

Alex Bourke of Vegetarian Guides explores the veggie eateries in his home town.

BRISTOL

In 2014, Bristol was named the best British city to live in. It's a huge hub for art, live music, theatre and filmmaking, producing such legends as John Cleese, Banksy, Massive Attack and Wallace & Gromit. The Clifton Suspension Bridge is a striking landmark, there are green spaces aplenty, a city centre marina and the Broadmead shopping area. Visit during the waterside Vegfest every May, or the Viva! Vegan Festival in November, and you can feast in 19 vegetarian cafés and restaurants from fast food to gourmet.

Flow is a handsome new central vegetarian restaurant with dishes from cultures that don't base their meals around meat. You can share small tapas plates (£4.75-£7.95), such as organic kale, kohlrabi and almonds with maple-tahini dressing, or go for a large plate (£10.50) like mushroom and walnut parcel with roasted roots, savoy cabbage and red onion gravy. Dessert could be dark chocolate cake with toasted almonds and blackcurrant. Sample vegan organic wines, local ale and West Country cider.

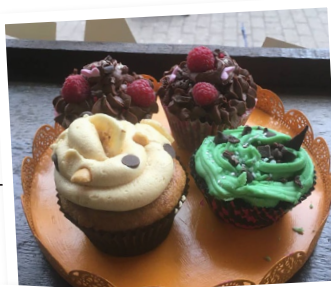


Adam & Eve in Hotwells is a vegetarian food pub specialising in craft beers. Mains (£7.95-£10.95) include kashmiri gobi cauliflower and cashew curry with orange rice, gluten-free lasagne, haggis and portobello mushroom burger with melted cheese, salt and vinegar battered nori tofu fish finger sandwich with fries and minty mushy peas, or Sunday lentil and nut roast with rosemary and onion gravy. Desserts include pineapple tarte tatin with ice cream, or chocolate and ginger torte with ice cream and berries.

Maitreya Social gourmet restaurant in trendy Easton has a vegan head chef and dishes such as sweet potato fritters, stuffed aubergine, or kale, squash and purple potatoes with smoked cashew dressing and tamarind. Finish with apple and almond strudel, dark chocolate torte,

or sticky toffee cornbread with cinnamon ice cream.

At nearby **Jeevan Sweets** vegetarian Indian restaurant and sweet shop you can have a starter and main for around £10 and, unlike most Indian eateries, they even have vegan desserts, such as coconut or cashew sweets.



contemporary arts centre.

● **Vx** vegan café and shop, 15 minutes' walk from the city centre across the river, serves fun fast foods, cakes, croissants and cookies.

Also recommended...

- **1847**, the upmarket veggie restaurant chain, does a three-course Sunday lunch for £17, and under-12s eat free.
- **Roll for the Soul** bicycle shop and vegetarian café has soups, salad platters, curry, specials and cake.
- Stokes Croft has two vegetarian cafés: **Café Kino** with cooked breakfasts, sharing platters and warm chocolate fudge cake, and the brand new **Kale & Kettle** with more of an Asian restaurant feel.
- Look out for the handy late-night **Falafel King** trailer, opposite the Watershed

NEED TO KNOW

Flow

www.flowbristol.co.uk

Adam & Eve

www.adamandeve.pub

Maitreya Social

www.maitreyasocial.co.uk

Jeevan Sweets

www.jeevansweets.co.uk

1847

www.by1847.com

Roll for the Soul

www.rollforthesoul.org/cafe

Café Kino

www.cafekino.coop

Kale & Kettle

www.kaleandkettle.co.uk

Falafel King

www.falafelkingbristol.com

Vx

www.vxbristol.com

Festivals

www.bristol.vegfest.co.uk

www.viva.org.uk/Bristol

● For more info go to

www.visitbristol.co.uk

ABOUT ALEX

Alex Bourke is the publisher of Vegetarian Guides to London, the British Isles and Paris. Visit his website at www.vegetarian.travel for book extracts, links to veggie travel websites for many countries, and a calendar of vegan festivals.

