

# VEGETARIAN PARIS

Paris has long been known as the world's gourmet dining epicenter, but not until now has the French capital been able to claim the coveted "Veg-Friendly" bragging right. Vegetarian Paris, the most comprehensive guide of its kind, explores more than 150 delectable destinations throughout the city's 20 unique arrondissements and arms readers with the information they need to eat well and have fun on their French sojourns.

**What's inside:** All the delicious details on dozens of hot new veg restaurants, as well as tried-and-true favorites that range from macrobiotic and

Indian to Chinese and upscale French. Plus: Itineraries for hungry sightseers; an organic market guide; a compendium of veg cooking schools; a natural-wine primer; tasty tips for dairy-free chocolate lovers; accommodations directory; veggie maps of all 20 arrondissements, and much more. Paris never looked so good for herbivores!



## About the author

Paris local and longtime vegan Aurelia d'Andrea has spent the better part of four years getting intimately acquainted with the City of Light's plant-based dining possibilities. Armed with a journalism degree and a hearty appetite, she's unearthed the best South Indian dosas, savory Vietnamese crepes, French mushroom pâtés, and buttery vegan croissants, and shares the details in this book on where to try them on your next trip to Paris.

Aurelia is the former editorial director of America's biggest selling vegan lifestyle magazine *VegNews*. Her other books include *Moon Living Abroad in France* and *Moon MapGuide Paris*. Her latest project is

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owners and opening hours and  
sometimes close for holidays.  
Every effort has been made to  
ensure accuracy in this book,  
however it is impossible to account  
for every detail and mistakes can  
occur. Before making a special  
journey, we recommend you call  
ahead to check details.

# VEGETARIAN PARIS

by Aurelia d'Andrea



Vegetarian Guides

# INTRODUCTION

## Paris for vegetarians

### Vegetarian Paris

Paris, France. Just whisper those two little words and a flash of vivid images spring to mind: The Eiffel Tower, *boulangeries* redolent with the yeasty aroma of warm baguettes, berets tilted at jaunty angles, sidewalk cafés. One of the last things anyone might think of when imagining the City of Light in all its glory is a café scene where meat and dairy are off the table, and in their place are flavorful, imaginative, locally grown, gorgeous foods. Well, such a thing does exist, though it is a relatively recent phenomenon.

Between 2012 and 2013, a half-dozen new veg restaurants opened their doors in Paris, and the trend is continuing on that upward swing, with several meat-free eateries launching in the French capital in 2014. Shifts are happening in the retail world, too, with more and more supermarkets carrying vegetarian specialty items including veggie burgers, non-dairy yogurts and milks, and other convenience foods. Supermarkets are also dedicating entire aisles to organic and gluten-free foods, hinting at a growing acceptance of “alternative” diets in a country with a very firm grip on its culinary traditions.

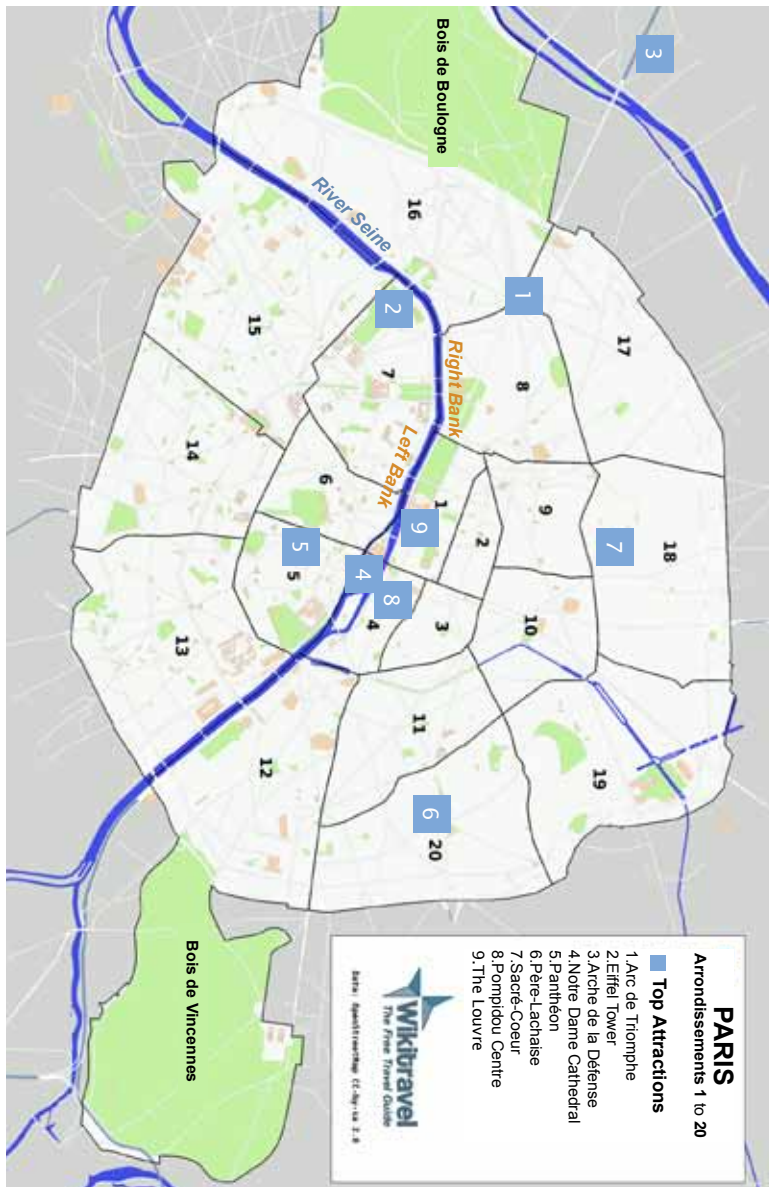
Each Parisian *arrondissement* has something to offer herbivores, from dairy-free ice-cream stands to meat-free burger bars. In this guide, you’ll discover not only great vegetarian dining possibilities, but creative ideas on how to enjoy Paris’s many attractions—museums, parks, monuments, shopping districts, architecture—while staying sated, hydrated, and entertained.

### How To Use This Guide

This food, culture, and travel guide is not just for vegans and vegetarians, but also tourists with food sensitivities, environmentally conscious travelers, those interested in organic living, and globetrotters in search of a unique travel experience in what is, arguably, the world’s most beautiful and romantic city.

To help you on your way, we’ve included a language primer to arm you with the most common culinary terms you’ll encounter, and to encourage you to go local and impress the natives (“*s’il vous plaît*” and “*merci*” are *très important* and will take you very far).

Our Paris map introduces readers to the city’s *arrondissements*, the 20 unique districts that spiral out like a snail’s shell beginning at the Louvre



(1st) and ending in eastern Paris (20th), home to the famous Père Lachaise cemetery and some of the city's best music venues. The map also illustrates *Rive Gauche* and *Rive Droite* (left and right banks of the river Seine), and points out the major monuments and tourist sites for easy navigation.

Next, we introduce you to the wonderful vegan, vegetarian, and omnivorous restaurants, cafés, fast-food spots, boutiques, and other places that make the French capital such a welcoming place for herbivores. And in between, you'll meet some authentic Parisians who share their top tips for travelers, including their favorite local markets, dining spots, watering holes, wine shops, and day-trip destinations.

An important reminder while reading this guide is that wherever you are in Paris, you're rarely more than a 30-minute Métro ride to anywhere in the city, so you never have to feel resigned to eat *frites* and a salad at the corner brasserie. While this guide offers dining destinations in every *arrondissement*, you'll notice some corners of Paris are more bountiful in terms of edible possibilities than others. But don't forget the 30-minute rule and you'll never go hungry or settle for a substandard meal.

## Understanding French Dining Hours

In Paris, and throughout the rest of France, there are three kinds

of dining hours: Standard, *service continu*, and *le snack* hours. Standard hours for lunch are 12.00-15.00. Evening meal hours are generally 19.00-22.00, and sometimes later. Breakfast isn't really a "thing" here; generally it's a grab-and-go croissant or a thimbleful of coffee at the corner café. Weekend brunch, however, is a recent phenomenon that's beginning to catch fire, so if you're hankering for a hearty morning meal, seek it out on Saturdays and Sundays beginning at about 11.00.

Some restaurants, however, offer all-day dining service known as *service continu* where you could order off the standard lunch menu at 16.00 or even 17.00 if you feel like it. Generally, brasseries and chain restaurants catering to tourists are the ones providing these off-hours opportunities. A third possibility is *le snack*: some cafés offer simple sandwiches or a very limited menu between standard meal times; look for an *ardoise* (chalkboard) advertising light bites that might include panini or salads.

If you're traveling with children, keep in mind that booster seats and high chairs aren't typically found in French restaurants. Infants are frequently left sleeping in their *poussettes* (strollers) while their parents eat, or, as is often the case, left at home.

And remember: Leaving a tip is optional!

# Getting to Paris

## and getting around by métro, bus, car, and bike

There are many means of getting to *la Ville Lumière* from wherever you are in the world, including planes, trains, buses, and boats. Once you're here, you'll discover excellent public-transit options including the ride-share system called *co-voiturage* that allows you to share expenses, meet new people, and get where you need to go even when the country is in the throes of a pesky transportation *grève* (strike).

## Charles De Gaulle International Airport

Most international flights land at Charles de Gaulle, which the French refer to as "Roissy." To get to Paris from the airport, there are several options including the cheap (€9.50) RER B train. Leaving from Terminal 2, it takes about 30 minutes to get to Gare du Nord. (If your flight arrives at Terminal 1, there's a free shuttle bus to Terminal 2.) Tickets can be purchased from kiosks in the station or from a vendor inside one of the station ticket booths.

Another option is Roissybus (€10), which circles each terminal every 15 minutes from 05:45-20.00, every 20 minutes between 20.00-22.00, and every 30 minutes between 22.00-23.00. Your bus will deposit you in central Paris behind the Opéra

Garnier. The trip runs about 45-60 minutes. Tickets can be purchased on board.

Air France buses are big and cushy, and leave from Terminal 1 and 2 every 15 minutes from 05.45 to 23.00, with stops at Porte Maillot and Place de l'Étoile (the Arc de Triomphe). Tickets cost €16.10 and the trip takes about an hour. Going the opposite direction, buses also leave from Gare de Lyon and Montparnasse station. Tickets can be purchased on board the bus.

The least expensive option is Bus 350, which runs from the airport train station to Gare du Nord every 15 minutes Monday through Friday, and every half-hour on weekends. The trip takes about 45-60 minutes, and you can purchase tickets (€5.65) from the driver.

## Arriving By Train

Paris's six main train stations each offer service to different regions in France and other countries. At Gare d'Austerlitz (in the 13th arrondissement) you can catch trains to southwest France, Spain, and Portugal; at Gare de l'Est (10th), you'll be able to reach eastern France and Germany; trains departing Gare de Lyon (12th) head to southern and eastern France, Switzerland, and

Italy; Gare Montparnasse(15th) serves Brittany and Bordeaux; Gare Saint-Lazare (9th) trains depart for Normandy; and trains from Gare du Nord (10th) leave for Belgium, Holland, Germany, and England.

At each station you'll find both *grande ligne* TGV trains for long-distance trips and TER suburban lines for shorter trips. To scout ticket prices online, visit [www.sncf.com](http://www.sncf.com). Don't forget to *composter* (punch) your ticket in one of the yellow machines on the platform before you board the train. If you haven't enough time, present yourself to a conductor as soon as you board the train so you aren't charged a cheater's fine.

## Public Transportation

Paris has an extraordinary public transportation system. Métro lines link the entire city and close suburbs and run between 05:30-01.00 weekly, and until 02:15 Fridays and Saturdays. The same type of ticket you use for the Métro can be used for buses and trams. Tickets can be purchased from kiosks or human-staffed booths in the station, either as individual tickets or as a *carnet*, or bundle of 10 tickets. This is the less-expensive option; when purchased individually, each ticket costs €1.70, but when bought in lots of 10, the price drops to €1.37 each. The prices increase every year, but tickets never expire, so you can use the tickets you bought ten years ago on the train today if you've got them!

As long as you don't exit the station, you can use a single Métro ticket to transfer as many times as needed to reach your final destination. Hold onto your ticket, though; inspections are relatively common and you could be ticketed for not having proof you paid. To transfer between buses or trams you must use a second ticket.

If you miss the last Métro, you can catch the Noctilien night bus ([www.noctilien.fr](http://www.noctilien.fr)), which runs 01:00-05:30 nightly. Buses depart from Châtelet, Montparnasse, and Gare du Nord, and travel the main thoroughfares within the city and into the suburbs. One bus per Noctilien line runs every hour. A Métro ticket also allows you to ride on the RER suburban trains within Paris city limits. To view Métro, bus, tramway, or RER itineraries, visit [www.vianavigo.fr](http://www.vianavigo.fr).

## Co-Voiturage

Several ride-sharing organizations exist in France, but Co-Voiturage ([www.covoiturage.fr](http://www.covoiturage.fr)) is the most popular. Sign up for free online, then get in touch with the driver offering up seats in his or her car. Recent fares include €23 to Brussels, €35 to Bordeaux, and €45 to London. Each driver's profile includes details on such things as whether dogs or smoking is allowed in the vehicle, whether they're chatty, or if they prefer to listen to music instead of your mediocre French. Drivers are also rated by previous passengers on their driving, timeliness, and friendliness.

## Public Bike Share

Vélib' ([www.velib.paris.fr](http://www.velib.paris.fr)), a city-sponsored bicycle-hire service, allows anyone over the age of 14 to rent a bicycle from one of nearly 2,000 terminals throughout Paris and the close suburbs, and to conveniently drop your bike off at any station when you're ready. Customers have the option to apply for a year's subscription (€19-39, depending on the type of subscription) or a short-term *abonnement*. Make sure your bank or credit card has a microchip that meets EMV standards. Don't have a card with a *puce*? Rent online and bypass that problem! A short-term subscription costs €1.70 for one day and €8 for seven days. This allows you to take the bicycle for free for the first half-hour, but costs €1 for the second half hour, €2 for the following half hour, and €4 for the third half hour. A deposit of €150 is pre-authorized from your card, but not withdrawn. When returning

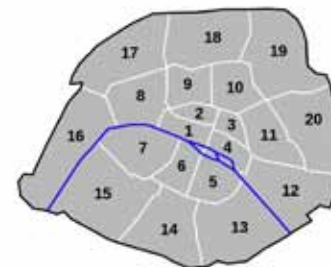


your bike to the terminal, ensure it is properly attached, and that the green "locked" light is indicated. Also keep all receipts, should you need to make

any claims.

## Autolib'

The newest public transportation system to hit Paris is the car-share program called Autolib'. Subscribing online ([www.autolib.eu](http://www.autolib.eu)) for periods of a day, week, month, or year gives you access to a fleet of four-seat electric "Bluecars" stationed throughout Paris and the Île-de-France region. A valid driver's license and international permit are required for non-EU drivers, and charges average €10 to €14 per hour. This option is best for short, one-way trips.







## 5th Arrondissement

The Latin Quarter is where all the brainpower in Paris congregates. The Sorbonne is here, and the neighborhood caters to students on limited budgets.

Look for bargain bites, bookstores, and several museums, including the Musée National du Moyen Age, with its beautiful tapestries, statues, and Gallo-Roman relics. The Institut du Monde Arabe is also worth a visit, and when you've had enough art and history, there's literature to consider: World famous English-language bookstore Shakespeare and Company offers author readings, music events, and books galore for bookish travelers.



### Neighborhood Favorite

#### Vegan Folie's Vegan organic bakery

- ➔ 53 rue Mouffettard  
Cross street: rue Ortolan
- ☎ 01 43 37 21 89
- 🚶 Métro: Place Monge
- 🕒 Tu-Su 11.00-20.00; M closed;  
closed most of August
- 🌐 [www.veganfolies.fr](http://www.veganfolies.fr)  
Facebook Vegan Folie's

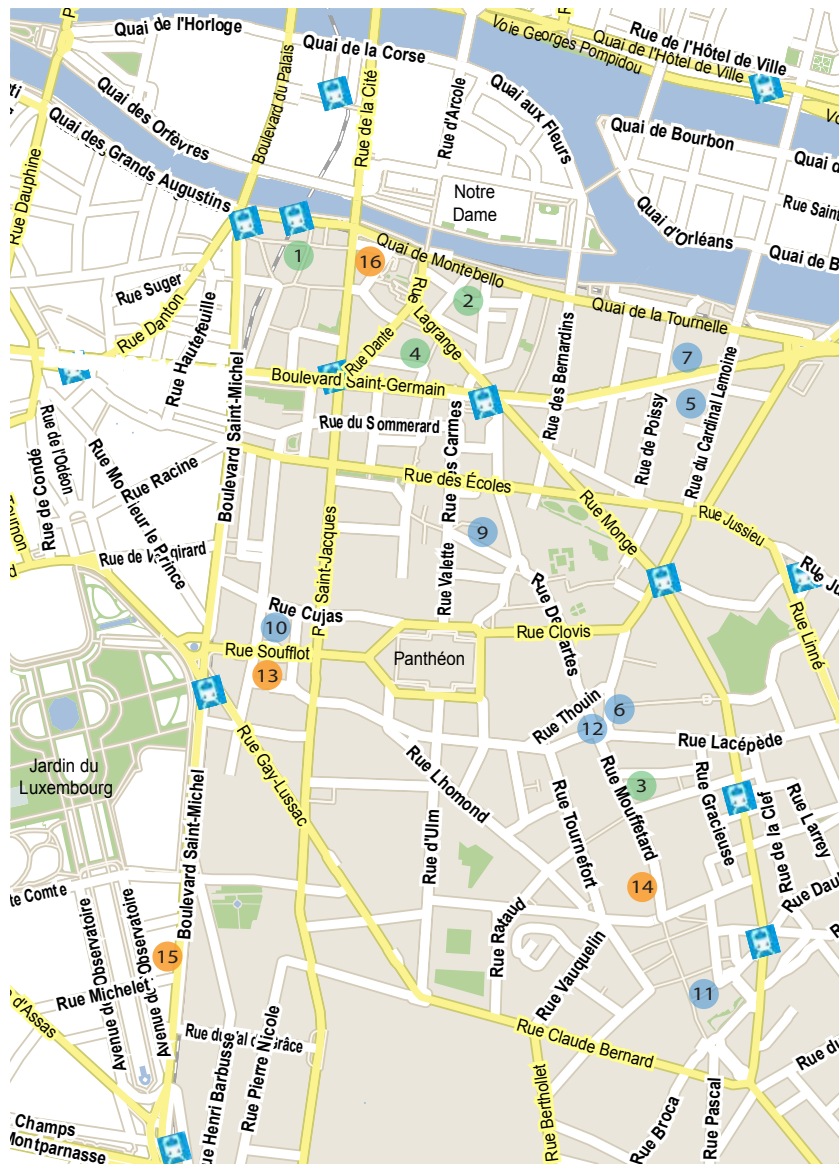
The city's first and only organic, all-vegan patisserie spot has expanded from its creative sweet and savory cupcakes and sumptuous cheesecakes to include an array of baguette sandwiches: ham, chorizo, and meatless pâté—all vegan, of course!

Friendly service (English spoken), a nice variety of beverages (try the coconut water), and decadent cookies and brownies on offer. A good place to meet up with visiting vegans, and to gather information on local veg events.

Minimum seating, but to-go orders available. Try the whoopee pies and carrot cake too.

Credit cards accepted.

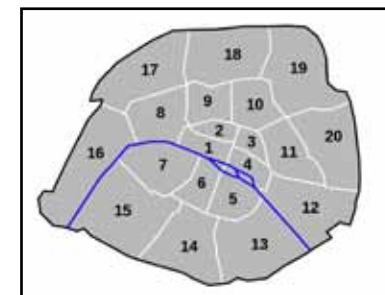




## 5th Arrondissement

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- 9 Godjo
- 10 Tugalik
- 11 Boca Mexa
- 12 Chido
- 13 Biocoop, 1 rue le Goff (p.30)
- 14 Naturalia, 94 rue Mouffetard (p.31)
- 15 Nouveaux Robinson, 78 bd St Michel (p.31)
- 16 Shakespeare & Co. English bookshop, 37 Rue de la Bûcherie

- 100% vegetarian restaurant
- restaurant/cafe
- shop
- hotel/ hostel
- cookery school/caterer
- local group/ organisation



## Neighborhood favorite

### Maoz (5th)

Vegan falafel cafe & takeaway

- ➡ 8 rue Xavier Privas  
Cross street: Quai Saint-Michel
- ☎ 01 43 26 36 00
- ⊖ Métro: Saint-Michel
- 🕒 Su-W 11.00-23.00, Th-Sa 11.00-02.00

The original vegan fast-food joint is still a contender for Best Falafel in Paris. Generous portions, an all-you-can salad-and-sauces station, drinks, and very limited seating are what you'll find at this corner hole-in-the-wall. Add fries and a few generous squirts from the hummus pump and you'll be stuffed until midnight.

The standard formule (€8) includes a falafel sandwich, fries, and a soft drink; falafel sandwich à la carte will set you back less than €5. Cash only.

Can be hard to find in a tangled maze of tourist-trap eateries; try to enter from Quai Saint-Michel for easy spotting. If no seats are available, relish your meal in the park beside Notre Dame or nearby square Viviani. Another branch in the 6th (pg. 97).



### Le Grenier de Notre Dame

French vegetarian restaurant

- ➡ 18 rue de la Bûcherie  
Cross street: rue Dante
- ☎ 01 43 29 98 29
- ⊖ Métro: Saint-Michel
- 🕒 M-Th and Su 12:00-14.30 and 18.30-22.30, F-Sa 12:00-14.30 and 18.30-23.00
- 🌐 [www.legrenierdenotredame.com](http://www.legrenierdenotredame.com)

Darling spot with terrace seating, and two floors of indoor dining. Service is efficient and the meals are filling.

Couscous, macrobiotic dishes, lots of seitan and tofu options, and interesting salads. Good selection of vegan options, and some gluten-free.

Mid-day formule is €15.50; evening and weekends €17.50. Look for veg versions of traditional French classics like cassoulet and tartare d'avocat, but if you're really hungry, go for the escalope de seitan.

The drinks menu features wine, smoothies, coffee and tea.

Terrace seating. Credit cards accepted.



### Krishna Bhavan

Vegetarian Indian restaurant

- ➡ 25 rue Galande  
Cross street: rue Dante
- ☎ 01 43 29 87 93
- ⊖ Métro: Maubert-Mutualité
- 🕒 M-Su 12.00-23.00

Just a block away from Notre Dame and Paris's most popular indie bookstore, Shakespeare & Co., Krishna Bhavan offers cheap, tasty Indian and Sri Lankan meals that are 100-percent vegetarian.

Thalis (€10), dosas, idli, and treats like aloo paratha and chole bhatura can all be found on the extensive menu.

Menus (€14.50 lunch/€19.00 dinner) include a starter (samosa, vada, soup) main plat (rice and curried veg), dessert, and a drink.

Wine and soft drinks, plus traditional chai and non-vegan lassis.

Terrace seating. Kid-friendly. Credit cards accepted.

Also in the 10th, pg. 133.



### Le Puit de Légumes

Vegetarian and fish restaurant

- ➡ 18 rue Cardinal Lemoine  
Cross street: blvd Saint-Germain
- ☎ 01 43 25 50 95
- ⊖ Métro: Cardinal Lemoine
- 🕒 M-Sa 12:00-16:00 and 19:00-22:00; closed Sundays
- 🌐 [www.lepuitsdelegumesbio.fr](http://www.lepuitsdelegumesbio.fr)

Cozy and cute, and a bit like stepping back in time a few decades, this "vegetarian" restaurant serves fish, but almost anything can be veganized and everything offered has a vegetarian base.

Several different lunch formulas to choose from, including the Zen meal (€15) served with miso soup; a macro plate with grains, tofu, and greens; and vanilla soy cream for dessert.

The à la carte menu includes savory tarts, salads, tofu plates, soups, and low-sugar desserts.

Wine, juices, and herbal infusions feature on the drinks menu. Pet-friendly. Credit cards accepted.



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