivorous Korean restaurant

- 📍 11 Greek Street W1D 4DJ (behind Foyles bookstore)
- ☎ 020 7287 3434
- 🕒 M-Sa 12.00-15.00, 18.00-23.00, Su closed
- 📍 Tottenham Court Road
- 🌐 bibimbapsoho.com
facebook.com/bibimbap.soho

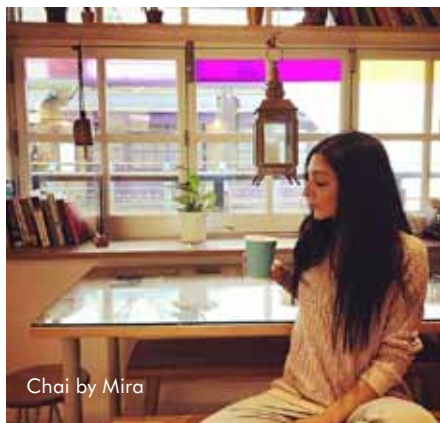
Bibimbap means mixed rice, a traditional Korean bowl of warm white rice topped with namul (sautéed and seasoned vegetables) and gochujang (chili pepper paste). The ingredients are stirred together thoroughly just before eating. It can be served either cold or in a very hot stone bowl with sesame oil at the bottom that turns some of the rice golden brown and crispy.

Mixed mushroom bi bim bap £8 comes in a hot stone bowl with shiitake, white, oyster and black mushrooms and veg. Nutritious has ginseng, ginko, dates, chestnut and veg on brown rice. Tofu comes with mixed veg £7.50. Miso soup £1.95. Vegetable noodles £7.

Korean hot and cold teas £1-£2.50. Hite Korean beers £3.60.



Bi Bim Bap



Chai by Mira



Saravanaa Bhavan



Brewdog, Soho

Omnivorous food pub with vegan beers

- 📍 21 Poland Street W1F 8QG
- ☎ 020 7287 8029
- 🕒 M-Th 12.00-23.30, F-Sa 12.00-24.00, Su 12.00-22.30
- 🚶 Oxford Circus
- 🌐 brewdog.com/bars/uk/soho
facebook.com/brewdogsoho

Craft beer pub on two floors, each with twenty craft beer taps. Most beers are vegan and clearly labelled.

The only pub in Soho with a vegan bbq Hail Seitan burger £8, which comes with crispy kale, hummus and sunkissed tomato chutney. Soy Division tofu dog £8 in brioche bun, with avocado hummus, tenderstem broccoli, carrot and scallion. Add fries £2.

Standalone hopped up fries £3.50

Superfood salad £8 with quinoa, sweet potato, brown rice, pumpkin seeds.

Comptoir Libanais, Soho

Omnivorous Lebanese chain restaurant

- 📍 52 Poland Street W1F 7NQ
- ☎ 020 7434 4335
- 🕒 M-Sa 08.00-23.00, Su 09.00-22.00
- 🚶 Oxford Circus, Tottenham Court Rd, Piccadilly Circus
- 📍 57-60 Haymarket SW1Y 4QX
- ☎ 020 3355 2779
- 🕒 M-Th 12.00-23.00, F-Sa 12.00-24.00, Su 09.00-21.00
- 🚶 Piccadilly Circus
- 🌐 comptoirlibanais.com (menus)

Handy if Mildreds is full. Vegan dishes marked on the menu, and we love that you can filter the online menu for vegan and allergies. Mezze platter for one £9.95, for two £19.95, with baba ghanoush, hummus, tabouleh, falafel, lentil salad, pita etc.

Fiori Corner & Espresso Bar

Very late night omnivorous cafes

- 📍 North-east corner of Leicester Square, opposite Warner West End cinema and Hippodrome
- 🕒 Every day till 01.30, F-Sa 05.00
- 🚶 Leicester Square

At 1am get falafels, hummus with salad in pitta, chips, coffee, beer or wine.

Leggero

Omnivorous Italian gluten-free restaurant

- 📍 64 Old Compton Street W1D 4UQ
- ☎ 020 7434 3617
- 🕒 M-W 12.00-22.00, Th-F 12.00-23.00, Sa-Su 11.00-22.30
- 🚶 Leicester Square, Piccadilly Circus
- 🌐 leggero-london.com
facebook.com/LEGGEROLondon

Hooray, a mainstream restaurant that proudly promotes its vegan dishes on the menus and in the window. Previously called La Polenteria and still clearly labelling its vegan dishes. Leggero in Italian means of little weight, not heavy, the feeling of bodily light and wellbeing.

Salads and small plates £6-£6.50 include spinach, avocado and vegan cheese; courgetti spaghetti with hummus and tomatoes; green pesto polenta gnocchi with tomato and basil sauce topped with veg; courgette burger with mixed veg. Main course handmade sorghum and hemp tagliatelle with baba ghanoush and grilled courgettes £12.50. Mango and raspberry cheesecake £6.

Vegan prosecco £6 small glass, £26 bottle. Other wines from £6.90 medium glass, £21 bottle. Beers from £4.50, cocktails £7.50, soft drinks from £2.50.

Also in Mercato Metropolitano at Elephant & Castle (South London).

Leon, Soho

Omnivorous chain cafe & take-away

➡ 35 Great Marlborough Street (north corner of **Carnaby St**) W1F 7JE

☎ 020 7734 8057

🕒 M-Th 07.00-22.00, F 07.00-23.00, Sa 08.30-23.00, Su 09.30-20.00

⊖ Oxford Circus

➡ 42-44 **Broadwick Street** W1F 7AE

☎ 020 3238 0111

🕒 M-Th 07.30-21.00, F 07.30-21.30, Sa 09.00-21.30, Su 12.00-21.00

⊖ Oxford Circus, Tottenham Court Rd, Piccadilly Circus

➡ 62 **Shaftesbury Avenue** W1D 6LT

☎ 020 7287 8477

🕒 M-Th 07.30-23.00, F 07.30-24.00, Sa 11.00-24.00, Su 11.00-20.00

⊖ Piccadilly Circus

➡ leon.co

Laid back healthy cafe with lots of vegan options such as jack wings, burgers, lentil masala, Brazilian black beans, hummus, flatbreak, baked fries, crushed pea salad, slaw, sauces.

Pizza Express, Soho

Omnivorous Italian restaurant

➡ **Leicester Square** branch: 43 Charing Cross Road WC2H 0AP

☎ 020 7287 3322

🕒 M-Sa 11.30-24.00, Su 11.30-23.30

➡ PizzaExpress **Jazz Club**, 10 **Dean Street** W1D 3RW

☎ 020 7437 9595

Jazz 020 7439 4962

🕒 M-Sa 11.30-24.00, Su 11.30-23.30

⊖ Tottenham Court Road

➡ pizzaexpresslive.com

Live jazz downstairs seven nights a week.

➡ 20 **Greek Street** W1D 4DU

☎ 020 7734 7430

🕒 Tu-Sa 11.30-24.00, Su-M 11.30-23.00

⊖ Leicester Square

➡ 26 Panton House, **Haymarket** SW1Y 4EN

☎ 020 7930 8044

🕒 M-Tu 11.30-23.00, W-Th 11.30-23.30, F-Sa 11.30-24.00, Su 11.30-22.30

⊖ Piccadilly Circus

➡ 29 **Wardour Street** W1D 6PS

☎ 020 7437 7215

🕒 M-Tu 11.30-23.30, W-Sa 11.30-24.00, Su 11.30-23.00

⊖ Piccadilly Circus, Leicester Square

➡ pizzaexpress.com

Now offering vegan cheese. See Chains. Open every day till around 11pm.

Wagamama

Omnivorous Japanese chain restaurants

➡ **Leicester Square** branch: 14 Irving Street WC2H 7AF

☎ 020 7839 2323

🕒 M-F 11.30-23.00, Sa 11.30-23.00, Su 11.30-22.00

⊖ Leicester Square, Charing Cross

➡ **Carnaby Street** branch: 42 Great Marlborough Street W1F 7JL

☎ 020 3794 4338

🕒 M-F 11.00-23.00, Sa 11.30-23.00, Su 11.30-22.00

⊖ Piccadilly Circus

➡ 81 **Dean Street** W1D 3SW

☎ 020 3198 2984

🕒 M-Su 11.00-23.00

⊖ Tottenham Court Road

➡ wagamama.com

Omnivorous fast food Japanese noodle restaurant with a separate vegan menu. Very busy, totally authentic, heaps of fun. Dishes include miso soup with pickles, raw salad, yasai yaki soba with rice or udon noodles, yasai pad Thai, tofu glass noodle salad, steamed gyoza, yasai kamla curry, kare burusu tofu and udon noodles with veggies in curried veg broth, katsu curry. For dessert mango and matcha layer cake, unusual ice creams, pink guava and passion fruit sorbet.



Whole Foods Market, Soho

Omnivorous wholefood cafe & supermarket

- 📍 20 Glasshouse Street W1B 5AR
- ☎ 020 7406 3100
- 🕒 M-F 07.30-22.00, Sa 09.00-22.00, Su 12.00-18.00, Bank hols may vary
- 🚶 Piccadilly Circus
- 🌐 wholefoodsmarket.co.uk/

Organic wholefood supermarket. Organic fruit and veg, heaps of take-aways, deli, salad bar and juice bar/cafe with seating outside and upstairs.

You will see quite a bit of dairy and meat, but there is an astonishing range of vegan delights to stock your kitchen or create a picnic. On the left side of the shop are lots of take-away food counters including pizzeria, sushi, Mexican, smoothies, hot drinks, and a huge self-serve hot and cold buffet. Also fridges with grab and go wraps, salads, desserts and cakes.

Further fridges along the back wall have Bute Island Sheese, Redwood vegan cheeses and meat replacers, dips, Sojade and Provamel yogurts and many variations of tofu. To the right of the deli are organic veg, then several grocery aisles with all your favourite wholefoods and many you've never seen before. Non-dairy ice-creams include Bessant & Drury, Booja Booja, Swedish Glace and Rookbeare sorbets.

The meat and cheese sections are tucked away at the back on the right, along with the fresh olives bar, a huge chocolate section, and lots of beer and wine.

Upstairs are some cafe tables and a section for health, body and skincare which includes Dr Hauschka, Ren, Weleda, Faith in Nature, Jason, Urtekram, Green People.

Holland & Barrett, Oxford St

Health food shop

- 📍 52 Oxford Street W1D 1BG (corner of Rathbone Place)
- ☎ 020 7580 2768
- 🕒 M-F 08.00-21.30, Sa 09.00-21.30, Su 10.00-20.30
- 🚶 Tottenham Court Road

Fridge and freezer.

Lush, Oxford Street

Cruelty-free cosmetics

- 📍 175-179 Oxford Street W1D 2JS
- ☎ 020 7789 0001
- 🕒 M-Sa 10.00-21.00, Th 22.00, Su 11.30-18.00
- 🚶 Oxford Circus
- 🌐 lush.co.uk/shop/london-oxford-st

The huge new Lush flagship store on three floors opened 2015, replacing the Covent Garden and Regent Street branches. There are 200 exclusive products which are not in their other shops including perfumes, new bath bombs, a new make-up range, and there is a spa for treatments.

Lovely cosmetics, all vegetarian and most vegan and clearly labelled with the Vegan Society logo, and ingredients listed in both English and Latin. Worth going in just for the fantastic smells. Solid shampoo such as shower sheets and body wash powder are perfect for travellers and foaming bath balls make luxurious gifts.

A lot of the staff are vegetarian or vegan women and are very helpful. It's perfect for scared blokes who don't know what to buy their girlfriends. They say they get a lot of them, and they'll help you choose. She can always change it later if necessary if you keep the receipt.

Treatments available on the lower floor include full body massage and facials.

The top floor has a fun area where children can play plus lots of giftwrap ideas.



Whole Foods



Lush