

Alex Bourke of Vegetarian Guides is far from hungry on an autumn break in Hungary.



PLACES TO GO

Budapest is a compact, delightful, ancient city on the Danube. Historic, hilly Buda on the west bank has the castle, but stay on the east bank in downtown lively, level Pest for 25 veggie eateries, farmers' markets, health food and fashion stores, and museums. You can eat in restaurants for under a fiver and there are stacks of AirBnB apartments for £20 to £30 a night. Children are welcome everywhere and there are lots of playgrounds.

Napfenyes Etterem vegetarian restaurant on Rozsa Street is so popular that in March they opened another on Ferenciek with a pastries shop and performance space. Try the 'meaty' Hungarian dishes (£2-£5) such as bean goulash, stuffed seitan Kiev breaded in walnuts with rice and broccoli, spelt pizza with faux sausage,



or go light with a raw platter. The tasting platter for two (£10) has crêpes, fried vegan cheese, seitan cutlets, stuffed seitan, falafel, rice and peas, mash with onions, braised cabbage and tartar sauce. Their star dessert is somlo, a sponge cake with walnuts, carob sauce and whipped cream. Everything is vegan apart from honey.

Hummus cafés are all over Pest, with names like **Falafel**, **Hummus Point**, **Dr Hummus** and **Tik Tak**, serving up fast falafels and salads. **Hummus Bar** has 10 branches, and the two nearest Margaret Island are meat-free. Add hummus or veggies to your falafel in pitta, or expand to a platter with mushrooms, salads,

fava beans and chickpeas. They also serve soups, a tapas plate of six salads, and corner fillers like chips and stuffed vine leaves. Round off your meal with chocolate and nut baklava, homemade lemonade, mint tea or beer.

Wide-eyed dairy dodgers may get a bit overexcited at **Sweet Life Patisserie** (Edes Elet Cukraszda), the new vegan cake and chocolates shop and café. There are a dazzling daily dozen or more vegan, gluten-free cakes for under £1 – such as Black Forest, hazelnut chocolate, orange chocolate or vanilla strawberry – as well as cherry pie, millet peach tart, plus chocolates and ice cream.

Also recommended...

- **Kozmosz** vegan restaurant delights even meat-eaters with huge, hearty portions of bean goulash soup, seitan stew, gyros, burritos, burgers, cheesecake and layered chocolate pancakes.
- At the other end of the vegan spectrum, **Mannatural** raw food restaurant has 'living' dishes such as Hungarian fozelek made with squash and dill, green juices and smoothies, plus luscious raw cakes.
- **Govinda** Hare Krishna restaurant on Vigyazo Ferenc has a vegetarian Indian buffet with Hungarian dishes, a salad bar and ginger lemonade.



- **Balamber** is a new weekday vegetarian café near Buda Castle with a cooked and a raw main daily dish, salads, soups and raw cakes.
- At **Edeni** restaurant, also in Buda, choose from a vegan buffet of salads, soups, stews, burgers and desserts.

NEED TO KNOW

Napfenyes Etterem
www.napfenyesetterem.hu

Falafel
www.facebook.com/falafel.salatazo

Hummus Point
www.hummuspoint.hu

Dr Hummus
www.facebook.com/drhummus

Tik Tak
Kertes Utca 39

Hummus Bar
www.hummusbar.hu
www.facebook.com/hummusbarbudapest

Sweet Life Patisserie
www.facebook.com/pages/Vegán-Édes-Élet-Cukraszda/213828955485431

Kozmosz
www.vegankozmosz.hu
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Mannatural
www.facebook.com/Mannatural

Govinda
www.govinda.hu

Balamber
www.balambercafe.hu
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Edeni
www.edenivegan.hu
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www.budapest.gotohungary.com



ESSENTIAL GUIDE

Readers can buy the *Vegan Passport* (RRP £4.99) from Vegetarian Guides for the special price of £3.99, including p&p. The passport-sized book has a page for each of 74 languages, explaining what vegans do and don't eat. Visit www.vegetarianguides.co.uk/veglivingsep. Offer ends 31 October 2015.